

2025 Jr Southeast Conference Girls' Volleyball Rules

Warm-Ups

- Visiting teams should arrive at the host school 20-25 minutes prior to the scheduled starting time of the match. Late arrival to the school will jeopardize your warm-up time.
- Home teams are allowed to start their warm-ups if the opposing team is not at the school 10 minutes prior to the scheduled start time of the match.
- Warm-up shall be between 10 minutes once both teams have stretched. 2 minutes joint passing, 4 minutes home has full court, 4 minutes away has full court, 2 minutes joint serving.

Scoring

- For schools with only one court, please see the conference schedule to determine which grade level (7th or 8th) plays first.
- All matches will consist of 3 games with the first two games to 25 pts
 - If the 3rd game is a deciding game to 25 pts (rally scoring and NO Cap).
 - If the 3rd game is a non-deciding game for the match, the game will be played with a 15 pt with a cap of 17

Players

- Any individual who plays in the 1st game, **may not** play in the 2nd game
- If a team has fewer than 12 players, 6 individuals are required to play the first game (**no substitutions are allowed**).
- In the second game, the remaining players on the team (who didn't play in the 1st game) are required to play the entire second game. In addition, the coach is required to rotate all six players from the first game through the open/vacant position(s) created by not having at least 12 players. A new player should be substituted each/every time your team sideouts (when your team rotates to a new server). After you have substituted all your players through the open position, at the next sideout, you will start over and will substitute the first person who started the game. You will follow the same procedures as above and will need to substitute your players in the exact order (you are not allowed to change your substitution order). If your team has two open/vacant positions (e.g., 10 players on your team), you need to rotate 3 players through one position and the other 3 players through the other position).

Example: Players 1, 2 and 3 will rotate through one position and continue to rotate through this position until the end of the game. Players 4, 5, and 6 will rotate through the second open/vacant position until the end of the game.

- If the opposing team has 12 or more players, that team **must follow** normal league rules regardless of the number of players on the other team (the playing rule **cannot** be waived).
- A Libero may be used at the coach's discretion. Per conference rules, the Libero may serve in one position.
- The same Libero **may not** be used in both games. To use 2 Liberos, you would need a minimum of 14 players to follow the league rule.

Conference Rules

- All conference rules outlined need to be followed at all schools and **cannot be altered by any coach or official during the season**