

# West Nashville Sports League Volleyball

## League Logistics

Updated 8/25/2025

Location: Harpeth Hall (3801 Hobbs Road, Nashville, TN 37215)

Game Times: Saturdays starting at 9:00 am- 4:00 pm

Practice Times: Will be scheduled individually by each team at their discretion & location

Schedule Request- Send to [carly@wnsl.net](mailto:carly@wnsl.net)

Volleyball questions to [alyssa.pillow@harpethhall.org](mailto:alyssa.pillow@harpethhall.org)

### Volleyball Rules & Guidelines

TSSAA Volleyball Rules are mirrored for this league. However, WNSL may adapt its rules, as listed below, which will take precedence in the event of any conflict.

#### General League Rules

- Each team is responsible for its warm-up balls. The coach must secure these balls during the game. WNSL will provide the game ball for each game.
- Please arrive no earlier than 25 minutes before your scheduled game time.
- Teams, ONLY, can warm up in the hallways with no volleyballs. Teams will be allotted at least 5 minutes of warm-up time before their game time.
- Officials can request parent line judges per game

#### Uniforms

- Jersey Tops included
- All Teams must be in the same uniform top & must include numbers on the back of the jersey.

#### Game Balls & Net Height

- 3rd/4th & 5th/6th- will utilize a volleylite ball
- 7th/8th & 9th/10th- will utilize a regular volleyball
- All Divisions will play at 7 feet, 4 1/8 inches

#### Team Composition

- A team must have at least 4 players to start a match.
- A full team consists of 6 players on the court.
- If a team has fewer than 4 players 15 minutes after the scheduled start time, the match is forfeited.

- Players arriving late must enter as if they are rotating in, maintaining the rotation order.

## Rotation & Substitution

- Players must rotate clockwise when changing positions after a side-out or before serve.
- 3rd/4th Grade Teams are allowed for 24 substitutions per match as long as substitutions are made for the same serving position.
  - No libero
- 5th/6th, 7th/8th, 9th/10th are allowed 18 substitutions per match.
  - No libero
- Liberos are allowed at 7th/8th, 9th/10th Grade
  - Teams must provide their libero jersey with the jersey #.

## Match Format

- Each match will be scored based on the best of 2 out of 3 games.
- All 3 games will be played during the regular season, regardless of the match outcome after the first two.- \*IF TIME PERMITS\* This is an official's discretion.
- In the playoffs, the third game will NOT be played if a team wins the first two.

## Scoring

- Rally scoring is used: a point is awarded on every rally, regardless of who served.
- Games 1 & 2: Played to 25 points (win by 2, cap at 30).
- Game 3: Played to at least 15 points, win by 2, cap at 5 points above the target score (e.g., if target is 15, cap is 20).
  - All 3 games will be played during the regular season, regardless of the match outcome after the first two.- \*IF TIME PERMITS\* This is an official's discretion.

## Timeouts & Breaks

- Each team is allowed one 30-second timeout per match.
- Coaches must signal when requesting a timeout.
- There is a 1-minute rest between games.

## Serve, Side Decisions, & Net Height

- A coin toss will determine the serving team in Game 1.
- Game 2: The team that did not serve first in the first game will serve first in the second game.
- Game 3: The winner of the initial coin toss serves first.
- Teams will NOT switch sides

- Serving Lines
  - 3rd/4th Grade Division: Players may start serving from the 10-foot line. Once a player successfully makes **three serves over**, they must move back to the top of the three-point line. From this line, she may score up to **3 additional points** (for a total of 6 points). Once six points have been scored, the server must recede to the feet in front of the service line. The server can remain here until the duration of their serving turn is over.
  - **5th/6th Grade Division: Players begin serving three feet in front of the service line. (The Green basketball sideline).** After 3 successful serves, the player must move back behind the service line.
    - Player only gets ONE replay serve per serving opportunity
  - 7/8th Grade Division: Players will serve from the regulation service line
  - 9th/10th Grade Division: Players will serve from the regulation service line