

LHSOA 2025 Volleyball Study Guide

NOTE: In the exam situations, Team S = serving team; Team R = receiving team. Additionally, LF = left front; CF = center front; RF = right front; RB = right back; CB = center back; LB = left back.

Number	Question	Answer A	Answer B	Answer C	Answer D	Your Answer	Rule Reference
1	During the set, each line judge shall assist the referees by:	Communicating with the first referee when asked, when the ball touches the ceiling or overhead obstruction, if out of the view of the referees.	Indicating when the ball touches the net, net antennas, and/or net supports not entirely between the net antennas.	Indicating when a player touches a ball that is going out of bounds on the player's side of the net.	All are correct.		5-9-3c, e, f
2	A volleyball match:	Consists of two teams of six players on a rectangular court.	Has a maximum of three minutes between sets unless an intermission is used.	Shall be forfeited when a team has fewer than six players to start the match, unless the state association determines otherwise.	All of the above.		1-1, 1-2-2, 1-5-4
3	During a dead ball, the playing captain may request the following for the captain's team:	A time-out.	Verification of time-outs used.	Verification of serving order.	All are correct.		6-3-2a, b, c
4	When used, a libero:	May be used as an exceptional substitution for an injured player if no other legal substitute is available.	May replace a disqualified teammate.	May not be designated as the playing captain.	Shall not be allowed to serve in one position in the serving order.		6-4-2b, c, d, e; 10-3-6c; 10-4-3b
5	The prematch procedure shall include:	The home team selecting its team bench.	A coin toss to determine who serves and who receives.	A and B.	A conference conducted by the officials with only team captains.		1-6-1, 1-6-2, 1-6-3
6	The center line:	Must be continuous and 2 inches (or 5 centimeters) wide.	Must be solid.	May be shadow-bordered 2 inches (or 5 centimeters) wide.	Both a and c.		2-1-4, 2-1-4 NOTE
7	At the moment of the serve, which statement about player positioning is not true?	All players, including the libero, shall be in the correct serving order.	All players, including the libero, are not required to be in the correct serving order.	No player, other than the server, may have any part of the body touching the floor outside of the boundary lines.	All players, except the server, shall be within the team's playing court and boundary lines.		6-4-3a, b, c
8	The coaching zone is defined by:	The area near the sideline between the attack line and the center line.	The libero replacement zone and the area beyond the end line and sideline extended.	The area near the sideline between the attack line and the end line.	Not a defined area.		2-1-9
9	Team A submits a lineup listing a starting number that no team member is wearing. The team substitutes a player with a legal number into that position. Team A is:	Not charged with a substitution.	Charged with a substitution.	Charged with a substitution and an unnecessary delay (administrative yellow).	Not charged with a substitution, but assessed an unnecessary delay (administrative yellow).		7-1-4a(1)

