

2025-26 MAJOR RULE DIFFERENCES BETWEEN USAV (CLUB) AND NFHS (HIGH SCHOOL)

	USAV	NFHS (+MSHSAA MODIFICATIONS)
Coin toss	- R1 assigns one team “heads” and one team “tails” prior to tossing coin	- Visiting team (pre-match) or home team (deciding set) calls the toss - MSHSAA modification: Coin toss will be for choice of serve/receive. Unless it is determined there is a clear and distinct advantage, teams will not switch sides or benches.
Toss for service	- Ball must be released/tossed before contact - One toss for service is allowed after service is authorized, eight seconds allowed for service contact (age 15 and above) - Eight seconds is allowed for service contact, and one serving tossing error that is caught or falls to the floor is permitted for each service (age 14 and below)	- After ball is released for service, it may be caught or allowed to drop to floor for a re-serve - Only one re-serve per player per term of service - Ball does not need to be released/tossed before contact - Five seconds allowed for service contact
Net contact	- Contact with the net by a player between the antennae, during the action of playing the ball, is a fault. The action of the playing the ball includes (among others) take-off, hit (or attempt) and landing.	Contact with net, net cables or antennae is always a fault except contact by loose hair
Late lineups	Delay sanction	- Administrative yellow card if not turned in by deadline (2 minutes prior to end of timed warm-ups or 1 minute prior to time expiring between sets) - Administrative red card (point) if not turned in by the end of timed warm-ups or time expires between sets
Jewelry during play	Jewelry may be worn provided its nature doesn't present a safety concern. Examples of what's not allowed are long necklaces, necklaces with large medallions, large hoop earrings.	Small, secured stud or post jewelry may be worn above the chin. All jewelry below the chin (i.e.: bracelets, necklaces, etc.) are still prohibited. Jewelry cannot be taped except for religious/medical-alert medals.
Crossing the center line	Players can touch the opponent's court with an entire foot or hand or any other body part(s), provided the encroachment does not present a safety hazard, does not interfere with the opponents, and some body part is on/over the center line.	Player can touch opponent's court with feet or hands, provided some part of the extremity is on or above the center line. Contacting the floor across the center line with any other body part is illegal.
Ball near/in vertical plane of the net	Player's contact with the ball must be made within his/her own playing space. The point of contact with the ball, not necessarily the position of the ball, is the determining factor.	A ball penetrating the vertical plane of the net may be returned to a team's playing area by a player on that team provided the ball has not completely crossed the vertical plane when the contact is made.
Coaching during the match	Head coach and one assistant coach allowed to stand	Only head coach is allowed to stand. Once assistant coach may stand to coach during dead balls only. Coaches can coach in the libero replacement zone and the area beyond the endline and sideline extended.
Players on the bench during the match	Players are allowed to stand at the end of the bench	- All players must be seated on the bench - Players on bench may warmup in a non-playable area (i.e.: behind bench if there's room)
Sanctions	- Warning: no card shown (verbal – no point) or yellow card shown (no point—each team may only receive one yellow card per match) - Penalty: red card (point) - Expulsion: red card (removed from set-no point) - Disqualification: red and yellow card (removed from match-no point)	- Warning: yellow card (no point—each team member can receive an individual yellow card) - Penalty: red card (point) - Disqualification: red and yellow card (removed from match-point) - Forfeit
Team substitutes per set	15 (begin notifying coaches at 12 th substitution)	18 (begin notifying coaches at 15 th substitution)
Number of liberos allowed	2	1
Line judge position during timeouts	At midpoint of each end line	At intersection of attack line and sideline on R1's side of court
Deciding set	Always play to 15 points, win by two	- Varsity 5 th set in duals played to 15 points, win by two - Varsity 3 rd set in tournaments played to 25 points, win by two - JV 3 rd set in duals and tournaments played to 25 points, win by two. C-team, 9 th grade, and middle school 3 rd set in duals and tournaments played to 15 points, win by two. - Pool play matches: MSHSAA allows that sets can be abbreviated
Line judge responsibilities	- Line judges shall remain on the same corners throughout the match- - A line judge may signal when a player contacts the top 32 inches of either antenna	- Line judges are required to switch sides of the court between sets (unless R1 determines otherwise) - It is not the responsibility of the line judge to indicate when a player contacts the antenna

SOURCE: Documents from PAVO, NFHS, and MSHSAA