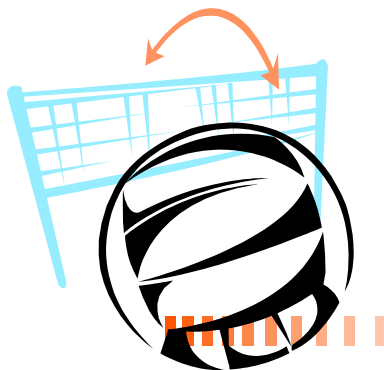


*Catholic Youth Apostolate
Catholic Youth Council-Sports
Archdiocese of St. Louis
2007 Volleyball Rulebook*



THREE HITS--WINS

THIS RULEBOOK WILL BE USED FOR THE 2007 SEASON.

1/11/07



**VOLLEYBALL
SERVICE AWARD WINNERS**

2006—Jill Vaughn

2005—Jan Czarnecki—South County

2004—Diane Mounts—South City

2003—Dot Heck—South County

2002—Tom Stremlau—South City

2001—Debbie Calloni—South City

2000—Genie & Buzz Swanston—South County

1999—Patty Burgess—Florissant

1998—Chris Lotz—Florissant

1997—Charlie Krebeck—South County

1996—Debbie Nicollerat—South City

1995—Denise Meyer—South Central

1994—Ginny Cortivo—South City

1993—Don Pieschel—South County

1992—Chuck Meyer—Florissant

1991—Jack & Betty Lauth—Florissant

1990—Peggy Mazzola—South City

1989—June & Wally Benwell—South County

1988—Ruby Winschel—North Central

1987—Judy Meyer—Florissant

1986—Walt Gronski—Florissant

1985—Ruth Ann McGrory—South County

VOLLEYBALL SEVICE AWARD WINNERS..... 2

2 0 0 7 VOLLEYBALL RULE BOOK COMMITTEE 6

****SPECIAL NOTES 7**

2006 VOLLEYBALL CHAMPIONS..... 8

CHAPTER ONE--FACILITIES AND EQUIPMENT 9

RULE 1. PLAYING AREA..... 9

1.1 DIMENSIONS 9

1.2 PLAYING SURFACE..... 9

1.3 LINES ON THE COURT 9

1.4 AREAS OF THE PLAYING COURT 9

1.5 WEATHER, LIGHTING..... 9

RULE 2. NET AND POSTS 10

2.1 NET 10

2.2 SIDE BANDS..... 10

2.3 ANTENNAS 10

2.4 HEIGHT OF THE NET 10

RULE 3. THE BALL 10

3.1 CHARACTERISTICS..... 10

CHAPTER TWO--PARTICIPANTS 11

RULE 4. TEAMS 11

4.1 COMPOSITION..... 11

4.2 PLAYING CAPTAIN 11

RULE 5. PLAYER’S EQUIPMENT 12

5.1 EQUIPMENT..... 12

5.2 FORBIDDEN OBJECTS AND UNIFORMS..... 12

RULE 6. RIGHTS AND RESPONSIBILITIES OF THE PARTICIPANTS 13

6.1 BASIC RESPONSIBILITIES 13

6.2 CAPTAIN..... 13

6.3 COACH(ES)..... 13

6.4 LOCATION OF PARTICIPANTS [DIAGRAM 2]..... 14

CHAPTER THREE-- POINT, GAME AND MATCH WINNER 14

RULE 7. NUMBER OF GAMES/SCORING 14

7.1 NUMBER OF GAMES--..... 14

7.2 SCORE OF A DEFAULTED GAME..... 14

7.3 DISCREPANCY IN SCORE..... 15

CHAPTER FOUR--PREPARATION FOR THE MATCH 15

RULE 8. PREPARATION FOR THE MATCH 15

8.1 COIN TOSS..... 15

8.2 TIMING OF GAMES 16

RULE 9. TEAM LINE-UP 16

9.1 STARTING LINE-UP..... 16

9.2 ROTATION ORDER 16

***RULE 10. PLAYERS’ POSITIONS AND ROTATION..... 16**

10.1 POSITIONS	16
10.2 ROTATION [DIAGRAM 3]	17
10.3 POSITION FAULTS.....	17
10.4 ROTATION FAULT.....	17
RULE 11. SUBSTITUTION OF PLAYERS	17
11.1 DEFINITION	17
11.2 LIMITATION OF SUBSTITUTION—CRUSADER & BELOW DIVISIONS	17
11.2 LIMITATION OF SUBSTITUTION---CADET AND ABOVE DIVISIONS	19
11.3 ILLEGAL SUBSTITUTION.....	19
CHAPTER FIVE—PLAYING ACTIONS	19
RULE 12. STATES OF PLAY.....	19
12.1 BALL IN PLAY	19
12.2 BALL OUT OF PLAY	20
12.3 BALL “IN”	20
12.4 BALL “OUT”	20
RULE 13. PLAYING FAULTS	20
13.1 DEFINITION	20
13.2 CONSEQUENCES OF A FAULT	20
RULE 14. PLAYING THE BALL.....	20
14.1 TEAM HITS.....	20
14.2 SIMULTANEOUS CONTACT	21
14.3 ASSISTED HIT.....	21
14.4 CHARACTERISTICS OF THE HIT.....	21
14.5 RECEIVING THE SERVE	21
14.6 FAULTS IN PLAYING THE BALL.....	21
RULE 15. BALL AT THE NET	21
15.1 BALL CROSSING THE NET	21
15.2 BALL TOUCHING THE NET	22
15.3 BALL IN THE NET	22
RULE 16. PLAYER AT THE NET	22
16.1 PLAYING SPACE	22
16.2 PLAYING BEYOND THE NET.....	22
16.3 PENETRATION UNDER THE NET.....	22
16.4 CONTACT WITH THE NET.....	23
16.5 PLAYER’S FAULTS AT THE NET.....	23
RULE 17. SERVICE.....	23
17.1 DEFINITION	23
17.2 POSITION OF PLAYERS	23
17.3 FIRST SERVICE IN A GAME	23
17.4 SERVICE ORDER.....	23
17.5 AUTHORIZATION OF THE SERVICE	24
17.6 EXECUTION OF THE SERVICE	24
17.7 SERVICE FOR PAROCHIAL AND UNDER DIVISIONS	24
17.8 SERVING BOXES.....	24
17.9 BANTAM DIVISIONS.....	25
17.10 SCREENING.....	25
17.11 ILLEGAL SERVE.....	25
17.12 SERVICE FAULTS	25
RULE 18. ATTACK-HIT.....	25