10	A live ball becomes dead when:	The receiving team makes multiple contacts with a served ball on its first hit.	The serve contacts the net and enters into the receiving team's court.	The ball touches the floor.	After touching the ball on a block, a team contacts the ball three times before returning the ball into the opponent's court.		9-3-3g
11	Which of the following is incorrect concerning the net?	The net antennas shall be attached to the net in line with the outside edge of the sideline.	The height of the net shall be 7 feet, 6 inches for girls.	The height of the net shall be 7 feet, 11 5/8 inches for boys.	The net measured at the ends shall not exceed the standard height by more than ¾ inch.		3-1-4, 3-1-5
12	Team R's CF, LF and LB are very close to each other at the net, and all three are reaching higher than the top of the net. The ball is attacked by Team S and contact is made by Team R's block. Which of the following statements is true?	CF, LF and LB do not meet the definition of a collective block.	Only LF contacts the ball and therefore a legal block.	A blocking fault results because LB has participated in a completed collective block.	All the statements are true.		9-5-1(c)3 NOTE
13	Which of the following equipment must be padded?	Standards	Net support floor/wall cables	First Referee's platform	All must be padded.		3-1-3
14	Which of the following jewelry is allowed?	Hoop earrings.	No jewelry is allowed.	Studs or post above the chin.	String or commemorative bracelets.		4-1-7
15	A referee shall stop play when:	A ball is played over a nonplayable area and the player has a body part in contact with a playable area at the same time the ball is contacted.	The ball contacts a cable used to retract a ceiling-suspended net system.	The ball contacts any part of a backboard or its supports, over the playable area.	Both B and C.		2-4-1d, e
16	A team has been assessed a second administrative unnecessary delay during the same set. The penalty is:	A second administrative yellow card.	An administrative red card, loss of rally/point.	The head coach must remain seated during play.	All are correct.		9-9-1 PENALTIES 2
17	Assistant officials include:	Scorer, first referee and line judges.	Libero tracker, line judges and scorer.	Line judges, second referee and timer.	None of the above.		5-1-1
18	Unnecessary delay occurs when:	An illegal replacement attempts to enter the set.	A team repeatedly uses an improper substitution procedure.	A coach is late submitting the team's lineup to the second referee.	All are unnecessary delay.		9-9-1b, h, i
19	If a fault is whistled by the second referee, the second referee will:	Indicate the player committing the fault, then the nature of the fault.	Indicate the nature of the play.	Indicate the nature of the fault, then the player committing the fault.	First mirror the first referee.		5-2-1b
20	A team is allowed _____ substitutions per set.	15	18	Unlimited	20		10-3-2
21	In the case of an injury/illness to the libero during the set and the libero cannot continue to play, the head coach is permitted to:	Replace the libero with any player on the bench.	Complete a legal libero replacement and request a substitution for another player on the court during the injury time-out.	Complete a legal libero replacement for the injured/ill player and may substitute for the replacement player.	Take as much time as needed to decide if the player can continue play.		11-4-1b

22	The first referee is the head official who shall:	In the spirit of good sporting conduct, promptly handle any unexpected situation.	Make decisions on matters not specifically covered by the rules.	Have general supervision of officials.	All of the above.		5-4-3a(1), (2), (4)
23	Which is NOT considered unsporting conduct for a coach:	Abusing the re-serve rule.	Making any excessive requests designed to disrupt the set.	Disrespectfully addressing, baiting or taunting anyone involved in the contest.	All of the above are considered unsporting conduct for a coach.		12-2-8d
24	Which statement is correct regarding an unruly spectator disrupting the set?	The first referee gives a yellow card to the coach of the team for whom the fan is yelling.	The first referee approaches the spectator and tells the spectator to leave the facility.	The first referee suspends the set until the host management resolves the situation, then play continues.	The second referee approaches the spectator and tells the spectator to leave the facility.		12-3
25	Which of the following is a responsibility of the scorer?	Enter on the scoresheet the uniform numbers of the starting players in proper service order.	Notify the first referee during play when there is a discrepancy with the score.	Record libero replacements and substitutions.	Time the prematch warm-up period.		5-6-1c
26	Barrettes and other adornments in the hair are legal if they:	Do not increase risk to the player and/or teammates.	Do not increase risk to the opponent(s).	Are securely fastened.	All are correct.		4-1-6a
27	What is it called when opposing players commit a rule violation at the same time?	A fault.	A double fault.	Multiple faults.	A double hit.		9-7-2
28	The attack is considered complete when the:	Attacking team has completed three hits.	Attacking team has had the opportunity to complete the attack.	The ball is falling near the net, and in the referee's judgment, no legal member of the attacking team could make a play on the ball.	All are correct.		9-6-4
29	A replay may be declared when:	A double whistle occurs on the serve.	A player intentionally serves the ball prior to the referee's signal.	The ball contacts a backboard hanging in the vertical position over a playable area and, in the judgment of the referee, the ball would have remained in play.	Both A and C.		9-8-1b & h
30	Which of the following statements is true regarding the lineup?	One of the six starting players on the lineup sheet, or the libero, must be designated as the playing captain by placing a "C" next to the player's number.	Lineup must be submitted to the second referee no later than two minutes before the timed pre-match warmup ends.	Only one libero may be designated per set on the lineup sheet prior to each set.	All are true.		7-1-2a, b, c
31	Proper substitution procedure includes:	The substitute remaining in the substitution zone until the second referee releases the substitute and player.	The substitute remaining in the substitution zone until the first referee releases the substitute and player.	The substitute using the substitution zone, which is located along the sideline between the attack line and the serving line of the team's playing area.	None of the above.		10-2-3, 10-2-4

