

VOLLEYBALL RULES & REGULATIONS

NB Catholic School League

All Boys and Girls Volleyball games shall be governed by current rules published by the National Federation of State High School Association Rules, unless specifically provided for in these regulations listed below.

Copies of both rules and regulations must be present at all games and is the responsibility of the on-site Athletic Director to provide. **Coaches shall keep a copy of the CSL Handbook at all practices & games.**

TEAMS

1. One (1) team per grade; 5th – 8th for Girls teams, and One (1) team per combined grades, 5th-6th, 7th-8th, for Boys.
2. **Playing UP** – the Play UP rule is intended for teams who are missing players on a game day due to illness or other reasons and those teams may pull up registered players from lower grade teams to fill those vacancies if they choose.
3. **Participants may 'Play UP' a grade ONLY to fill vacancies**, but are NOT allowed to 'Play DOWN' a grade, unless permission has been given by the board of athletic directors, for special circumstances.
4. **For PLAY UP consideration, eight (8) is the magic number. You can only bring up a player(s) to fill spots up to 8.** Meaning: If you have 9 players on your team, and 2 are out sick, you can only bring up 1 player to fill up to the 8th spot. Any player that is playing up as a temporary player may also play with their own team. **It is the coach's responsibility to notify the opposing coach that they are using a fill-in player(s) for the game, PRIOR to the game start.**
5. For teams with rosters of less than 8 players, an additional option is to open registration to CCD students in the parish in order to raise the roster number to 8 (or closer to 8), but never more than 8. The Athletic Director of the school, in concert with the Principal, would be responsible for making this decision, its implementation and verifying that the CCD student(s) meet the school's conduct and academic requirements for all student athletes. The CCD student(s) would be considered permanent roster members for the current season. In addition, any CCD students added to the roster under this rule MUST be noted on the official roster as CCD students.

PERSONNEL

COACHES:

1. Any coach representing the team by sitting on the bench is responsible for following and adhering to the participation rules posted by the NB CSL
2. Teams that are found to be in violation of the participation rules during or after any contest will receive an automatic game and/or match forfeiture.
3. **Designate a HEAD COACH:** There must be a designated 'Head Coach' for every Match/Game. Designation must be noted on the official score sheet and made known to the official, the score table and on-site A.D.
4. **The Head Coach is responsible for bench decorum and co-coach personnel conduct.**
5. **Coaches on the bench: Only 2 coaches may be on the bench during games and must be certified coaches listed on the roster.**
6. In the event a substitute coach is needed, your school athletic director must approve the coaching sub and they must be in compliance with the NB CSL certification process.
7. **Coaches must remain in the designated coaching area and only 1 coach may stand to address the team at any time.** Coaches may NOT stand for prolonged periods of time yelling at their team and never at the official. **Coaches are to remain seated.**
8. **Bench:** Only players in uniform may sit on the bench, no siblings, parents or others are allowed to sit in the team area. Exception only for injured team players.

ROSTERS

1. Each school Athletic Director must submit a fully completed official roster of all school teams, along with confirmation of certification of all coaches, to the league office no later than 1 week BEFORE the first league game.

2. Teams whose rosters have not been submitted may play, but their games will be considered forfeits.
3. New additions to team rosters are not permitted within 1 week of the first league games.

COURT / NET / BALL

1. ALL GRADES shall play on a regulation court (30' x 60')
2. Court surfaces may be hard dirt, grass, asphalt or gym floor.
3. Courts must be properly lined.
4. Courts must have at least 3' unobstructed area surrounding each court.
5. Net height is 7'0" for all grades.
6. SERVING: 5/6th grades may serve up to 2 feet in bounds without penalty. Foot faults will be called at the discretion of the official if determined that server is more than 2 feet in bounds.
7. **Game Balls:** Game balls shall be leather or synthetic leather.
 - a. 'Volley-lite' for GIRLS Grades 5th & 6th
 - b. 'Regulation' for all BOYS and 7th & 8th GIRLS

PARTICIPATION/ OPTIONS TO ROTATION

(See Article IV, Sec. A of the Coaches Handbook for further Participation Rule clarification)