18.1 DEFINITION 25

18.2 FRONT-ROW PLAYER’S ATTACK-HIT 26

18.3 RESTRICTIONS TO A BACK-ROW PLAYER’S ATTACK-HIT 26

18.4 SIMULTANEOUS ATTACK-HIT/BLOCKING FAULTS 26

RULE 19. BLOCK 26

19.1 DEFINITION 26

19.2 BLOCK AND TEAM HITS 26

19.3 BLOCK WITHIN THE OPPONENT’S SPACE 26

19.4 BLOCKING CONTACT 27

19.5 SIMULTANEOUS BLOCKING/ATTACK HIT FAULTS 27

CHAPTER SIX--INTERRUPTIONS AND DELAYS 27

RULE 20. REGULAR GAME INTERRUPTIONS 27

20.1 CATEGORIES 27

20.2 NUMBER OF REGULAR INTERRUPTIONS 27

20.3 REQUEST FOR REGULAR INTERRUPTIONS 27

20.4 SEQUENCE OF INTERRUPTIONS 27

20.5 TIME-OUT 27

20.6 PLAYER SUBSTITUTION 28

RULE 21. DELAYS TO THE GAME 28

21.1 TYPES OF DELAY 28

21.2 SANCTIONS FOR DELAYS 28

RULE 22. EXCEPTIONAL GAME INTERRUPTIONS 29

22.1 ACCIDENT/INJURY 29

22.2 EXTERNAL INTERFERENCE 29

22.3 PROLONGED INTERRUPTIONS 29

RULE 23. INTERVALS AND CHANGES OF COURTS 29

23.1 INTERVALS 29

23.2 CHANGE OF COURTS 29

CHAPTER SEVEN—MISCONDUCT 29

RULE 24. MISCONDUCT 29

24.1 CATEGORIES 29

24.2 SANCTIONS 29

24.3 SANCTION SCALE 30

24.4 MISCONDUCT BEFORE AND BETWEEN GAMES 30

RULE 25. PROTESTS 30

RULE 26. MINIMUM PLAYING REQUIREMENTS 31

DIAGRAM 1—THE NET ERROR! BOOKMARK NOT DEFINED.

DIAGRAM 2--THE PLAYING COURT ERROR! BOOKMARK NOT DEFINED.

DIAGRAM 3—SAMPLE SCORECARD/LINE-UP SHEETS—BANTAMS ERROR! BOOKMARK NOT DEFINED.

DIAGRAM 4--EXAMPLES OF LEGAL/ILLEGAL SERVICE-RECEIVE POSITIONS.. ERROR! BOOKMARK NOT DEFINED.

OFFICIAL HAND SIGNALS ERROR! BOOKMARK NOT DEFINED.

CATHOLIC YOUTH APOSTOLATE

ARCHDIOCESE OF ST. LOUIS, MISSOURI

CATHOLIC YOUTH COUNCIL SPORTS

#20 Archbishop May Dr. St. Louis, Mo. 63119

314-792-7605 www.cycstl.net ID's 314-792-7606

Fr. John Borcic, Executive Director, Catholic Youth Apostolate

Paul M. Scovill, Director of CYC Sports

Butch Rosier, Assistant Sports Director

Mark Probst, Sports Associate

CHAIRPERSON	DISTRICT	VOLLEYBALL CHAIRPERSON
<i>Paul Edler</i>	<i>St. Charles</i>	
<i>Pat Moore</i>	<i>South Central</i>	<i>Denise Davis</i>
<i>Ron Anderson</i>	<i>South City</i>	<i>Diane Mounts/Melissa Narez</i>
<i>Bob Casey</i>	<i>South County</i>	<i>Jill Vaughn</i>
<i>Eric Spalding</i>	<i>North County</i>	<i>Patty Burgess</i>
<i>Eric Winschel</i>	<i>West County</i>	

2 0 0 7 VOLLEYBALL RULE BOOK COMMITTEE

NORTH COUNTY

xxx

WEST COUNTY

xxx

ST. LOUIS CITY

*Diane Mounts
Melissa Narez*

SOUTH COUNTY

*Jan Czarnecki
Bob Casey*

SOUTH CENTRAL

Mary Adams

ST. CHARLES

JJ Hecei

CENTRAL

*Paul Scovill
Tony Bommarito*

2007 CYC VOLLEYBALL RULEBOOK

**SPECIAL NOTES

It is the responsibility of all participants to know the content of this book and all matter contained in the CYC Constitution.

1. *To be eligible to participate all teams are required to have present at each game, official CYC receipted roster and a valid CYC ID Card for each participating player, manager and coach. Those coaches with the CYC Training Card do not need a CYC Photo ID card. A CYC Coach's Training Card serves as their official ID Card. All teams must have a Head Coach/Manager who has attended the CYC Coaches Training Program. This person must be listed on the roster along with their 'Coaches Training' ID number. All managers/coaches need to meet Archdiocesan requirements also.*
2. *Each CYC District's Executive Board Member or Sports Chairperson reserves the right to require a mandatory review of rosters and ID cards prior to each contest of normal league play. This practice is recommended to be followed at least during the first three weeks of each league's schedule.*
3. *In all Archdiocesan and all District Playoff matches, ID cards and roster checks are required. The CYC ID cards and official CYC Receipted Roster must be presented prior to the start of each match to the appointed official, and on request, to the opposing manager.*
4. *In all contests where ID and roster checks are required or requested, the appointed match officials must verify each player visually with ID card and official roster. The opposing manager is allowed to observe the verification process. Late players, prior to entering the match, must display their ID card to the appointed official. (SEE THE CYC CONSTITUTION AS TO WHEN AN OPPOSING COACH MAY REQUEST AN ID CARD AND/OR ROSTER CHECK).*
5. *In sections 1 through 4 above, if roster (s) or ID card (s) are not presented during a roster/ID check, the team will have until the end of the match to present the missing items or the team may suffer a forfeit.*
6. *Pre-Playoff Meeting: All teams entering Archdiocesan Playoffs must have a representative at the meeting on Monday, November 19, 2007 at 7:15pm at the CYC Offices in the Cardinal Rigali Center located at #20 Archbishop May Dr., the meeting will be held in the Pope John Paul II Auditorium, located on the first floor. Official receipted rosters and ID cards should be reviewed for accuracy **prior** to this meeting. If a problem is found, cards and roster should be presented at this meeting.*

*Any team having any potential religious or school conflict at any time during the dates of playoffs should notify the CYC Office, immediately of such potential conflict. Conflicts received after November 16, 2007, may not be able to be accommodated, without a penalty. ** DO NOT WAIT UNTIL YOU RECEIVED YOUR BRACKET TO NOTIFY US OF THE CONFLICT. IF YOU HAVE AN EVENT DURING THIS TIME, IT IS A **POTENTIAL** CONFLICT. (Will also attempt to consider other conflicts if submitted by the indicated date)*

****ANY conflict brought forth after November 16, will have a \$50.00 fee, this includes religious or school conflicts.**

Conflicts should be emailed to pscovill@archstl.org

7. *In the Junior and Juvenile Divisions, teams must adhere to the following guidelines for all sports:*

In JUNIOR & JUVENILE DIVISIONS there must be one adult, with a CYC ID card, on the bench for the entire match. This adult will be responsible for the team's actions. An adult is considered someone 21 years of age.

