The following net heights are currently in practice for the below indicated age groups and scholastic levels of competition:

**AGE GROUPS GIRLS BOYS/COED**

18 to 15 years 2.24m (7'4\(\frac{1}{8}\)”) 2.43m (7'11\(\frac{5}{8}\)”)
14 and 13 years 2.24m (7'4\(\frac{1}{8}\)”) 2.24m (7'4\(\frac{1}{8}\)”)
12 and 11 years 2.13m (7'0") 2.13m (7'0")
10 years and under 1.98m (6'6") 2.13m (7'0")

**SCHOLASTIC LEVELS GIRLS BOYS/COED**

Grades 1 through 6 (Elementary School): 1.85m (6'1") 1.85m (6'1”)
Grades 7 and 8 (Middle School): 2.24m (7'4\(\frac{1}{8}\)”) 2.24m (7'4\(\frac{1}{8}\)”)
Grades 9 through 12 (High School): 2.24m (7'4\(\frac{1}{8}\)”) 2.43m (7'11\(\frac{5}{8}\)”)

**INDOOR**

Note: USA Volleyball and NFHS rules require standards to be 3 feet (1 meter) outside the court. In the interest of safety for age-group and scholastic competition, the height of the net shall be that specified for male competition. This height requirement shall not be modified; USA Volleyball recommends the free-zone distance between side-by-side courts be a minimum of 13 feet (4 meters). Dash marks extending the 3-meter line to off the court are recommended for collegiate level play and above. NCAA rules require a minimum ceiling height of 25 feet for all newly constructed facilities. NFHS rules allow court dimensions to measure 30 feet by 60 feet.

**HIGH SCHOOL**

![Diagram courtesy of USA Volleyball.]

![Diagram courtesy of NFHS.]

Note: USA Volleyball and NFHS rules require standards to be 3 feet (1 meter) outside the court. In the interest of safety for age-group and scholastic competition, the height of the net shall be that specified for male competition. This height requirement shall not be modified; USA Volleyball recommends the free-zone distance between side-by-side courts be a minimum of 13 feet (4 meters). Dash marks extending the 3-meter line to off the court are recommended for collegiate level play and above. NCAA rules require a minimum ceiling height of 25 feet for all newly constructed facilities. NFHS rules allow court dimensions to measure 30 feet by 60 feet.

FOR MORE INFORMATION CONTACT:

National Federation of State High School Associations
(317) 972-6900
www.nfhs.org

USA Volleyball
(719) 228-6800
www.usavolleyball.org
VOLLEYBALL

Note: Posts with flags must exhibit a minimum height of 1.2 meters above ground.

OUTDOOR

Note: Dimensions of the standard doubles court shall be 8 by 16 meters. A 9-by-18-meter court shall be used for four- and six-person play.

RUGBY

Note: Posts with flags must exhibit a minimum height of 1.2 meters above ground.

TOTAL HEIGHT EXCEEDING 3.4 M

TO TOP EDGE OF BAR

Note: Dimensions of the standard doubles court shall be 8 by 16 meters. A 9-by-18-meter court shall be used for four- and six-person play.

FOR MORE INFORMATION CONTACT:
USA Rugby
(303) 539-0300
www.usarugby.org