2025-2026 NLVA Rules and Net Heights

NLVA Rules	13&14U Girls	13&14U Boys	15U Girls	15U Boys	16U Boys	16-18U Girls	17&18U Boys	Jr High Girls	Jr High Boys
Net Height	2.15	2.2	2.2	2.35	2.35	2.24	2.43	2.2	2.35
Substitutions	12 Limited	12 Limited	12 Limited	12 Limited	6 Limited	6 Limited	6 Limited	12 Limited	12 Limited
Fair Play	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes
Volley on a Serve	No - 13U Yes - 14U	No - 13U Yes - 14U	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Libero	No	No	No	No	Yes	Yes	Yes	No	No
Timeouts	2	2	2	2	2	2	2	2	2
Timeout lenth	60 s	60 s	60 s	60 s	60 s	60 s	60 s	60 s	60 s
Coach sits	Anywhere	Anywhere	Anywhere	Anywhere	Anywhere	Anywhere	Anywhere	Anywhere	Anywhere
Jersey Numbers	1-99	1-99	1-99	1-99	1-99	1-99	1-99	1-99	1-99