

Iowa Volleyball Rule Adaptations:

National Federation rules apply to all levels of interscholastic volleyball competition with the following exceptions:

1. Team Benches:

- a. **Uniformed** players are allowed to stand as long as they are in an unplayable area (defined as the end of the bench area) and provided both teams have the same accommodations. Lines should not wrap around the baseline.
 - i. Penalty – 1st – warning, 2nd – team bench may no longer stand
- b. Teams will not switch sides/benches between sets. Teams will utilize one side/bench the entire match. Teams may switch sides/benches in the event there is a clear and distinct disadvantage. Officials will determine if a disadvantage is present if coaches cannot come to agreement on the disadvantage.

2. Scoring

- a. All varsity dual matches played in Iowa shall be 3 of 5 sets to 25 points with the deciding set to 15 points.
 - b. During a triangular, 2 out of 3 sets played to 25 or 3 out of 5 sets to 25, deciding set to 15.
 - c. In a regular season tournament, all pool matches shall be 2 of 3 sets to 21 points with any deciding set to 15 points. Semi-final and final round matches may be 2 of 3 sets or 3 of 5 sets to 21 or 25 points with the deciding set to 15 points. Round robin tournaments (4 teams+) must play 2 of 3 sets to 21 points.
3. **Sub-Varsity Competition:** Rally scoring must be used but point requirements and time limits shall be determined prior to the start of each match. No scoring cap may be used. Two timeouts are allowed each set. The winning team must win by two points. The let serve shall be used.
 4. **Tournament Game Ball:** The Spalding TF-VB5 ball shall be used during all regional and state tournament play, which is to be provided by the host site. The home team shall provide any NFHS approved ball during regular season matches.
 5. **Regular Season Varsity Warm-Up Protocol:** All pre-match warm-up shall consist of a 5-6-6 format. Both teams shall have five minutes together on their half of the court for ball handling, passing, etc. Then the visiting team is allowed six minutes of court time to hit, pass, receive, serve, etc. Then the home team is similarly allowed six minutes of court time to hit, pass, receive, serve, etc. There shall be no mutual serving time. Serving shall be done within each team's allotted six minutes. **The following items are new for the 2023 school year:**
 - a. A horn or whistle will sound at 12:15 and 6:15. At that time, teams are expected to begin retrieving balls and be completely off the floor by the 12:00 and 6:00 marks so teams can have their full 6:00 of net time.
 - b. Team that is off the net is not permitted to practice ball handling skills in a playable area. They may leave the gym or stand in front of their bench area. If the team off the net chooses to do ball handling in another area (Ex: adjacent gymnasium), that space must be made available to both teams.
 - c. At the conclusion of the national anthem, 1:00 will be put on the scoreboard and run. Teams must be on the court and ready to play when the horn sounds. A horn will sound at 0:15 and 0:00. Teams must be on the court and ready to play when the final horn sounds.
 6. Warm-up protocol for weekend tournaments is at the discretion of the tournament manager, **however shared net time and mutual serving during warm-ups is not permitted for Saturday tournaments due to the increased risk of injuries.** Team off the net may shag balls for the team on the net if desired.
 7. **Weekend Tournament Pre-match Conferences:** It is allowable for the head coach to attend only his/her first (And his/her opponent's first) pre-match conference if this protocol is predetermined by the tournament manager and made known to all coaches prior to the tournament. After the head coach has attended his/her first pre-match conference, they may be excused from the rest of the pre-match conferences for that tournament (captains and/or asst. coaches must be present at all pre-match meetings).
 8. **Teams Per Court:** The maximum number of teams in a tournament is four per court. This rule applies to all levels of high school and junior high competition (exception: conference tournaments).
 9. **Sub-Varsity Uniforms:** At the sub-varsity and junior high levels of competition, allowances shall be made for teams wearing uniforms that do not conform exactly to all uniform requirements. Many schools are using hand-me-down uniforms or practice jerseys to allow all players an opportunity to participate. Latitude shall be given to those teams whose uniforms are the same basic color but may have some variations in style, design, trim, numbers, etc.