

## **CCCYO ATHLETICS VOLLEYBALL RULES**

All games shall be played in accordance with rules and interpretations adopted by the National Federation of State High School Associations (NFHS). Exceptions to the rules may be made at the discretion of Catholic Charities CYO Athletics Management. Specific revisions to the rules are contained in the special rules following herein.

### **GAME PLAY**

#### **Court**

The playing court shall be sixty (60) feet long by thirty (30) feet wide.

Serving area is nine (9) feet wide, starting from the left back corner end line.

3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Grade: Service line is 20 feet from the net on each side.

6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> Grade: Service is 30 feet wide.

No liquid or powdered substance is allowed on the court. A team warning may be issued by the referee and all subsequent violations of this rule by this team shall result in a side-out for the opposing team.

#### **Playing**

The team that wins the best of two (2) out of three (3) games wins the match. If a team wins the first two (2) games a third (FRIENDSHIP GAME) can be played at the discretion of that site's gym director. The friendship game must be agreed upon by both coaches. Coaches are responsible for officiating and keeping score. Free substitutions are allowed. The third game must finish ten (10) minutes prior to the start of the next game, regardless of the score. EXAMPLE: Game must end at 5:50 PM if the next game starts at 6:00 PM even if the friendship game is not completed.

In the case of a 1-1 tie, the deciding third game is played as a tie breaker to fifteen (15) points with no point cap.

A game (except the deciding 3<sup>rd</sup> game) is won by the team which first scores twenty-five (25) points with a maximum lead of two (2) points. In the case of a 24-24 tie, play is continued until a two-point lead is achieved (26-24, 27-25, etc.).

If a team fails to serve properly, return the ball, or commits any other fault, the opponent wins the rally and scores a point. The consequences of winning the rally are:

- A. If the team serving wins the rally, it scores a point and continues to serve.
- B. If the receiving team wins the rally, it scores a point and gains the right to serve.
- C. SERVE LIMIT:
  - a. 3<sup>rd</sup> Grade – After serving three (3) consecutive points by the team on serve, there will be an automatic side-out without a point awarded to the opposing team.
  - b. 4<sup>th</sup> Grade – After serving four (4) consecutive points by the team on serve, there will be an automatic side-out without a point awarded to the opposing team.
  - c. 5<sup>th</sup> Grade – After serving five (5) consecutive points by the team on serve, there will be an automatic side-out without a point awarded to the opposing team.
  - d. 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> Grade – After serving ten (10) consecutive points by the team on serve, there will be an automatic side-out without a point awarded to the other team.
    - i. All teams will lose possession when the serve limit is reached.
    - ii. NOTE: A substitution of a server due to an injury does not renew the serve limit rule by the serving team.

- e. At the end of the first game, teams will not change sides and remain in their present positions and serving order. The team who received first in the first game will be the first server in the second game.
- f. If a third tie-breaking game is required, the coaches will exchange a new lineup for that game.
- g. There will be a one (1) minute intermission between games 1 and 2.

### Time-Outs

Each team is limited to two (2) time outs per game. The allotted time for a team time-out is sixty (60) seconds.

- A. A team timeout, unless requested, is not charged in an injury or warning/disqualification situation for any unusual delay declared by the referee.
- B. Injury timeout: If a coach comes onto the court or is beckoned by the official to attend to an injured player, that player must leave the game and may not re-enter until the next legal substitution opportunity.
- C. Protest timeout: The playing captain is allowed to approach the official after their coach has called timeout, for a rule interpretation. Should the captain be correct in the protest, the timeout will not be charged. If the official's decision prevails, the team requesting the conference will be charged with a timeout. If the team has already used its allotted timeouts, it shall be penalized by point/side-out awarded to the opposing team.

### Playing Areas

The home team shall choose the home bench. If both teams are guests of the facility, then the team listed on the official Catholic Charities CYO Athletics Volleyball as the home and visiting teams will act as such. Only team members may sit on the bench.

For the first game of a match, the team captain or representative of the visiting team shall call the toss of the coin. The winner of the toss may choose to serve or receive. The loser of the toss shall be given the remaining choice.

Teams will remain on the same side throughout the entire match unless this creates an advantage for one team.

If a third game of a match is needed, the team captain or representative of the home team shall call the toss of the coin. The winner of the toss may choose to serve or receive. The teams shall not change playing areas (sides) during the third game.

### Service

Respect for the server: No yelling or talking once the serve whistle is blown until the ball is served. If the referee decides that extraneous noise has caused a service fault, a replay will be called.