32	An assistant coach may stand in which of the following situations?	During a dead ball in the coaching zone when one assistant coach is already standing.	During a live ball to review the accuracy of the score with the second referee.	During a dead ball in the coaching zone if no other assistant coach is standing.	During a dead ball to request a time-out.		12-2-6
33	All of the following are correct, except:	A time-out will last for a maximum of sixty (60) seconds.	Each team is limited to four (4) time-outs per set.	A time-out may be called by the head coach during a dead ball.	A time-out may be called prior to the start of a set.		11-2-1, 11-2-2, 11-2-3
34	Which of the following are examples of legal uniform numbers?	The numbers are the same color as the uniform with a clearly contrasting border not to exceed 1/2 inch in width.	The numbers clearly contrast from the uniform and include a border not to exceed 1/2 inch in width.	The numbers clearly contrast from the uniform and do not have a border.	B and C are legal uniform numbers.		4-2-4c
35	A player shall not re-enter the set during the same dead ball in which that player was substituted.	True	False				10-3-3
36	In order to review a decision made by the first referee, the head coach requests and is granted a time-out during the dead ball immediately following the situation in which a possible incorrect decision occurred. The team has already used its allotted time-outs. The referee's decision prevails. A loss of rally/point shall be awarded to the opponent.	True	False				11-3-1, 11-3 PENALTY
37	The referees' jurisdiction begins:	Upon the start of the match.	Upon the arrival on the floor.	Upon the pregame meeting.	Both A and B.		5-1-3
38	A re-serve shall be called when:	The server releases the ball for service, then catches the ball.	The ball contacts the backboard or its supports hanging in a vertical position.	The server steps on the service line.	The server contacts the ball outside the hashmark.		8-1-2, 8-1-6
39	A player may not cross the extension of the center line outside the court at any time.	True	False				9-5-8
40	Which of the following statements is accurate in relation to net play:	A ball contacting and crossing the net shall remain in play provided contact is entirely within the net antennas.	A player shall not contact a ball which is completely on the opponent's side of the net unless the contact is a legal block.	Recovering a ball hit into the net shall be permitted.	All of the above are correct.		9-6-1, 9-6-2, 9-6-3
41	A serve is illegal and the ball remains dead if the server:	Tosses the ball for serve and the ball touches any part of a backboard or its supports hanging in a vertical position over the serving area.	Does not contact the ball to serve within five seconds.	Is touching the end line or the floor outside the serving area when the ball is contacted.	All are correct.		8-2-5b,c,g

42	During play, the _____ is permitted to stand in the replacement zone.	Incoming substitute	Assistant coach	Head coach	Nonplaying team members		9-1-1, 12-2-6
43	A stray volleyball rolls onto the court during the set and disrupts play. The referee will:	Give the team that was interfered with the option of accepting the outcome of the play or a replay.	Stop play and signal a replay.	Allow the rally to continue to its natural end. The rally will be replayed only if players from the team that lost the rally complain that they were distracted by the stray volleyball.	Allow a player to bat the ball away while continuing play.		9-8-1g(1)
44	The head coach must remain seated during play after being assessed a yellow unsporting conduct card.	True	False				12-2-6
45	The player and substitute may exchange positions in the substitution zone before the second referee's signal.	True	False				10-2-4
46	When a team member seated on the bench receives a red card for unsporting conduct, the head coach must:	Have the team member escorted out.	Remain seated during play for the rest of the match.	Remain seated for the rest of the set.	Designate standing privileges to an assistant coach.		12-2-6
47	Team A's back-row setter is in the front zone near the net and jumps to try to make the team's second contact. The ball enters the plane of the net, where team A's back-row setter and team B's front-row player simultaneously touch the ball above the top of the net.	Legal play, ball remains in play.	Illegal block on team A.	Illegal attack on team B.	Double fault.		9-5-1c
48	A team A front-row player attacks the ball and then touches the bottom of the net after landing and turning to transition to the next play. The net contact does not interfere with play.	Legal play, the ball remains in play.	A net fault has occurred.				9-6-7a
49	Team A players are wearing white jerseys and have numbers that are a camouflage light and dark green that clearly contrast from the jersey. All the jerseys are the exact same color.	Legal uniform	Illegal uniform				4-2-4c