It is a protestable item for any team not complying with the above conditions and may result in forfeiture.

- 8. *Coaches and players should be aware that according to Rule X of the 2006-2007 CYC Constitution, they could be disciplined for their conduct at tournaments.*
- 9. **MINIMUM PLAYING REQUIREMENT** – *All eligible players on the bench must participate in each game of each match. If injury or disciplinary action occurs during a game, the coach must notify the officials prior to the start of the next game. Failure to do so may result in forfeiture. The District Chairman or Sports Chairman has the authority to further discipline the coach or manager.*

Failure of a player to appear in any game may cause forfeiture of that game. It is strongly recommended that each player be allowed to play in all 6 positions before being substituted. It is recommended that coaches play each player at least 1/4 of each match.

Coaches should be aware that their substitution procedures will be observed. A coach that is only putting players in and then taking them right back out, giving the player no real opportunity to participate in the game should be aware that they, the coach, may face disciplinary actions and that the game could be forfeited.

- 10. *The match official and opposing coach/manager must be notified prior to the start of a match of a non-participating player due to injury or disciplinary reasons if said player is to be seated on the bench.*
- 11. **SUSPENSIONS MAY CARRY OVER TO THE NEXT SPORT COACHED OR PLAYED.**
- 12. *The Home Team is responsible for leading the Pre-Game Prayer.*
- 13. *Official's sequence of signals should be; signal violation or request and then result, point or sideout.*

Change or clarification in existing rule or a new rule for 2007.

[gray bar]

2006 VOLLEYBALL CHAMPIONS

	<u>Girls</u>	<u>Boys</u>
Midget	Our Lady, Festus	Holy Redeemer
Crusader	St. Margaret Mary	St. Margaret Mary
Cadet	St. Elizabeth/St. Robert	St. Margaret Mary
Intermediate	St. Justin	Assumption
Parochial	St. Catherine Laboure	Assumption
Juvenile	St. Margaret Mary	
Junior	Sacred Heart-VP	

***2007 Archdiocesan Playoffs tentative dates are
November 30 – December 9***

2007 CYC VOLLEYBALL RULEBOOK

CHAPTER ONE--FACILITIES AND EQUIPMENT

RULE 1. PLAYING AREA

The playing area includes the playing court and the warm-up area. The playing space includes the playing area and the space above it.

1.1 DIMENSIONS

The playing court measures 30' x 60' and is divided by the axis of the centerline into two team courts. The area surrounding and adjacent to the playing court (a recommended minimum width of 6'6") should be free of obstructions, this is known as the "Free Zone". The playing space is free from obstructions to a height of 15' from the playing surface. (Recommended 20')

NOTE: *District or Archdiocesan Officials shall decide on use of courts not up to standards.*

1.2 PLAYING SURFACE

The surface must be flat, horizontal and uniform and must not present any danger of injury to the players.

1.3 LINES ON THE COURT

All lines are 2" wide.

Boundary Lines: Two sidelines [Diagram 2. (A)] and two end lines [Diagram 2. (B)] mark the playing court. All boundary lines are drawn inside the dimensions of the playing court.

Center Line: The axis of the centerline [Diagram 2. (C)] divides the playing court into two team courts measuring 30' x 30' each. This line lies in the plane of the net and extends from sideline to sideline and extends indefinitely beyond the sidelines.

Attack Lines: These lines are drawn in each team court so that the edge of the attack line [Diagram 2. (D)] farthest from the center line [Diagram 2. (C)] is 10' from the axis of the centerline and extends indefinitely beyond the sidelines.

1.4 AREAS OF THE PLAYING COURT

Service Area: Service area [Diagram 1. (E)] for each team court is marked behind the end line with one line an extension of the right sideline 8" behind and perpendicular to the end line and with another drawn so that its outside edge is 10' from the extension of the outside edge of the right sideline. Cadet level and above, the service area will be the area behind the end line and between the right and left sidelines. The service zone shall have a minimum depth of 6'6". If this zone is less than 6'6", a line shall be marked on the court to provide the minimum depth.

Substitution Area: The substitution area [Diagram 2. (F)] is the area between the imaginary extension of both attack lines to the line and the scorekeeper's table.

Warm-up Area: The warm-up area [Diagram 2. (G)] is located beyond each team bench, no closer to the playing court than the team bench.

1.5 WEATHER, LIGHTING

The Game Officials along with Site Coordinator will make any decisions regarding postponement of any games due to unsafe conditions.

1.6 SPECIAL GROUND RULES

Special ground rules for a match must be specified in the pre-match conference by the first referee.

1.7 SCOREBOARD

Scoreboard should be divided into two parts with large numbers to provide a running score for each team. It is for information purposes, it is not the official score. (See Rule 7.3)

RULE 2. NET AND POSTS**2.1 NET**

The net is 39" wide and at least 32' long, placed vertically over the axis of the centerline. It is made of 4" square black mesh. At its top is a horizontal band, 2" wide, made of an appropriate stabilizing material and sewn along its full length. Top and bottom of the net must be fastened to the posts so that the net remains taut throughout and maintains its specified dimensions [Diag. 1].

2.2 SIDE BANDS

Two white bands, 2" wide and 39" long, and shall be fastened vertically to the net and placed perpendicular to each side line. [Diagram 1] They are considered to be part of the net.

2.3 ANTENNAS

An antenna is a flexible rod 5'11" long and 3/8" in diameter made of fiberglass or similar material. An antenna is fastened at the outer edge of each side band and placed on opposite ends of the net [Diagram 1] The top 32" of each antenna extend above the net and are marked with 4" stripes of contrasting colors, preferably red and white. The antennas are considered part of the net.

2.4 HEIGHT OF THE NET

The height and tension of the net shall be adjusted before the start of the match, and at any other time the first referee deems it advisable. Height measurements should be made (1) in the center of the court with the center the net height as prescribed in Rule 2.4 and (2) at each end of the net perpendicular to the sidelines with a net variance at the sidelines of not more than 3/4" to assure that each end of the net is within the prescribed height variation. The net must be tight throughout its length. After being tightened the net should be checked to assure that a ball striking the net would rebound properly.