The right back player of both teams shall be the first server of the game. Thereafter, when a team is awarded a side-out, the player in the right front position rotates into the serving area.

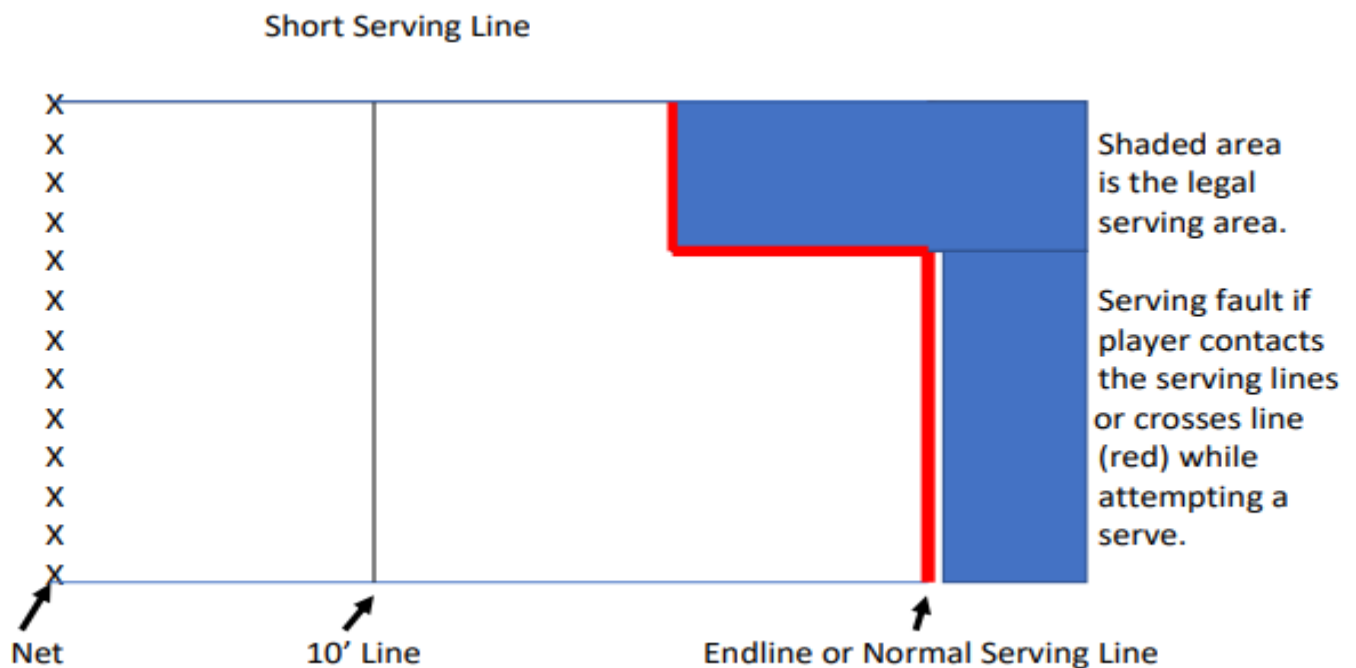
The serving time limit is seven (7) seconds. Referees are asked to be lenient if the server appears to be trying to contact the ball within that time. The server may toss, drop or catch the ball as often as they want before serving within the seven (7) second time limit.

Position of Server:

- A. The server shall serve from within their serving area and shall not touch their serving line or floor outside the lines marking the width of their serving area at the instant the ball is contacted for the serve.
- B. The server's body may be in the air over or beyond the serving area boundary lines, having left the floor from within the service area.

## Service Areas:

- A. 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> Grade: Serving line is ten (10) feet inside the court (20 feet from the net), and the width of the serving area extends from the right sideline nine (9) feet inside the court or to the side of the key. If a player chooses to serve from the end line, they will be allowed to the entire width of the end line (30 feet) and are not restricted to nine (9) feet from the sideline or the side of the key.
  - a. 3<sup>rd</sup> grade players shall start in the legal serving position. If the server contacts or steps over the designated serving line with one foot and the second foot is in contact or behind the designated serving line at the point of contact, this will be considered a legal serve. Coaches may be reminded by the referee to have players move to the appropriate serving area at the beginning of the serve to maintain the proper position for legal serves.
- B. 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> Grade: Serving line is the end line, except that each serving area shall be a minimum of six (6) feet in depth. If such a space is not available behind the end line, the serving areas shall be extended into the court to whatever distance is necessary to provide the minimum depth and be so marked. The width of the serving area is the entire width (30 feet) of the court.



