

SIJHSAA
2025

Volleyball Exceptions to NFHS Rules

***The SIJHSAA follows National Federation of High Schools (NFHS) Rules. These are the same that are used by the Illinois High School Athletic Association. NFHS Rule Books may be purchased on the IHSA Website. (www.ihsa.org) The following are exceptions to the NFHS Rules:**

Volleyball Regulations:

- 1. Rally scoring shall be used and games played 25, 25, 15 points per contest.**
- 2. Warm-up times at the State Tournament are 3-3-3-2 for the first round and 2-2-2-1 thereafter.**
- 3. Uniforms and numbers placement on the uniforms may vary from the IHSA rules. Like uniforms are acceptable with the libero being a different color. If you use a libero – your team must provide a libero tracker.**
- 4. Each team may include fifteen (15) names on its eligibility list. A copy of this list shall be available at all times. These players listed are the 15 players dressed and eligible for competition.**
- 5. “B” or “JV” contests are designated for students in the 7th grade and below.**
- 6. At the present time, the SIJHSAA has no limitations on the number of games or tournaments a team may participate in one year.**
- 7. At the present time, the SIJHSAA has no limitations on the number of games that an individual player may participate in a night or for the year.**
- 8. Height of the net is the same as high school: 7’ 4 1/8”.**
- 9. The Mikasa VQ2000 (Royal-Black-White) volleyball will be used in the SIJHSAA State Series.**

NFHS Volleyball Rules Changes 2024-25:

These changes are posted on the SIJHSAA Website (www.sijhsaa.com / volleyball / documents & links / rules & regulations)