

WISCONSIN INTERSCHOLASTIC ATHLETIC ASSOCIATION

2025-26 NFHS Volleyball Rules Book

(PLEASE KEEP WITH YOUR RULES BOOK)

NATIONAL FEDERATION ALLOWED ADAPTATIONS

- a. Match – A match may consist of a two-out-of-three or a three-out-of-five set match for both varsity and nonvarsity competition. (Rule 1-2-1)
All conference varsity volleyball matches (dual, triangulars, and quadrangulars) will be rally score, three-out-of-five to 25 points, no cap. If a fifth and determining set is played it will be rally score to 15 points, no cap, the exception to this format could be invitational and conference tournaments.
Recommended formats for invitational tournaments could include:
(1) Best of five, rally score to 25, fifth set rally score to 15, with or without caps.
(2) Best of three, rally score to 25, third set rally score to 15, with or without caps.
Note: The conference (if a conference meet) or the host school (if a nonconference meet) shall determine if exhibition sets in either a two-out-of-three or a three-out-of-five set match will be played even though not necessary to determine the match winner.
Only matches played in a two-out-of-three or three-out-of-five format may be included for seeding purposes and season records.
It is recommended that subvarsity volleyball matches also use rally scoring. Conferences and schools may choose to use traditional side-out scoring if they feel it will enhance skill development. Recommended rally scoring formats could include:
(a) Best of five. If a fifth and deciding set is played it will be rally score to 15 points, no cap.
(b) Three set match. All sets rally score to 25 points.
(c) Best of three. All sets rally score to 25 points.
- b. Line judges – Two **are required**, with adults preferred, for all varsity competition. Host school and/or conference will decide on how these individuals will be provided (i.e., host school provides or both schools furnish one). (Rule 5-1-1)
Note: For sub-varsity competition if only one WIAA licensed official is used two line judges are required. If two WIAA licensed officials are used line judges are recommended. Sub-varsity line judges do not need to be adults.
- c. Teams will switch benches, unless opposing coaches and officials mutually agree to remain on the same bench throughout the match. (Rule 9-1-2). If teams remain on the same bench throughout the match, line judges must switch sides between sets.

STATE ASSOCIATION REGULATIONS

- a. The prematch warm-ups shall consist of 20 minutes. The clock must be stopped and the horn sounded after each of the segments listed below.
(1) 6 minutes – both teams on the court doing ball drills, but no net play.
(2) 7 minutes – home team on court alone.
(3) 7 minutes – visiting team on court alone.
(4) National Anthem – teams lined up on the sideline in front of their bench.
(5) 1 minute – team huddle in bench area.
(6) Introduction of teams from the baseline.
(7) Teams will then follow the defined National Federation prematch protocol.
(8) Allowed exceptions include:
(a) The introduction procedure can be modified for special circumstances (i.e., parents or senior night, etc.).
(b) If two courts are available both can be used for warm-ups. The involved coaches should mutually agree on procedures for court usage. The visiting team must, however, be provided equal usage of the main court.
(c) When hosting a multi-team event, the host school may provide a modified warm-up schedule.
- b. Uniform/Equipment
(1) Nonvarsity teams shall be allowed to wear old varsity uniforms which are now unapproved provided participant safety is not jeopardized. (Rule 4-2)
- c. Coaches must report to their school administration within 48 hours following a contest any player or coach ejection. School administrators must then report the ejection to the WIAA via written communication within three (3) school days following the contest. This written communication must also include a plan of action to prevent future ejections. Officials will continue to provide electronic reports to the WIAA.

OFFICIALS

Rule 5-1-1

- a. Two WIAA licensed officials (R1 and R2) are required for all interscholastic competition on the senior high varsity level.
b. Two WIAA licensed officials are recommended for all nonvarsity competition, but only one (R1) is required.

Rule 5-3-1 Officials Uniform.

A NFHS approved white, blue or grey collared, polo-style knit shirt is required, a white, blue or grey long-sleeved top is permitted. When conditions are too hot, black shorts are also permitted. Both officials must have a set of yellow and red cards. Required to have line judge flags.

INDIVIDUAL PARTICIPATION LIMITATIONS

Match officials are not responsible for monitoring and/or enforcing the rule related to maximum participation by students who participate on multiple-levels on the same day.