## Teams

A team has a minimum of five (5) and a maximum of six (6) players on the court.

If a team has fewer than five (5) eligible players due to illness, injury, or disqualification after the start of the match, it shall continue to play, with a side-out penalty imposed each time any vacant player position is due to serve.

## Rotation

### 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> Grade:

The next player on the roster should be ready to enter the court to the middle back position, when their team is awarded a side-out, in place of the back right player leaving the court.

- A. It is suggested that the next player to enter the game should be standing on the sidelines paying attention and ready to go.

- B. The exchange of the previous server and new should be immediate and smoothly accomplished as soon as the referee indicates a side-out.

If a missed rotation is discovered, then these steps will be taken to correct the player positions:

- A. The team with the incorrect positions will have a time-out assessed.
- B. If serving and there are no timeouts left, it will be a side-out with a point awarded to the other team.
- C. If not serving and no timeouts left, a point will be awarded to the other team.
- D. The incoming player will be placed on the court to match the correct serving order.

Injured Players:

- A. Will be replaced by having the substitute enter the middle back position all other players will rotate position to accommodate. If the server is the injured player, then the right front player will take over serving duties with the remaining serves available.
- B. If the injured player is later judged well enough to return to the game, they must wait until their position comes up again in the regular rotation.

Late Players:

- A. Late arriving players can only be added to the end of the established serving order.
- B. A timeout is charged with the same stipulations as substitutions for adding late player(s).
- C. A coach may withhold adding late player(s) until the end of the serving order is reached.
- D. Only one (1) timeout is assessed for adding any number of late players results in a timeout penalty.

7<sup>th</sup> 1/2 and 8<sup>th</sup> 1/2 Grade:

Game 1 / Game 2

- A. A six (6) person line-up will be submitted and followed (NO SUBSTITUTIONS) until one of the teams reaches thirteen (13) points.
  - a. At the 13-point mark, all players on the bench from both teams must be substituted into the game. They will play for the remainder of the game.
  - b. The substitute/player entering the game shall assume the original position in the serving order in relation to the person they are replacing. If the starting player has begun their term of service, the substituting player will take over the serving duties with the remaining serves available.
- B. There will be no other substitutions. Except, an EXCEPTIONAL SUBSTITUTION is permitted only for an injured/ill player in the following priority:
  - a. By a player who has never played in the game or a player who has played in the same position earlier in the game.
  - b. By any legal player on the bench, regardless of previous position played. An injured/ill player replaced by an exceptional substitution may not re-enter a game in which the exception substitution takes place.

Game 2

- A. A six (6) person line-up with any players of your choice will be submitted and followed (NO SUBSTITUTIONS) until one of the teams reaches thirteen (13) points. At thirteen (13) points, the following substitution rules apply:
  - a. At the 13-point mark, all players on the bench from both teams must be substituted into the game. They will play for the remainder of the game. If the starting player has begun their term

of service, the substituting player will take over the serving duties with the remaining serves available.

- b. New substitution “partner” assignments can be different from game 1. For example: In game 2 – player # 7 may be substituted for player #5 when #5 had substituted for player #9 in game 1.
  - c. The substitute/player entering the game shall assume the original position in the serving order in relation to the person they are replacing.
- B. There will be no other substitutions. Except, an EXCEPTIONAL SUBSTITUTION is permitted only for an injured/ill player in the following the rules and regulations as stated above in Game 1.

### Game 3

- A. A six (6) person line-up with any players of your choice will be submitted and followed.
- B. When one team reaches the 8-point mark, each team can substitute any bench player(s) for one on the court.
- C. There will be no other substitutions. Except, an EXCEPTIONAL SUBSTITUTION is permitted only for an injured/ill player in the following the rules and regulations as stated above in Game 1.

### Late Arrivals

- A. Late arriving player(s) may enter game 1 and 2 at the next stoppage of play if the team has only 5 players on the court at that time.
- B. Late arriving players that arrive before the 13-point mark of game 1 and 2 will be substituted in according to Rule 14. a. 1. a).
- C. Late arriving players that arrive after the 13-point mark of game 1 and 2 can be substituted in at a stoppage of play on a coach’s timeout.
- D. Late arriving players that arrive during game 3 will not be allowed to enter the game.

