



September 23, 2026

NFHS Volleyball Weekly Rule Interpretations

Contacting the Ball – Prolonged contact: Any contact that visibly comes to rest or is caught, held, lifted, or thrown by any part of a player's body, rather than rebounding cleanly from a legal hit.

Passing:

SITUATION 1: A1 receives the serve from Team B. The ball comes to a stop on the inner creases of A1's elbows, is lifted and then separates from the arms when A1 swings their arms upward. **RULING:** Illegal hit.

COMMENT: It is prolonged contact when the ball comes to rest on the body of A1. Prolonged contact is not legal even on the first team contact. (9-4-5)



Overhand Passing (Setting):

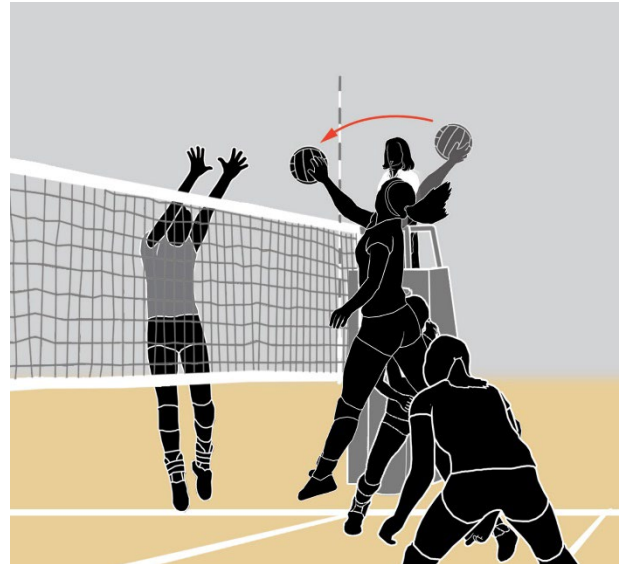
SITUATION 2: A1 receives a pass from A2 and attempts to set the ball to an attacker on Team A. The ball comes to rest in A1's hands before A1 extends their arms, setting the ball toward an attacking teammate. **RULING:** Illegal hit.

COMMENT: It is prolonged contact when the ball comes to rest in the hands of a player attempting to overhand pass the ball. (9-4-5)

Attacking:

SITUATION 3: A1 attacks the ball beginning the contact phase with the ball behind their head and maintains contact throughout the forward arm swing before releasing it toward the deep corner of the opponent's court. **RULING:** Illegal hit.

COMMENT: It is prolonged contact on an attack when the attacker maintains contact with the ball through the arm swing and throws the ball rather than legally contacting it. (9-5-4)



SITUATION 4: A1 attacks the ball using their fingertips to direct the ball to an open spot on Team B's court. The contact begins in front of A1 and the ball is controlled and directed with a quick push to the open spot. **RULING:** Legal hit. **COMMENT:** Not all contact that is controlled is prolonged contact. The ball did not come to rest or become caught, held, lifted, or thrown. (9-5-4)

Blocking:

SITUATION 5: A1 and A2 are jumping to block B1's attack. B1 tips the ball just over the block. A1 reaches back, catches the ball and throws it back to Team B's side of the court. **RULING:** Illegal hit. **COMMENT:** It is prolonged contact on a block when a blocking player catches the ball, carries it through a throwing motion, and releases it over the net. (9-5-4)