The height of the net shall be as follows:

Adult - Junior - Juvenile Men & Co-Ed	
Adult - Junior - Juvenile Women	
Boys: Parochial, Intermediate, Cadet	
Girls: Parochial, Intermediate	
Girls: Cadet	
Boys/Girls: Crusader	
Boys/Girls: Midget	
Boys/Girls: Bantam	

Age/Division as it Pertains to:

8'	Players who have not completed:
7' 4 1/4"	10 th Grade Juvenile
7' 4 1/4"	8 th Grade Intermediate
7' 4 1/4"	8 th Grade Intermediate
7' 4 1/4'	7 th Grade Cadet
7'	6 th Grade Crusader
7'	5 th Grade Midget
6' 6"	3 rd & 4 th Grade Bantam

2.5 NET MEASURING DEVICE

The host of the event shall supply an accurate device to measure the height of the net.

2.6 POSTS

It is recommended that posts be fixed to the playing surface at a distance of 19 1/2" to 39" from each sideline. Standards and official's stands are required to be with not less than 1" padding.

If the posts are secured by means of wires, barrels or other supporting apparatus, there must be some means of clearly identifying the wires, barrels or supporting apparatus. Wire supports should be covered with a soft material to provide protection for the players. It is recommended that strips of material be hung from the wire(s) to alert players of their presence.

RULE 3. THE BALL**3.1 CHARACTERISTICS**

Balls used for sanctioned CYC competitions must be those approved by CYC Office and/or its Districts. Balls shall be uniform and light in color or a combination of colors, one of which must be light. The "Volley Lite" ball is recommended to be used in Midget and below divisions, this ball will be used during Archdiocesan Playoffs for the Midget Division.

3.1.1 SIZE AND CONSTRUCTION – The ball shall be spherical, made of a flexible leather case with an interior bladder made of rubber or a similar material. It shall be uniform and light in color with a maximum of 25 percent of the surface covered with logo, name, etc.

Circumference: 25 ½” to 27” Weight: 9 to 10 ounces Inside Pressure: 4.3 to 4.6 lb/sq. inches

3.1.2 PRESSURE MEASURING DEVICE – The host of the event shall supply an accurate device to measure the pressure of the ball.

3.1.3 RESPONSIBILITY FOR APPROVAL OF MATCH BALLS – It is the responsibility of the first referee to examine balls prior to the start of a match to determine that they are official and in proper condition. The first referee shall be the final approving authority for all balls to be used during a match. A ball that becomes wet or slippery during competition must be changed.

Commentary: The site of the match shall supply the official game ball. At the discretion of the individual district, they may also supply practice balls.

CHAPTER TWO--PARTICIPANTS

RULE 4. TEAMS

4.1 COMPOSITION

4.1.1 A team may consist of players, coach(es), trainer(s), manager(s) and others identified on the team roster. Only identified team members may sit on the bench. In all divisions, a complete team shall consist of 6 players. No game may be played with less than 5 players.

Note: If a team has only 5 players, their positions will be Left Back (5), Left Front (4), Center Front (3), Right Front (2) and Right Back (1). Middle back position shall be designated as position #6 & the positions shall be numbered clockwise to #1. [Diag 4]

Note: For official scorekeeping purposes in the Cadet and above divisions, there will be no loss of service when the missing player is due to serve, an “X” will be placed in player #6’s spot on the scoresheet. The scorekeeper will then proceed to the next player’s service box.

Late players may be allowed to enter the game in progress; Crusader & below divisions, providing they enter in position 5 or 6. **Cadet & above, the late player would enter into the player #6 spot on the scoresheet and thus would take that appropriate position on the court.**

Injured players; Crusader & below divisions that are removed from the game shall not be allowed to reenter the game in which they were injured unless injury took place when the player was in position 5 or 6. Cadet and above divisions handled under normal substitution procedures.

Commentary: Players are the team members on the team court. Substitutes are team members in uniform who are not in the starting line-up of a game. Players who are on the same team are teammates.

4.1.2 Only the team members recorded on the roster may participate in the match.

4.2 PLAYING CAPTAIN

4.2.1 A **playing captain** is the only player who may address the first referee and shall be the spokesperson of their team. The playing captain may address the second referee but only on matters concerning the second referee’s duties. The coach may address the referees for the purpose of requesting a time-out, substitution, a line-up check or to clarify a situation.

4.2.2 When the **playing captain** is not on the court, the coach (es) or the team captain will designate another player to act as the game captain.

RULE 5. PLAYER'S EQUIPMENT

5.1 EQUIPMENT

5.1.1 UNIFORM – Where reference is made to identical uniforms, it is construed to mean jerseys. **It is highly recommended that all players wear shorts of the same color and that any undergarment that is exposed be the same color as the predominant color of the jersey.**

5.1.2 UNIFORMS must be similar, clean and of the same color.

5.1.3 OFFICIAL UNIFORM NUMBERS:

Players' jerseys must be numbered from 1 to 99. It is required that all uniforms have numbers on the front and the back, with the below sizes. Numbers must be located on the jersey in a position where they are clearly visible. Specifically (recommended):

1. On the back of the uniform, the number must be centered.
2. On the front of the uniform, the number must be either;
 - (a) centered on the upper body (upper chest, center chest or high stomach area).
 - (b) placed on the upper right- or left-hand shoulder area. Top of the number must be no more than 12.5 centimeters (5 in.) down from the shoulder seam.
3. Numbers must be clearly visible at all times during the match. Rolling or taping the sleeves in such a way that the number is not clearly visible is prohibited.

The size of the number will be left to the discretion of the district. [Volleyball Committee recommends: front number is 4" in height and back number is 6" in height.]

The numbers must be different and contrasting color to the jerseys. (Appropriate combinations would be dark numerals on light jersey, light numerals on dark jerseys, etc.) Players & substitutes shall wear numbers corresponding with numbers listed on the game card/line-up card submitted to the scorekeeper prior to the start of a match. No player shall participate without a legal number.

5.1.4 SHOES are considered player's equipment and must be light and pliable with rubber or leather soles without heels. **For safety reasons; shoe laces must be tied.**

5.2 FORBIDDEN OBJECTS AND UNIFORMS

5.2.1 It is forbidden to wear hats/headgear/glitter/hair or body paint or jewelry. Taping of earrings is prohibited. **ONLY SOFT PLIABLE HAIR ACCESSORIES ARE PERMISSIBLE.**

5.2.1.1 Headgear is interpreted to mean hats or bandannas, which are not allowed. A sweat band of soft pliable material or bandannas folded/worn as a sweatband are permissible.