### Playing the Ball

The ball may be hit by any part of the body. The ball may be volleyed three (3) times before going over the net. A volley is one (1) hit by a player except:

- A. A block shall not be counted as a hit.
- B. Simultaneous contact by opponents is not counted as a hit.
- C. Simultaneous contact by teammates is counted as only one (1) hit, and in all the above exceptions any player may make the next hit.

A ball that touches the net is in play, even on the serve. The ball may be recovered from the net provided the player does not touch the net.

In returning the ball, players may follow through over the net provided they first contact the ball on their own side of the net. Players in the act of blocking may reach across the net but may not contact the ball until the opponent has had opportunity to complete their attack per National Federation Rule 9, Section 6, and Article 4.

A team's players shall not reach under the net deliberately and interfere with the opposing team. A player may touch the floor across the center line with one or both feet or with one or both hands, provided part of the foot/feet or hand/hands remains on or above the center line.

The ball must be clearly hit. Blocking or spiking the serve – a served ball may not be legally blocked or spiked while it is completely above the height of the net.

A back row player shall not attack and/or direct a ball which is completely above the height of the net while positioned:

1. On or in front of the attack line or its out-of-bounds extension
2. In the air, having left the floor from on or in front of the attack line or its out-of-bounds extension. A foul shall not be called on a back row player until the ball is considered to have crossed the net per National Federation Rule 9, Section 4, and Article 4.

Simultaneous contacts by teammates counts as one team contact. Either player may make the next play on the ball. Example: The CF and LF of the receiving team contact the ball at the same time on the first team contact; the LF then sets the ball to the RF, who spikes the ball to the floor of the serving team. It is ruled legal, because the simultaneous contact between the CF and LF is counted as one team contact.

In Catholic Charities CYO Athletics volleyball league we are very lenient with the calling of sets. We want to encourage all players to set the ball, and we hope that by being lenient, the players will be more eager to set. Basically, all sets are legal if the player who sets is trying to set to a teammate for a pass or spike. If the ball accidentally goes over the net on the set, then the Catholic Charities CYO leniency rule does not apply, and the referee will rule on the legality of the set based on normal volleyball rules.

A player who is across the out-of-bounds extension of the centerline may play a ball which has not completely crossed the plane of the net extended.

### Fouls and Penalties

A point or side-out (depending upon which team, serving or receiving, committed the foul) is awarded for the following:

- A. Not clearly hit, this includes pushing, throwing, catching, etc. except in the motion of breaking of the wrist.
- B. Hit out of bounds.
- C. Successively contacted (double hit) except for first contacted (double hit) except for first contact.
- D. More than three (3) hits on a side before it crosses the net to opponent's side.
- E. Taking more than two (2) timeouts; no more than sixty (60) seconds for each time out.
- F. Player out of position.
- G. Server out of position.
  - a. When a server is found to be out of position, all her points for that service are nullified and a side-out occurs. Rotation is rectified and play continues.
  - b. If a serving rotation is found to be out of order after the referee has blown their whistle but before the server serves, the rotation is corrected, and there is no penalty.
- H. Touching the net (if net extends into player, touching is ignored).
- I. Crossing centerline.
- J. Illegal serve.
- K. Delay of game.
- L. Illegal attack by a back row player.

### Terms

**Control of Play:** At the start of game or following a "dead ball" the referee shall signal readiness to play by blowing their whistle and giving a visible sign.

**Holding, Catching, Pushing, Throwing, and Lifting:** Ball comes to rest in hands (palms and/or finger).

**Overlapping:** At the time of service, all players must be in their respective positions, as per National Federation Rule 6, Section 3, and Article 2.

**Double Foul:** Two opposing players commit a foul at the same time (serve is taken over).

## Ground Rules

The referee has authority to establish non-playable areas and any additional ground rules.

A ball other than the serve may strike one or more times on the ceiling and/or fixtures or obstructions which intrude upon the height of the court or that of the surrounding play area and said ball shall still be in play for the offending team as though the ball had not touched such obstruction(s). However, no such rebounding ball may legally strike above the opponent's side of the net, nor may it legally fall to the opponent's court after touching said ceiling, fixture or obstruction.

Should a ball other than the serve rest or be wedged in the net or on/in an overhead obstruction over a team's own playable area, the referee shall call for a replay, if warranted.

## Forfeit Rules

The first game of a match must start on time but can be started if either or both teams are ONE player under the minimum number of players (6 players).