50	What is the correct signal sequence for the first referee when the second referee whistles a net fault?	Signal the result of the play, signal the net fault, signal the number of the offending player.	Signal the number of the offending player, signal the result of the play.	Signal the result of the play, signal the number of the offending player.	Signal the result of the play.		5-2-1b
51	A Pregame Administrative Conference shall be held 20 minutes prior to the first contest on each playing date.	True	False				LHSAA Regulations
52	For illegal alignment, loss of rally/point is awarded to the opponent for:	Positioning, at the moment of a legal serve, of any player other than the server, outside the boundaries of the playing area.	Overlapping by players other than the server at the moment a legal serve occurs.	Both A and B.	None of the above.		6-4 PENALTIES
53	Which of the following is true for substitution requests?	Substitution requests can be made prior to the start of the set.	Substitutions requests can be made during a live ball.	Substitution requests can be made by an assistant coach.	Substitution requests can be made by a player on the court.		10-1-4
54	When a player changes uniforms due to blood or damage, the following is true:	If the number changes, the roster is corrected.	No penalty is assessed.	A loss of a time-out will be assessed to the offending team.	A and B are correct.		4-2-3 NOTE, 7-1 PENALTY NOTE
55	The first referee shall whistle and direct players to their respective end lines prior to the first set. What players are permitted to stand on their respective end lines?	Any rostered player.	Starting players only.	Starting players and libero only.	Non-starting players only.		5-4-3c(1)
56	Which of the following statement(s) is true regarding the volleyball?	The volleyball shall include the NFHS Authenticating Mark.	The volleyball shall be spherical with a laceless molded cover.	The volleyball shall measure at least 21 inches but no more than 24 inches in circumference.	A and B are true.		3-2-1, 3-2-3
57	When should a scoresheet be supplied to the officials' table?	At least 5 minutes before the match.	At least 10 minutes before the match.	At least 15 minutes before the match.	At least 20 minutes before the match.		3-3-1
58	Once a first referee signals for service, which of the following requests is permitted prior to the ball being served?	Libero replacement	Substitution	Time-out	None of the above		8-1-6
59	Line judges shall:	Report to the first referee no less than 20 minutes before the scheduled start time.	Stand near the intersection of the left sideline and the end line.	Stand up on the referee's platform.	Both A and B.		5-9-1a, 5-9-2a & b
60	The first referee signals for the serve. The server tosses the ball and it hits the backboard. What is the correct call?	A re-serve.	An illegal serve.	A service fault.	Unsporting conduct.		8-1-6
61	Which of the following statements is false regarding music and/or sound effects?	Music/sound effects are permitted prior to start of the set.	Music/sound effects are permitted during warm-ups.	Music/sound effects are permitted during play.	Music/sound effects are permitted during time-outs.		1-8