5.2.1.2 An exception will be made for religious or medical medallions and flat wedding bands. If worn, medallions shall be removed from chains and taped or sewn under the uniform. If a ring, other than a flat wedding band cannot be removed, it shall be taped in such a manner as to not create a safety hazard.

5.2.1.3 Casts, braces, prosthetic limbs or headgear that may cause an injury or give an artificial advantage to the player may not be worn. If a cast, brace, prosthetic limb or headgear is used, padding or covering may be necessary.

Commentary: Prosthetic limbs may be worn provided a medical statement has been obtained from and signed by a doctor stating that the limb is no more dangerous to the player or other participants than a corresponding natural limb and the first referee determines the player will not gain an artificial advantage.

5.2.2 Players may wear glasses or contact lenses at their own risk.

5.2.3 It is forbidden to wear uniforms without official numbers. [Rule 5.1.3.]

RULE 6. RIGHTS AND RESPONSIBILITIES OF THE PARTICIPANTS**6.1 BASIC RESPONSIBILITIES**

- 6.1.1** Participants must know the Official Volleyball Rules and abide by them.
- 6.1.2** Participants must accept referees' decisions with sportsmanlike conduct and without dispute. In case of doubt, clarification may be requested through the playing captain. Participants must behave respectfully and courteously in the spirit of fair play, not only toward the referees, but also toward other officials, the opponents, teammates & spectators.
- 6.1.4** Participants must refrain from actions or attitudes aimed at influencing the decisions of the referees or covering up faults committed by their team.
- 6.1.5** Participants must refrain from actions aimed at delaying the game.
- 6.1.6** Both the playing captain and the coach(es) are responsible for the conduct and discipline of their team members.

6.2 CAPTAIN

- 6.2.1** The **team captain** represents the team in the coin toss at the pre-match conference.
- 6.2.2** During the match, the **team captain** functions as the game captain only while on the court. When the ball is out of play, the game captain may speak to the referees.
Commentary: A coach may act instead of the game captain to:
 - 6.2.2.1** ask for an explanation of the application or interpretation of the Rules and to submit to the appropriate referee any requests or questions of teammates. If the explanation is not satisfactory, he/she must immediately indicate to the referee the right to record this disagreement on the scoresheet as an official protest.
 - 6.2.2.2** ask authorization to change uniforms or equipment, to verify the positions of their own team, to check the floor, the net, the ball, etc., and
 - 6.2.2.3** request regular game interruptions.
- 6.2.3** At the end match, the **team captain** thanks the referees, and if there was a previously expressed disagreement with the first referee as to the application of a sanction, confirms it is recorded on the scoresheet. See Rule 25 concerning protests.

6.3 COACH(ES)

- 6.3.1** Prior to the match, a coach or team captain records or verifies the names and numbers of players on the line-up sheet/card. [Diagram 3]
- 6.3.2** Prior to each game, a coach or team captain gives the second referee a completed and signed line-up sheet. [Diagram 3]
- 6.3.3** During the match, the **coach**, as well as other team members, may give instructions to the players on the court without disturbing or delaying the match.
Commentary: A coach may stand during play to instruct players in a non- disruptive manner and may stand and move about to speak to team members and players. Acts deemed disruptive by the first referee shall be sanctioned according to Rule 24. Examples of disruptive acts shall include, but are not limited to:
 - 6.3.3.1** loud or abusive language,
 - 6.3.3.2** comments to officials,
 - 6.3.3.3** comments to opposing teams,
 - 6.3.3.4** throwing of objects,
 - 6.3.3.5** displaying disgust in an overt manner, or
 - 6.3.3.6** interfering with proper officiating of the match.
- 6.3.4** A coach may request a legal interruption only while at the team bench.

6.4 LOCATION OF PARTICIPANTS [Diagram 2]

- 6.4.1** The team benches are located beside the scorekeeper's table, outside the free zone and no nearer the center line extension than the attack line extension.
- 6.4.2** The substitutes sit on the team bench or stay in the warm-up area on the side of their team court. Other team members also should sit on the bench if no warm-up area is provided.
- 6.4.3** Only team members are permitted to sit on the bench during the match.
- 6.4.4** The substitutes may exercise, without balls, in the warm-up areas.
- 6.4.5** Between games, players may use balls for warm-ups.

CHAPTER THREE-- POINT, GAME AND MATCH WINNER**RULE 7. NUMBER OF GAMES/SCORING****7.1 NUMBER OF GAMES--**

- 7.1.1** Each game will count in the win, loss standings. All divisions will use a running clock. **(Except for Parochial)** The clock would start when upon **contact of the ball by the server after the official's whistle for service.** The clock will be stopped during timeouts and would restart upon contact of the ball by the server after the official's whistle for service.

There shall be a two-minute maximum intermission between games.

There will be no change in playing areas at the mid-point of the third game. (Also see Rule 8.1 Coin toss)

- 7.1.2** **Midget** and above divisions **(Except for Parochial, in which there shall be no time limit)** —Matches shall consist of three (3) **25 point games or 15 minutes, whichever comes first, team must have a minimum lead of two points, there will be a 27 point cap on each game. All games will be rally score.**

Commentary: In a rally-scored game, a point is scored whenever the team wins a rally.

The consequences are:

The serving team wins the rally, scores a point and continues to serve,

The receiving team wins the rally, receives a point and gains the serve.

During Archdiocesan Playoffs, a match will consist of the best 2 out of 3 games, rally score, no time limit or cap on any game. The first 2 games will be played to 25 points. The third game if necessary will be played to 15 points.

- 7.1.3** In BANTAM division, **matches shall consist of three (3) 25 point games using regular scoring,** with a time maximum for each game of 15 minutes. Games shall end at the expiration of the 15-minute time period or when a team reaches 25 points whether or not the teams are tied or there is only a point difference.

7.2 SCORE OF A DEFAULTED GAME

- 7.2.1** If a team does not have sufficient players to start a game, or fails to play after the first referee requests play to begin, that team shall lose the game by default. Score of each defaulted game will be 25-0, for all divisions.

Commentary: First game will be forfeited at 5 minutes past the scheduled

starting time, second game at 10 minutes past and third game at 15 minutes past

starting time. The official's designated timepiece will be used for the official time.

When a team does have sufficient number of players to start the game, the entire 15 minutes for that game, will be played from that point.

Commentary: If neither team has five players available at match time, each team shall be charged with the loss of one game by default. The next game, if played, would be the third game of the match.

7.2.2 SCORE OF A DEFAULTED GAME DUE TO INJURY

If a game is defaulted due to a team being reduced to less than five players as the result of an injury, the defaulting team shall retain any points earned. The winning team shall be credited with sufficient points to reflect a two-point advantage over the opponents.