- A. The late arriving player's (6th player) roster spot must be indicated on the scoresheet prior to the start of the game. No number or name is needed. Scorekeeper will make a notation of the roster spot for line up purposes.
- B. The late arriving player (6th player) can enter the correct position as indicated on the scoresheet with a coach's timeout. If a late arriving player's service turn comes up before they arrive, it is a side out and a point is given to the other team.
- C. If one team has 4 or less legal players at game time, the team will forfeit the first game of the match. Fifteen (15) minutes will be put on a countdown. At the end of the fifteen (15) minutes, if the team does not have five (5) or more players on the court, dressed and ready to play when the horn sounds, the team will forfeit the match. If players arrive within the allotted time, the match will begin at Game 2 with the late player(s) team starting with a loss for Game 1.
- D. If both teams have 4 or less legal players at game time, both teams will forfeit.

There are no cancelations. A team who cancels will forfeit. If both teams cancel, it is a double forfeit.

A match will be automatically and immediately forfeited if two (2) coaches, players and/or squad members are disqualified by the referee for unsportsmanlike violation of the General Rules of Conduct.

When a team is reduced to less than two (2) players, the game shall be forfeited.

## EQUIPMENT

### Net

Preferably black or dark brown and should be drawn taught.

Net extends from sideline to sideline. All measurements at center of net are to be considered the minimum with a maximum raise of 1.5 inch at the sides of the net.

3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Grade Height: six (6) feet and four (4) inches from the floor to the top of the net.

6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> Grade Height: seven (7) feet and four (4) inches from the floor to the top of the net.

### Ball

3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> Grade: A volley-lite ball or comparable reduced weight trainer ball shall be used. In the event a volley-lite ball is not available, a regular ball shall be used.

7<sup>th</sup> and 8<sup>th</sup> Grade: A regular volleyball shall be used.

Air pressure shall be 4.3 to 4.6 pounds per square inch. A ball of any color or multi-color may be used at the discretion of the referee. A game ball may be changed during a match through the mutual agreement of both coaches. If mutual agreement of both coaches cannot be reached, the referee will decide on the game ball.

### Scoring Devices

A scoreboard, blackboard or score cards, etc., must be visible to all players, substitutes, coaches, officials and spectators.

### Uniforms

All players of a team shall wear a playing uniform of neat appearance and similar color and design. Numbers must be on the front and back of uniforms to play.

Hard plastic knee pads are not allowed.

### Jewelry/Hair

Jewelry may be worn. Small, secure stud or post jewelry may be worn above the chin. No jewelry is permitted below the chin. String bracelets, commemorative bracelets and body jewelry are considered jewelry and are not permitted.

Hair devices may be worn if they are made of a soft material. Bobby pins are permitted.

The referee at their discretion may allow or not allow questionable equipment.

## COACHES/OFFICIALS/LINE PERSONS/SCORERS

### Coaches

A team consists of players, a coach, assistant coach and a scorekeeper. The following are authorized to sit on the bench for each team: three (3) school staff/coaches MAX (i.e. 2 coaches and 1 score keeper, 3 coaches, 2 coaches and an AD or 1 coach and AD and Assistant AD, etc.) and team members. The scorekeeper must remain seated and may not engage in coaching or giving instruction. Only one of the two coaches may stand during play. The other must remain seated. The standing coach must remain between the ten (10) foot line and the end line. The standing coach may not enter the substitution area from the ten (10) foot line and the net.

### Officials/Referees

Referees approved by the Catholic Charities CYO Athletics volleyball's official assignor will officiate all volleyball games 3<sup>rd</sup>-8<sup>th</sup> grade. If the assigned Catholic Charities CYO Athletics volleyball official is not present at game time and another Catholic Charities CYO Athletics volleyball referee is present, they may referee the game.

### Line Persons

Each team will provide one (1) linesperson. The linesperson may not cheer, clap or yell. The linesperson must be quiet so as not to distract the players.

The linesperson should stand on their opponent's side of the court and at the left-hand corner on their respective side. When a server is from the left position of the service area, the line judge must move back and in line with the left sideline. Once the ball is contacted for serve, the line judge should return to the original position.



The linespersons watch the end line and sideline the whole length of the court. The linesperson signals the ball "in" or "out." Any ball that lands on part or all the line is "in."

The linesperson may not interfere with the play of the ball. Linespersons should not touch or catch any ball that is coming towards them. If a linesperson interferes with game play in any way it will be at the discretion of the referee whether to call a replay. If a linesperson catches or touches the ball and the receiving team has not made a play on the ball, the referee at their discretion shall call "in", "out" or replay. The referee has general supervision of the line judges, and they may decide or call a replay if the lineperson responsible is unsure or able to make a call.

