

MODIFIED BOYS' AND GIRLS' VOLLEYBALL SPORTS STANDARDS

Tryouts:

- If student athlete passes Athletic Placement Process, they may try out for higher level (JV or Varsity), 3 of the first 5 days of the high school season. Any student practicing with higher level after their 3rd day MAY NOT return to the modified level.

Player Movement:

- No player may be advanced to a higher level of competition after completion of 50% of their modified scheduled & must pass the athletic placement process.
- If a player competes against a JV or Varsity performer, he/she may not return to the modified program that season in that sport.
- A player is ineligible when his/her 16th birthday is reached though he/she may finish the season.

Practices:

- Practice may start as determined by ECIC.
- Modified teams shall not practice with JV or Varsity Teams.
- Limited to one practice per day.
- No more than 6 calendar days per week can teams practice.
- Practice times are limited to 2 hours maximum. (45 minutes minimum)
- Boys and Girls teams may not practice/compete against one another.

Scrimmages:

- Teams must have 6 practices before first scrimmage.
- Limited to 3 scrimmages though a match can be played as a scrimmage with no officials.
- Teams need (1) one night of rest between scrimmages.

Matches:

- Must have 6 practices before first match.
- Need (1) one night's rest between matches.
- Maximum of 14 matches.
- 2 matches per day can be played.
- NYS recommends 2 days of competition per week. There shall be no more than 3 days of competition per week and never 3 days in a row.
- No tournaments.

Special Rules:

- Game Rules: NCAA.
- Rally scoring to 20 points for each game.
- Five (5) game matches shall be utilized at the modified level.
- Two (2) tosses will be permitted per turn of service.
- The libero player may be used at the modified level. The uniform requirement for the libero is waived.
- The net height for competition shall be 7'4 ¼".
- The service line may be moved in no more than two (2) meters in order to promote overhand serving only.
- The boys' and girls' rotation may be adjusted so that when a modified athlete successfully serves five consecutive serves that are not returned, the team rotates to the next server.