7.2.3 SCORE—DEFAULTED OF GAME DUE TO EXPULSION OR DISQUALIFICATION

If a game is defaulted due to expulsion or disqualification of a player, the defaulting team shall retain any points earned. The winning team will be awarded sufficient points to reflect a two-point advantage over the opponents.

7.2.4 REFUSAL TO PLAY

7.2.4.1 Refusal to play -- After a signal from the first referee, teams shall immediately take their positions on the end line to start a game. At the conclusion of an interruption in play, teams shall return to their positions on the court immediately at the signal of either referee. If a team refuses to do this, it, shall be warned by the first referee. If after the warning from the first referee, a team refuses to play, the entire match is defaulted. The score for each defaulted game is **25-0**, for all divisions. The score of the match is 3-0.

7.2.4.2 Failure to play – If, during the progress of a game a team fails to return to play for reasons other than a refusal to play, that team shall be sanctioned for a team delay (yellow card). After an additional 15 seconds if the team still has not returned to play, the team shall be penalized (point or loss of service). After an additional 15 seconds, if the team still has not returned to play, the game shall be declared a default. The losing team shall retain any points scored and the winning team shall be credited with sufficient points necessary to win the game. A two-minute period shall then be granted for teams to change team areas and submit a line-up for the next game of the match.

7.2.5 INCOMPLETE TEAM DURING MATCH

If a team is reduced to less than five players and cannot complete the remainder of a match, the opponents shall be awarded sufficient points and games necessary to win the match. The defaulting team retains their points and games won.

7.3 DISCREPANCY IN SCORE

7.3.1 If a discrepancy in score exists between the scoring section and the running score column of the scoresheet, the scoring section shall be the official score.

7.3.2 If a discrepancy exists between the scoresheet and the visible scoring device, the scoresheet shall be the official score, if one is kept.

CHAPTER FOUR--PREPARATION FOR THE MATCH**RULE 8. PREPARATION FOR THE MATCH****8.1 COIN TOSS**

8.1.1 Before the warm-up, the first referee conducts a pre-match conference and coin toss in the presence of the two team captains. Visiting team shall call the first toss. The winner of the coin toss chooses:

8.1.1.1 the right to serve or to receive the service or the side of the court.

8.1.1.2 the other captain takes one of the remaining alternatives.

8.1.2 Before the beginning of the third or deciding game of the match, the first referee shall make a new coin toss with the options described in 8.1.1.1 and 8.1.1.2. The captain not calling the coin toss in the first game shall call the coin toss for the third or deciding game.

8.2 TIMING OF GAMES

- 8.2.1** Any served ball must be played to completion. In other words, a ball cannot be declared dead because of expiration of game time. If after the official's whistle but before contact for the service is made the horn sounds, the game is over.
- 8.2.2** At the beginning of the game or at any other time that the clock is stopped, it does not restart until the server's contact of the ball after the referee's whistle.
- 8.2.3** Time-out should be called by the referee if conditions occur that unfairly penalize the teams in playing time. (Ball going into spectator groups, up in balconies or stages, etc.)
- 8.2.4** Change in team areas **will not** take place **during** the third game.

RULE 9. TEAM LINE-UP**9.1 STARTING LINE-UP [DIAGRAM 3]**

- 9.1.1** At least two minutes before the start of a match and 30 seconds prior to the expiration of the intermission between games, a coach or game captain submits the team's starting line-up on a signed line-up sheet to the second referee.

Commentary: For failure to adhere to Rule 9.1, a team shall be issued a team delay warning. After an additional 30 seconds, if the line-up has not been submitted, the team will be charged with a team delay penalty. If the team continues to delay, the team shall default the game. If failure to adhere to Rule 9.1 is because of insufficient players on a team to begin a match, after a team defaults the first game of a match, an interval of up to five minutes shall be allowed for the team to produce sufficient players to play the next game. If the team has five players present prior to the expiration of this interval, play shall begin immediately. If, after the 5-minute interval, a team does not have at least five players present and ready to play, the second game shall be declared a default. An additional five-minute interval shall be allowed before declaring the match a default.

- 9.1.2** If a discrepancy exists between the line-up sheet and actual positions of players, the players must move to the positions indicated on the line-up sheet before the start of the game. No penalty will be charged. If one or more players on the court are not recorded on the line-up sheet, the players on the court must be changed according to the line-up sheet without a penalty being charged. Players not listed on the scoresheet that are on the court may remain on the court provided: for Crusader and below divisions, these players are in position 5 and 6 only. For Cadet AND ABOVE divisions, no matter what position(s) they are in, a request for a legal substitution(s) must be made and then recorded on the scoresheet. Should the recorded number on the line-up sheet not exist, a phantom substitution can be made by any legal player on the bench.

9.2 ROTATION ORDER

- 9.2.1** Rotation order as determined by the starting line-up must be maintained throughout the game.
- 9.2.2** There must be at least five players per team to begin a rally.

RULE 10. PLAYERS' POSITIONS AND ROTATION*10.1 POSITIONS**

- 10.1.1** At the moment the ball is contacted by the server, each team must be completely within its own team court (except the server).
- 10.1.2** Three players are front-row players and occupy positions 4 (left player), 3 (center player) and 2 (right player). The other two or three are back-row players occupying positions 5 (left player), 6 (center player) and 1 (right player). [Diagram 4]
- 10.1.3** The positions of players are determined and judged according to the positions of their feet contacting the court as follows:

Commentary: The position of the players is judged according to the position

of the foot last in contact with the floor at the time the ball is contacted for service.

10.3.1.1 Each front-row player must have at least a part of a foot closer to the center line than both feet of the corresponding back-row player.

10.1.3.2 Each right (left)-side player must have at least a part of a foot closer to the right (left)-side line than both feet of the center player in the corresponding row. The server is exempt from the application of this rule.

***10.1.4** In Midget and above divisions, once the ball has been served, the players may move to any position in their playing area.

In Bantam and below, no switching of any kind will be allowed, except that once the ball has been served, the player in position 1(server) may be allowed to act as the setter anywhere in their team's playing area.

No player will be allowed to move from their position to dominate play (other than what is provided by the rules). If the rule is violated, the referee should give a warning to the team the first time. The second time the referee should penalize the team at fault by calling a side out or awarding a point, whichever may be the case.

While the rules permit roving to any part of the playing area to play the ball legally, it is not keeping with the spirit of the game if it is done to prevent other players from playing the ball. Bantam and below divisions should not be allowed to use as part of their offense, constant back-row spiking or taking of net positions out of order. This should be prohibited by officials.

