

**NCAA/NFHS Rules differences  
Condensed version**

- **Backboards hanging over playable rules same as ceiling**
- **Ball can be multicolored – 1/3 must be white**
- **Team rosters not used**
- **Players can stand in front of bench during live ball play**
- **Barrettes and bobby pins allowed**
- **Prematch warm-ups are 19 minutes continuous clock 4-4-5-5-1**
- **Any player can attend pre-game conference**
- **Switch playing courts and benches at 8 points of deciding game**
- **Teams do not go to end line at end of game.**
- **Teams to end line at end of match**
- **Teams released to benches before deciding game coin toss**
- **Deciding game coin toss held by 2<sup>nd</sup> referee at scoring table**
- **Only one substitution allowed in substitution zone at a time**
- **12 Substitution limit per game, scorer notifies second referee at 9-12 sub mark**
- **Ball contact anywhere on body is legal**
- **Incidental net contact is allowed**
- **Center line foot and hand faults allowed providing they pose no safety hazard and do not interfere with opponent**
- **Serve must be tossed or released once with 8 seconds, no reserve allowed**
- **Coach may stand and must stay 1.75 meter from court and out of substitution zone.**