The linesperson may be of any age, provided they are capable of fairly and objectively fulfilling their responsibilities as a line judge. Catholic Charities CYO Athletics recommends line judges be in 8<sup>th</sup> grade and up.

## Scorers and Timers

There is no designated official scorer. Each team will provide a scorer and a score sheet for each game. The gym director will provide the scoreboard operator, and whenever required a timer.

Prior to each game, the scorers will exchange their line-ups and serving order.

If an eligible starting player is not properly recorded on the score sheets(s), (i.e. the player is in the game but another player not in the game is listed in their place) the correction shall be made without any penalty and whether the discovery is made prior to or during the game.

Each team will maintain their own score sheet, listing the first and last names of all present squad members. During the game both scorers will record all team timeouts, points scored, side-outs and any other information (e.g. conduct warnings/violations) if requested by the referee. Both scorers are mutually responsible for proper scoring of the game. Any scorekeeping questions shall be resolved by the referee at their sole discretion.

The scoreboard operator shall perform their duties in accordance with the rules and instructions from the referee.

### Correcting Errors:

- A. If the wrong team is serving because a side-out has been mistakenly declared or executed or for any other reason, any points scored during this term of service shall be canceled and serve shall be returned to the other team's server, provide the mistake is discovered before the ball becomes alive on the other team's first serve thereafter.
- B. Whenever an illegal substitute is found in the game:
  1. When discovery is during a team's serve, all points during that term of service and while the legal substitute was in the game shall be canceled and it is a side-out.
  2. When discovery is after a team's serve and before contact of the first service by the opposing team, all points during that term of service and while the illegal substitute was in the game shall be canceled, and it is a side-out.
  3. After the serve has alternated and the first serve is contacted there shall be no cancellation of points.
- C. Whenever an improper server is found in the game:
  1. When discovery is during a team's serve, all points during that term of service and while the improper server was in the game shall be canceled and it is a side-out.
  2. When discovery is after a team's serve and before contact of the first service by the opposing team, all points during that term of service and while the improper server was in the game shall be canceled, and it is a side-out.

3. After the serve has alternated and the first serve is contacted there shall be no cancellation of points.
- D. Whenever a 3<sup>rd</sup> grade team serves more than three (3) points during the term of service, all points more than 3 shall be canceled if the mistake is discovered before contact of the first service thereafter by the opposing team. Whenever a 4<sup>th</sup> grade team serves more than four (4) points during the term of service, all points more than 4 shall be canceled if the mistake is discovered before contact of the first service thereafter by the opposing team. Whenever a 5<sup>th</sup> grade team serves more than five (5) points during the term of service, all points more than 5 shall be canceled if the mistake is discovered before contact of the first service thereafter by the opposing team. Whenever a 6<sup>th</sup>, 7<sup>th</sup> or 8<sup>th</sup> grade team serves more than ten (10) points during a term of service, all points in excess shall be canceled if the mistake is discovered before contact of the first service thereafter by the opposing team.
- E. Scorekeeping mistakes (i.e. any errors by the scorers) may be corrected anytime during the game.
- F. If a game is incorrectly ended, any correctable error may be rectified, and the game resumed prior to the referee's approval of the score but not thereafter.

## GENERAL RULES OF CONDUCT AND UNSPORTSMANLIKE REFUSAL TO PLAY

Any breach of conduct is penalized by a point or side-out.

Three (3) penalized conduct violations by the same team during a match constitute a forfeit. Any flagrant acts of misconduct may result in either the removal of the offending party(ies), or forfeiture of the match.

- A. These rules supersede National Federation Volleyball Rule 12 – conduct, which provisions and procedures do not apply to Catholic Charities CYO Athletics Volleyball games.
- B. The various rules specified herein do not supersede the Catholic Charities CYO Athletics Guidebook of which various provisions may be invoked at any time, in any situation, at the discretion of Catholic Charities CYO Athletics Management.

Teams taking part in Catholic Charities CYO Athletics Volleyball must take position on their own side of the court. Coaches and squad members must remain on their side and are not allowed on either end line or on the opposite side of the court. The referee shall warn a coach when violations of this rule occur. Failure to comply and/or repeated warnings for such failure will result in forfeiture of the game. A team's head coach is responsible for all their participants (players, assistant coaches and spectators).

Coaches, squad members and spectators are not to come on the court at any time. Exception: If given permission by the referee to attend to an injured player.

Coaches may only address a referee for a time-out, unless a referee, at his/her discretion, addresses a coach on some specific matter, which a coach may acknowledge.