

## **U-VOLLEY RULES**

### **Height Restrictions**

All players shall conform to the height restrictions as prescribed by FIVB rules, which are “under 185 centimeters” (approximately 72.83 inches) for men and “under 175 centimeters” (approximately 68.89 inches) for women.

Height measurement will be in stocking feet or bare feet (without shoes). All players close to this limitation are subject to individual measurement prior to competition during pre-tournament check-in and during random checks throughout the tournament.

*USAV: For ease of administration, the height of 6'1" for men and 5'9" for women may be used for recreational play.*