10.2 ROTATION [DIAGRAM 3]

When the receiving team has gained the right to serve, its players must rotate one position clockwise (player in position 2 rotates to position 1 to serve, player in 1 rotates to 6, etc.)

10.3 POSITION FAULTS

10.3.1 The players of a team commit a position fault if they are not in their correct positions at the moment the ball is contacted by the server [Rule 10.1.3].

10.3.2 If the server commits an illegal service [Rule 17.11] at the moment of contact with the ball, that fault prevails over a position fault and is penalized. In the case of a service fault [Rule 17.12], the position fault is penalized.

10.3.3 The position fault is penalized with the loss of a rally [Rule 10.1.3], and the players are placed in their correct positions.

10.4 ROTATION FAULT

A rotation fault is committed when the service is not made according to the rotation order [Rule 9.2]. The results are the same as a position fault [Rule 10.3.3].

RULE 11. SUBSTITUTION OF PLAYERS

11.1 DEFINITION

A substitution is the act by which the referees authorize a player to leave the court and a substitute to occupy that position.

11.2 LIMITATION OF SUBSTITUTION—CRUSADER & BELOW DIVISIONS

11.2.1 Only the coach or the game captain may request a substitution. The coach must be at the team bench at the time the request is made.

11.2.2 Substitutes going onto the court shall wait by the side of the court in the substitution area until permission is given by the referee for the exchange to be made. If the substitution is not completed immediately, the substitution shall be canceled and the team charged with a team delay. No additional request may be made until after the next ball out of play or a team has been granted a time-out.

- 11.2.3** If a coach or captain intends to make more than one substitution, the number of substitutions to be made, does not need to be signaled at the time of the request. In this case, substitutions must be made in succession.

Commentary: If a request is made for two substitutions and includes both a legal and an improper entry, the legal substitution is allowed, the improper substitution is denied and an improper request or team delay (if team has already been charged with improper request) is recorded for the team.

Following a completed substitution, a team may not make a new request for substitution until the next ball is out of play or until a time-out has been requested and granted to either team.

Commentary: During a legal time-out, either team may make any number of requests for substitutions. Immediately following a time-out period, an additional request for substitution may be made.

- 11.2.4** Upon making a request for a substitution the coach or playing captain refuses to complete the substitution, the team shall be charged with a team delay. A new request for substitution may not be made until the next ball out of play following assessment of the team delay. **EXCEPTION:** If a change in request is due to a referee's mind change, the request will be honored and no sanction charged.

- 11.2.5** A substitution can only be made in positions 5 or 6. The substitute shall assume the position of the player being replaced in one of the above positions. **EXCEPTION:** In case of injury, the team will rotate forward to fill the vacant position. Position 6 will be filled by a substitution. [Diagram 4]

- *11.2.6** When either referee notices an injured player, play shall be stopped and a play over directed. If the player indicates that play without replacement might be possible, the first referee may allow the player up to 30 seconds to make such determination. If play is not possible after that brief interruption, the player must be replaced or the team must use a legal time-out if the player is to remain in the game. If removal of an injured player causes a delay, no time-out will be charged, regardless of length of time required to safely remove the player from the playing area. Safety of the player(s) is the primary consideration.

11.2.6.1 In the case of injury, if a legal substitution cannot be made, the first referee may grant an exceptional substitution, in the following priority:

11.2.6.1.1 by any substitute who has not already participated in the game

11.2.6.1.2 by any substitute on the bench, regardless of position previously played

(If an exceptional substitution is granted, the injured player may not re-enter the game in which they were hurt in).

*Commentary: If through injury or accident a player is unable to play and a substitution cannot be made under the provisions above, the first referee may grant a special time-out of up to three minutes. Play will be resumed as soon as the injured player is able to continue. In no case shall the special injury time-out exceed three minutes. At the end of the special time-out, a team may request a normal time-out provided that they have not already used their allowable two time-outs. If, after three minutes, or at the expiration of time-outs granted **subsequent** to the special time-out, the injured player cannot continue to play the team loses the game by default, keeping any points acquired. No player may be granted more than one three-minute injury time-out during any match. If a player becomes injured to the extent that a second injury time-out would be required, the match shall be defaulted for the safety of the player.*

11.2.7 If a team becomes incomplete through expulsion or disqualification of a player, and a legal substitution cannot be made under the provisions above; the team loses the game by default, keeping any points acquired.

Commentary: An exceptional substitution may not be granted to a team that has a player expelled or disqualified.

11.2.8 If a team changes its normal substitution procedures in the last two minutes of each game and the official feels that said team is doing so to use up the remaining time, then the official shall penalize the offending team by awarding a side out or a point to their opponents.

11.2.9 If a player is ejected from a game, the team will rotate forward to fill the vacant position. Position 6 will be filled by a substitute.

11.2 LIMITATION OF SUBSTITUTION---CADET AND ABOVE DIVISIONS

All sections the same as above, except for;

11.2.5 A substitution can be made in any position (including the server); substitution re-entries must take place for the same position in the line-up. **More than one substitution may enter a game in each position in the rotation order.** Individual substitutions are unlimited; team substitutions are limited to 15 per team, per game.

Commentary: A player that starts a game and is substituted for can only re-enter the game in that same position in the line-up. Any number of players that have NOT previously played in another position in the line-up, may enter into the same line-up position.

***11.2.6.1** In the case of injury, if a legal substitution cannot be made, the first referee may grant an exceptional substitution, in the following priority:

11.2.6.1.1 by the starter or substitute who has played in the position of the injured player, or by any substitute who has not already participated in the game

11.2.6.1.2 by any substitute on the bench, regardless of position previously played

(If an exceptional substitution is granted, the injured player may not re-enter the game in which they were hurt in).

11.2.7 If a team becomes incomplete through expulsion or disqualification of a player, and a legal substitution cannot be made under the provisions above; the team loses the game by default, keeping any points acquired.

Commentary: An exceptional substitution may not be granted to a team that has a player expelled or disqualified.

11.2.9 If a player is ejected from a game, the team will fill the vacant position under the above normal procedures.

11.3 ILLEGAL SUBSTITUTION

The following substitutes are illegal:

11.3.1 player not on roster,

11.3.2 player with illegal number or uniform,

11.3.3 player expelled or disqualified.

CHAPTER FIVE—PLAYING ACTIONS

RULE 12. STATES OF PLAY

12.1 BALL IN PLAY

The rally begins with the referee's whistle. After the referee's whistle, no other action may take place, i.e. substitution request, time-out request, etc. until the end of the rally. The ball is in play, however, from the service contact.

12.2 BALL OUT OF PLAY

The rally ends with the referee's whistle. However, if the whistle is due to a fault made in play, the ball is out of play from the moment the fault was committed.

