2019 BOYS AND GIRLS VOLLEYBALL GUIDE

In November 2015 the VPA Activity Standards Committee formally approved Volleyball as a sanctioned activity effective the Fall 2016 season. As a sport, volleyball falls under the rules of the National Federation of State High School Associations (NFHS) and the Vermont Principals’ Association.

I. 2019 Season

A. Volleyball has been classified as a Fall sport. The Fall Season may open on August 16th for girls and boys, and concludes with state championship matches on November 2nd. The first actual volleyball match may be conducted on September 3rd.

B. No school shall schedule more than 14 contest, exclusive of playoffs sanctioned by the VPA.

C. During the tournament and regular season, matches shall be the best 3 out of 5. Each match shall be up to 25 points with the winner determined by 2 points. If necessary, game 5 is up to 15 points. Junior Varsity games are to be 2 out of 3 games during the regular season.

D. The playing court shall be 60 feet long and 30 feet wide (per NFHS rules). Please see the NFHS Volleyball rule book for net size, markings and standards.

E. A trained volleyball official shall officiate each game.

F. During the regular season, a NFHS approved volleyball must be used for for all games (during the tournament, a Spalding TF-VB3 composite ball is required for all games).

G. Prior to each game, a 20 minute warm-up period is to be implemented. The warm-up period is to be broken down into the following parts. A) 7 minutes whole court – away team, B) 7 minutes whole court – home team, c) 3 minutes away team serves and D) 3 minutes home team serves. A Captains meeting with the official(s) is to occur 20 minutes before the game. Line-ups are exchanged before the game and a coin toss is done to determine who serves or receives.

H. All other rules concerning the game, the court, game equipment, player
equipment and uniform and officials, shall be found in the NFHS Volleyball Rules Book. Please note that some rules may be modified due to Vermont’s requirements.

II. Tournament

A. All play-down, quarterfinal and semi-final games shall be played at the higher seeded school.

B. All tournament games shall be best of 5, up to 25 points per game. If necessary, game 5 is to 15. Teams switch sides at 8pts.

C. All tournament games must utilize a Spalding TF-VB3 composite ball.

D. During the tournament, the regular season warm-up procedures shall be used.

III. Important Dates

First Day of Practice: Thurs. August 15, 2019
First Day of Games: Tues., September 3, 2019
Last Day of Games: Mon., October 21, 2019
Tournament Applications Due: Tues., October 22, 2019 (by 10:00 a.m.)
Pairings Posted: Tues., October 22, 2019
Playdown Games: Wed./Thurs., October 23/24, 2019
Quarter-final Games: Fri./Sat., October 25/26, 2019
Semi-final Games: Mon./Tues./Wed., Oct. 28/29/30, 2019
Championship Games: Sat., November 2nd @ St. Michael’s College