

# **BIG NORTH CONFERENCE**

## **Volleyball Rules and Regulations**

1. National Federation and NJSIAA rules shall govern play.
2. The home team shall provide practice balls.
3. Varsity matches shall consist of the best two (2) out of three (3) games. Junior Varsity and freshman matches shall consist of the best two (2) out of three (3) games. All of these matches will use rally scoring. The second match, whether Varsity or Junior Varsity, shall begin twenty five (25) minutes after the conclusion of the first match. This warm up period shall follow 10-7-7 format. The gymnasium clock shall be reset to twenty-five (25) minutes and begin running immediately after the conclusion of the first match. The time between V & JV can be shortened by mutual agreement.
4. The home team must supply NFHS approved volleyball for the match.
5. All matches shall begin at 4:00 PM unless changed by mutual consent of the athletic directors involved. Pre-match timed warm-up shall begin at 3:35 PM with 10 minutes of stretching followed by the 7 minutes on the court for each team including serving, with the home team having the use of the court first. If a team is late and enters the gymnasium after 3:35 P.M., the gymnasium clock shall be set to 25 minutes once the team enters the gym with the 10-7-7 format beginning immediately.
6. Two NJSIAA certified officials shall officiate varsity games. (Follow NJSIAA emergency recommendations)
7. The score must be visible to both teams.
8. Winning team has the responsibility of reporting match results to the newspaper. Unless otherwise agreed upon.

## **Divisional Standings & All Division Teams**

**Divisional Standings:** Every team must play its divisional schools twice and the crossover matches. The team with the best in-division record will be champion of that division.

**Division Teams:** Each division will select 10 athletes for 1<sup>st</sup> Team and 10 athletes for 2<sup>nd</sup> Team All-Division. Each school in a division will select one (1) athlete for honorable mention.

Amended and Dated: March 8, 2017