



2022 NSAA Volleyball Rules Guide

Warm-ups:

- 16-minutes warm-up , divided as follows:
 - 5 minutes – Both teams on their sides of the court
 - 5 minutes – Home team both sides of the court (to include serving)
 - 5 minutes – Visiting team both sides of the court (to include serving)
 - 1 minute – Teams at respective benches and on the endline ready for play
- While the team is allowed both sides of the court, the other team must be completely off of the 30' x 60' playing court, and the playable area adjacent to the playing court.

Team Benches:

- Teams will remain on one designated side of the court and occupy the same team bench throughout the match.

Officials' Uniforms:

- The uniform top shall be a collared, polo-style, short or long-sleeved shirt.
- The uniform top may be white, bright blue (cyan) or gray.
- Officials must dress in like colors.

Best 2-of-3 Sets Match:

- All sets are to be played to 25 points, including deciding set.
- If playing out-of-state, sets must be played to 25.
 - Deciding set may be played to 15 in an out-of-state contest.

****For a full listing of NSAA Volleyball Rules, please refer to the NSAA Volleyball Manual.***