62	Which of the following fault penalties are false?	For a double fault during a live-ball play, a loss of rally/point is awarded to the opponent.	For a double fault during a dead ball, the penalty is assessed against the serving team followed by the receiving team with both teams rotating.	For a simultaneous fault during a dead ball, all applicable penalties are accessed.	For a multiple fault, only one penalty is assessed (loss of rally/point).		9-7 PENALTIES
63	Unless state association rules determine otherwise, a match shall be declared a forfeit when:	A disqualified individual violates conduct rules following disqualification.	A team refuses to play when directed to do so by the first referee.	A coach is removed for unsporting conduct and no school personnel is present to assume responsibility for the team.	All of the above.		1-5-2
64	Failure to submit a roster to the second referee at the pre-match conference results in the following penalty:	An administrative red card shall be assessed at the start of the set.	An unnecessary delay (administrative yellow card) shall be assessed at the start of the set.	Offending team is charged a time-out.	A loss of rally/point is given to the offending team.		7-1 PENALTIES
65	Multiple contacts are permitted only for the following:	On any first team hit, whether or not the ball is touched by the block.	When the first ball over the net rebounds from one part of the player's body to one or more other parts in one attempt to block.	On the second team hit if the ball is next contacted by a teammate.	All of the above.		9-4-8c
66	How many feet of unobstructed space shall there be outside the boundary lines of the court?	5 feet	6 feet	10 feet	12 feet		2-1-3
67	A ball is out of bounds and becomes dead when it:	Touches the net cables or net not completely inside the antenna.	Touches or enters (from the direction of the court) an adjacent court scheduled for play.	Both A and B.	None of the above.		2-3d, g
68	Uniform bottoms shall adhere to which of the following?	All teammates must wear the same style of uniform bottoms.	Must be a single solid color.	Must clearly contrast from the uniform top.	None of the above.		4-2-2i
69	For uniform tops, which of the following are considered legal undergarments?	Unadorned of any color.	A color similar to the predominant color of the uniform - all teammates, other than the libero, match.	Solid black, white or gray - all teammates, other than the libero, match.	Both B and C.		4-2-1h(3)
70	Team S has six players. After the set begins No. 6 is injured and is unable to play. Player No. 25 arrives, but is not listed on the roster. Player No. 25:	May enter the set without penalty.	May not play until the next set.	May be added to the roster and enter the set after the team is penalized with a loss of rally/point awarded to the opponent.	May enter the set only in the service position.		7-1-1 PENALTY 3
71	During service, three players from the serving team stand close together at the net, waving their hands above their heads, while the server serves the ball directly over them in a low flat trajectory.	This action should result in the loss of a rally/point awarded to the opponent.	The R2 tells the receiving team they should move if they want to see the ball.	The officials make no call unless the receiving team complains about the inability to see the server.	The timer sounds the horn, signaling the stoppage of play until the serving team spreads out and puts their arms below their heads.		6-5-2 PENALTY

72	A served ball is a service fault and becomes dead when the ball:	Passes under the net.	Touches the server's teammate.	Touches the floor on the server's side of the net.	All of the above.		8-2-6
73	When requesting a substitution:	The head coach may verbally request a substitution.	The head coach may visually request a substitution.	A substitute from the bench may enter the substitute zone.	All of the above.		10-2-1a,b
74	The libero may:	Set the ball with a two-hand finger pass while standing on the attack line and have a team member complete an attack above the height of the net.	Replace any back-row player.	Attack a ball above the height of the net.	Serve in two different positions.		10-4-1a
75	Team R's head coach calls a time-out to discuss with the R1 the call of an illegal back-row block on Team R. What is the correct ruling?	Illegal. The official's decision is final.	Team R will be charged with a time-out no matter the result of the review.	Team R will not be charged with a time-out if the decision is changed.	The coach will be penalized for questioning an official's call.		11-3-1
76	Which of the following is true when calling time-outs?	They can be requested only by the head coach or playing captain.	They can only be called during dead balls.	They can be honored after the first referee has signaled for the next serve.	A and B are correct.		11-2-1
77	Team A is wearing multicolored uniform shorts including the libero. Which of the following is legal?	Four players wearing white visible spandex and two players wearing gray visible spandex under the shorts.	All players, including the libero, wearing black visible leggings under the shorts.	Three players wearing black visible leggings and three players wearing black visible spandex under the shorts.	Both B and C.		4-2-1i(2)
78	During the pre-match conference, the head coach should give the team roster to which of the following game personnel?	The R1	The R2	The scorekeeper	The announcer		7-1-1a
79	A loss of rally/point can be awarded to the receiving team when Team S is serving if:	Team S commits an illegal serve.	Team S commits a service fault.	Team S is out of position on the serve.	All of the above.		8-2 PENALTIES
80	The time period between the sets of a match shall be which of the following?	No more than three minutes	No more than four minutes	No more than one minute	None of the above		11-5-1