



2023 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.

Replacement Games:

- When a school's varsity team is unable to complete the season, those remaining teams on that school's regular season schedule may either:
 - Receive forfeit wins for those scheduled contests.
- OR
- If more than 7 days remain before postseason seeding, a school may replace the forfeited contest.

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.

Out-of-State Matches:

- Nebraska teams will be allowed to play sets to 21 if that is a rule that governs play in that state.
- All out-of-state matches will count towards postseason/wildcard seeding.

Accommodations:

- The NSAA, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances.
- In order to determine if the NSAA can authorize such an accommodation, the school administration must contact the NSAA to request an accommodation hearing.

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