PARTICIPATION

1. Players must be PRESENT at the beginning of the MATCH, to be eligible to play in any GAME of that MATCH.
2. In accordance with the NB CSL Participation Rules – players must remain on site during the entire MATCH or risk MATCH forfeiture in the event of a 3rd game tie-breaker were to occur and all players were not present to play.
3. All eligible players at a **match** must play during the match or the **match** will be considered a forfeit. A player who has rotated on the court during a game is considered as having played.
4. Any player(s) who did not rotate into the 1st game of the match, must start on the court in the 2nd game of the match. If there are still players who have not been able to rotate into the 1st or 2nd game of the MATCH, and there is to be a 3rd tie-breaker game, those who have not yet played, must start on the court for the third game.
5. Extremely large teams: if by no fault of the team, and during the course of play, any players were unable to rotate into games 1 or 2, and no 3rd tie-breaker game was necessary, that team shall not be penalized.
6. **Game or Match forfeiture WILL occur if a team has subsequently been found to have violated, knowingly or not, any portion of the participation rules of the NB CSL as listed and noted within the Coaches Handbook.**
7. **Options to Rotation listed below fall under the Participation Rules.**

ROTATION & OPTIONS TO ROTATION

In all instances, the COACH is required to **notify** the scorekeepers, referees and opposing coaches of how they are playing **PRIOR** to the start of each game, or Standard Rotation will be expected.

TEAMS WITH LESS THAN 12 PLAYERS (ALL GRADES for games 1 & 2 of the MATCH)

1. **STANDARD ROTATION:** All team players shall be listed in serving order, and shall rotate into the game in that order. In the event that all players did not rotate into game 1 of the match, the rotation for the 2nd game of the match must begin with those players on the court for the start of game 2 of the match.

3RD GAME OF THE MATCH (tie-breaker game is played only if necessary)

2. **5th & 6th grade teams** must continue STANDARD ROTATION if a 3rd tie-breaker game is to be played. Any player's who have not rotated into game 1 or 2 of the MATCH, must start the 3rd game. If all players have rotated into the court during the first 2 games, then the 3rd game can begin with a new rotation.
3. **7th & 8th grade teams** have 2 options:
 - a. Continue with a **standard rotation** OR

- b. **FREE SUBSTITUTION:** choosing 6 players with no rotation off the court. You may 'Free Sub' during the game. However, if any players did not enter game 1 or 2 of the match, those players must be on the court as one of 6 players to start in the 3rd game.

TEAMS WITH 12 or MORE PLAYERS (ALL GRADES for games 1 & 2 of the MATCH)

OPTION 1:

STANDARD ROTATION for games 1 & 2 of the MATCH.

Once you choose STANDARD ROTATION for game 1, you must continue with STANDARD ROTATION rules for game 2 of the MATCH.

OPTION 2:

2 EQUAL SQUADS for games 1 & 2 of the MATCH.

You may split your team into 2 equal squads to play in games 1 & 2 using **standard rotation** for each squad. Coaches must decide how they are playing prior to start of the match and make the proper notification.

3RD GAME OF THE MATCH (tie-breaker game is played only if necessary)

5th & 6th grade teams: IF a third game is needed, as stated above, teams may only play **STANDARD ROTATION**, using all players.

7th & 8th grade teams have 2 options:

Continue with a **standard rotation OR**

FREE SUBSTITUTION: choosing 6 players with no rotation off the court. You may 'Free Sub' during the game. However, if any your players did not enter game 1 or 2 of the match, those players must be on the court as one of 6 players to start in the 3rd game.

FREE SUBSTITUTION for 7th & 8th grade (3rd game only)

1. A Player may enter or 'sub' into the game a maximum of three (3) times, and when re-entering the game, the player must return to his/her position in the serving order.
2. When a coach wants to sub, he/she must notify the official by calling 'substitution'.
3. The 'sub in' player will walk to the 10 ft line – the 'sub out' player will meet the 'sub in' player at the 10 ft line – the official will call off to the score table the jersey numbers of the 2 subs.
4. 'Sub in' players should never run onto the court.

PROTESTS

1. Protests regarding suspected participation rule violations can be made within 24 hours of game or match.
2. Protocol for filing complaints / protests is noted in the preceding NB CSL Handbook; Article III, Section B.
3. Teams that are found to be in violation of the participation rules during or after any contest will receive and automatic game and/or match forfeiture
4. Coaches can NOT protest the outcome of a contest because of CONDUCT complaints. If a coach wishes to file a complaint regarding the conduct of a player, coach or parents, follow the Procedure for Complaints as described in handbook; Article III, Section A.
5. Coaches who do not supply an adult score-keeper to sit at the score table keeping the score book for their team may NOT protest the outcome of any contest.

GAME PROCEDURES

1. **GAME TIME:** 5 minutes immediately after the last match is over.
2. The referee shall call a pre-game meeting with team captains and coaches and shall initiate a coin toss to determine serve and side before game 1 and game 3 of the match.

3. Teams switch sides and bench for game 2 of the match. Team that did not win the 1st game serve shall serve the 2nd game.
4. NB CSL Volleyball Game days are played in **tournament format**, therefore **teams are required to be on site 30 minutes prior to their scheduled game time and be ready to play at any time.**
5. Teams need to be ready to step on the court within 5 minutes after the previous match or risk match forfeiture. The decision is at referee & on-site athletic director's discretion and is final.
6. Each team shall provide a competent line-judge for every match.
7. There shall be 2 minutes between games within the match.
8. **GAME TIME ROSTERS or LINE UPS** for each game must be presented to the score table within 5 minutes of game time, given to the scorekeeper(s). **SEE 'SCOREKEEPING'**
9. Proper number of players to start is six (6). However a team may start a game with five (5), and it shall be considered official. **A Game shall not begin with less than five (5) players.**
10. If a team begins a game with 5 players, only those 5 players may compete in that match. **See Participation Rules listed on previous page for further clarification.**
11. **Side-Out Penalty:** A Side-Out Penalty will be assessed to a team who plays a match with less than 6 players (5 or, if due to injury: 4). (i.e.: For a team playing with only 5 players, a side out point and ball award will be given to the opposing team every time the 6th position rotates to the serving position.)

FORFIETS

1. **FORFIET:** A team with less than 5 players at game time shall receive a forfeit for the entire match.
2. A team not present at game time will receive a forfeit.
3. Should **INJURIES** occur once a match has begun and a team is down to four (4) players, it will be that teams' decision to continue the match. If the team chooses not finish the match, they will forfeit the game. No team shall continue with less than 4 players.

POSTPONEMENTS

1. **Game Cancellations or time changes are not permitted.** *Schedules are set and firm.*
2. Postponements due to extreme weather conditions or devastating events effecting an entire team / school would be the only exception. That decision shall only be made by League director and school administration.
3. If a match and/or game can't be re-scheduled within 1 week of postponement, and only if within season time frame, then it shall be deemed a forfeit towards the school that requested the postponement.

REPORTING RESULTS

1. Results of all matches played at each site are to be emailed or faxed to the league president within 24 hours of game day by the on-site athletic director / administrator.

SCOREKEEPING

1. Each team shall provide a competent scorekeeper for EVERY GAME prior to game time
2. Scorekeepers shall report to the table 5 minutes prior to game time.
3. **There shall be a designated 'HOME' team for every match.** The designated 'HOME' team MUST provide an official scorekeeper or shall forfeit the match.
4. **The 'official' scorekeeper shall keep written score: sheets or score book, while at the official scorer table.**
5. Any designated 'VISITING' team who does NOT provide a scorekeeper, forfeit all right to protest.
6. The 2 scorekeepers shall sit together, and shall work together, with the referee, to keep the 'official' score, in a score sheet or book.
7. **A Flip chart or electronic score board is NOT an official score method.**
8. Calling 'OUT OF ROTATION ORDER' – the scorekeepers shall keep track of the serving order that is posted in the scorebook. If a player serves out of order, the scorekeeper shall notify the referee **immediately after the serve.**
9. The scorekeepers are NOT to correct the serving order before the serve. It is the coach and teams responsibility to be in the correct serving order.

10. The referee shall correct the serving order and the point and ball goes to the opposing team.
11. The corrected serving order on the next rotation shall rotate out as normal. (basically, someone is going to lose their serve on the next rotation)

Anyone keeping score from the stands or bench is not allowed to question the score, official or approach the score table.

Scorekeepers are considered 'officials of the game' and are subject to dismissal of their scorekeeping duties if the on-site athletic director or referee feels they are unable to adhere to the rules posted for scorekeepers.

If your scorekeeper is removed, your team will forfeit all rights to protest the outcome of any game.

POINT SCORING

1. Rally Scoring – a point is awarded on every serve, either to the serving team or to the receiving team, whichever team wins the rally.
2. Games 1 & 2 of the Match will be played to a score of 25.
3. Teams must win by 2. Cap is 27.
4. In the event of a tie-breaker, the 3rd game will be played to 15. Must win by 2. Cap at 17.
5. Match Winner is determined by the best 2 out of 3 games. If a winner is determined after 2 games, the match is over. The 3rd game is only played if necessary.

SERVING

1. The serving area is behind the end-line, anywhere across the back end line.
2. The server has 5 seconds to serve the ball – if the referee calls time, the point and ball go to the other side.
3. **5th & 6th grades: may serve up to 2 feet in-bounds when serving without penalty.** Minor Foot Faults shall not be called by line judges in 5th & 6th grades, but shall be left to the interpretation of the referee if a server steps well beyond a 2 foot marker.
4. **7th & 8th grades:** the server may not step on or over the end-line. A FOOT FAULT may be called by the line judge or referee, and a point and ball awarded to the other team..
5. **RE-SERVES:** At the referee's discretion, **only 1 re-serve is allowed per rotation**, on a false toss or bad toss. The server only gets 1 re-try after a bad toss.
6. **On the first serve by each team at the beginning of each game, the player in the serving position may either serve the ball OR rotate off the court.**

PLAYER POSITIONING

1. When the ball is served all players must be aligned in their proper positions. After the ball is served, players may move to any playable area on or off the court.
2. Back Row players may not leave their feet beyond the 10 foot line to spike or hit the ball.

UNIFORMS

1. Uniforms must be numbered front & back for all players.
2. All players on the court must have matching uniform jerseys, including shorts, must be all the same color.
3. Knee pads are required to be worn by all players on the court.
4. **SPANDEX SHORTS:** It is the view of the NB CSL that spandex shorts are not acceptable attire for 5th – 8th grades.

TIME OUTS

1. Two (2) thirty (30) second time-outs per **game**
2. A rest period of 2 minutes between games within the match.

BALL IN PLAY / BALL HANDLING

1. The ball is in play when first contacted at the serve and remains in play until the referee stops play for any reason.
2. Each Team is allowed 3 contacts with the ball before it must be returned over the net.
3. An illegal hit shall be called when **in the judgment of the referee**, the ball has been held, palmed, lifted or pushed, or player has touched the net with any part of his/her body or stepped over the center line or if the ball is considered out-of bounds.

4. Two consecutive hits, or 'double hits' are illegal except when it's the first contact with the ball on a **hard driven serve** OR on a spike. **Again, it is the judgment of the referee.**
5. One handed digs are legal provided the ball is not palmed or lifted
6. Only front line players may leave their feet to spike the ball. Back row players may not jump beyond the 10 foot line to spike or hit the ball.

NET PLAY

1. A player may not contact the net with any part of his/her body while the ball is in play.
2. No player may reach over the net to hit the ball; however, he/she may follow through over the net **after** hitting the ball.
3. Any player may recover a ball that has gone into the net while the ball is in play. The net is playable!

CENTER LINE & CEILING

1. A player may step ON the center line, but NEVER entirely cross OVER the line while the ball is in play.
2. If the ball hits the ceiling on a serve, it is automatically a rally point for the other side.
3. If the ball hits the ceiling during a rally and comes down on the opposing team's side, point and ball will be awarded to the opposing team.
4. If the ball hits the ceiling during a rally, it is playable provided it went straight up and came straight down on the side of last contact and has not already been contacted 3 times.

GAME PERSONNEL

Referee / Official / On-Site Athletic Director

1. The referee or official and/or the On Site Athletic Director is in charge of running the match.
2. When an official has stopped play by mistake, he/she may call a replay
3. The only team member during a game permitted to speak with the referee is the team captain
4. **All decisions of the officials are FINAL. There shall be no outside interference.**

Line Judge / Parent Volunteer

1. Each team shall provide an **ADULT Line Judge** for every game. **NOT AN OPTION.**
2. Line Judge shall be **positioned standing** at the corner **opposite the server and on the court opposite from their school affiliation.**
3. Line Judge will switch with the teams as they switch sides.
4. **The Line Judge is there to ASSIST** the referee by calling foot fault violations on serving or calling out of bounds decisions.
5. Any part of the ball hitting any part of the line is considered in-bounds.
6. **The referee may OVER RULE the Line Judge at any time.** The Line Judge is not allowed to argue a referees call.
7. **Line Judge's are expected to refrain from using any electronic devices during games.**

GAME TIME LIMITS

NB CSL Volleyball matches are scheduled in tournament format, in 45 minute blocks. In the event that the on-site athletic director has determined that a match is taking excessively long to complete, and the game schedule for the rest of the day is in jeopardy of being backed up, and if it comes down to a third game to settle the match, based upon the criteria that has been discussed and approved by the board of athletic directors, using that criteria and good judgment, the on-site athletic director has the authority to place a time limit of 15 minutes on the third game of the match. **The athletic director's decision is final.**