Commentary: In the case of an inadvertent whistle, the rally is ended. The first referee must make a ruling that will not penalize either team.

12.3 BALL "IN"

The ball is "in" when it touches the floor of the playing court including the boundary lines.

12.4 BALL "OUT"

The ball is "out" when:

12.4.1 no part of the ball contacts either a boundary line or the area within the boundary lines.

12.4.2 it contacts an object outside the court, the ceiling or a person out of play,

12.4.3 it contacts an antenna, rope, post, supporting apparatus or a part of the net itself outside an antenna/side band, or

12.4.4 it completely crosses the vertical plane of the net, partly or totally outside the crossing space.

Commentary:

12.4.4.1 *benches, bleachers, low-hanging baskets or other floor obstructions are less than 6'6" from the court and interfere with play of the ball, the ball becomes out of play and a play over may be directed at the first referee's discretion.*

12.4.4.2 *A ball shall remain in play if it contacts the ceiling or other overhead objects 15 feet or more above the playing area. The ball is out of play if it makes contact above the opponent's playing area or above the team's playing area and crosses the plane of the net into the opponent's court.*

12.4.4.3 *A ball is out of play and a play over directed if it contacts overhead object(s) or the supports less than 15' above the playing area and would have remained playable if the object had not been present or if in the referee's judgment a play could have been made.*

12.4.4.4 *Ball is out of play and playover directed if it comes to rest on an overhead object above that team's playing area & is still a playable ball.*

12.4.4.5 *A ball is out of play if it contacts the ceiling or overhead objects, regardless of height, over non-playing areas.*

RULE 13. PLAYING FAULTS**13.1 DEFINITION**

13.1.1 Any playing action contrary to the Rules is a playing fault.

13.1.2 The referees judge the faults and determine the penalties according to the Rules.

13.2 CONSEQUENCES OF A FAULT

13.2.1 The consequence of a fault is a loss of rally.

13.2.2 If two or more faults are committed successively, only the first one is penalized.

13.2.3 If two or more faults are committed by two opponents simultaneously, a double fault is committed and the rally is replayed.

RULE 14. PLAYING THE BALL**14.1 TEAM HITS**

14.1.1 Each team is entitled to a maximum of three hits (in addition to blocking [a block is not considered a team's first hit]) to return the ball to the opponents.

14.1.2 Team hits include not only intentional hits by the player, but also unintentional contacts with the ball.

14.1.3 A player may not contact the ball with two separate and consecutive motions.

14.2 SIMULTANEOUS CONTACT

14.2.1 Two or more players may touch the ball at the same moment.

14.2.2 When two or more teammates touch the ball simultaneously, it is counted as one contact. If teammates collide, no fault is committed. Any player may play the ball next if the simultaneous contact is not the third team contact.

14.2.3 If two opponents simultaneously contact the ball and it remains in play, the team receiving the ball is entitled to another three hits. If such a ball goes “out,” it is the fault of the team on the opposite side.

14.2.4 A joust occurs when two opponents cause the ball to come to rest above the net through simultaneous contact. A joust is not a fault, and play continues as if the contact was instantaneous.

14.3 ASSISTED HIT

A player is not permitted to take support from a teammate or any structural/object in order to reach the ball. However, the player who is about to commit a fault (touch the net, cross the center line, etc.) may be stopped or held back by a teammate.

14.4 CHARACTERISTICS OF THE HIT

14.4.1 The ball may touch any part of a player’s body. (Including, below the waist)

14.4.2 The ball must be hit, not caught or thrown. It can rebound in any direction.

14.4.3 The ball may touch various parts of the body, provided that contacts take place simultaneously. EXCEPTIONS:

14.4.3.1 During blocking, consecutive contacts may occur by one or more blockers provided the contacts occur during one action.

14.4.3.2 During the first hit of a team (not blocking), the ball may contact various parts of the body consecutively, provided that the contacts occur during one action.

Commentary: The first hit of the team includes reception: (a) of the serve; (b) of an attack hit by the opponent (this may be a soft or hard attack hit); (c) of a ball blocked one’s own team and (d) of a ball blocked by the opponents. During the team’s first hit, successive contacts with the various parts of the player’s body are permitted in a single action of playing the ball. These include contacts involving “finger action” on the ball and contact with the foot. The ball, however, may not be caught and/or thrown.

14.5 RECEIVING THE SERVE

The serve does not need to be bumped, but the ball cannot be, lifted or carried. (It may be double-hit)

14.6 FAULTS IN PLAYING THE BALL

14.6.1 Four Hits: A team contacts the ball four times before returning it to the opponents.

14.6.2 Assisted Hit: A player takes support from a teammate or any structure/object in order to reach the ball.

14.6.3 Caught or Thrown Ball: A player does not contact the ball cleanly.

14.6.4 Double Contact: A player contacts the ball twice in succession, or the ball contacts various parts of the body successively.

14.6.5 Illegal Hit: A player in a non-playing area, plays a ball.

RULE 15. BALL AT THE NET**15.1 BALL CROSSING THE NET**

15.1.1 A ball sent to the opponent’s playing area must pass over the net within the crossing space. The crossing space is the part of the vertical plane of the net unlimited: at the sides, by each antenna and its imaginary extension, and the vertical plane of the net at the moment of contact.

15.1.2 A ball penetrating the opponent’s side outside of the crossing space may be played back

to a teammate, provided it has not completely crossed the vertical plane of the net at the moment of contact.

15.1.3 The ball is “out” when it completely crosses the space under the net.

15.2 BALL TOUCHING THE NET

The ball may touch the net while crossing it including during the service.

15.3 BALL IN THE NET

15.3.1 A ball driven into the net may be recovered within the limits of the three team hits.

15.3.2 If the ball rips the mesh of the net or tears it down, the rally is canceled and replayed. If the fault occurs on a team’s third contact, it is a loss of rally.

RULE 16. PLAYER AT THE NET

16.1 PLAYING SPACE

Each team must play within its own playing area and space.

Commentary:

Players may play the ball over a non-playing area if they have a least one foot in contact with the playing area at the time the ball is contacted and may enter the non-playing area after playing the ball. Non-playing areas are defined as the:

16.1.1.1 walls, bleachers or other spectator seating areas,

16.1.1.2 team benches and any area behind team benches,

16.1.1.3 area between the scorekeeper’s table and team benches and,

16.1.1.4 any other area outlined in the pre-match conference by the first referee

Commentary: *If nets or dividers are separating courts, only the player attempting to play the ball may move the net or divider to play the ball.*

Commentary: *When competition is scheduled or is occurring on an adjacent court(s), it is a fault for a player to enter the adjacent court(s) or cross the extension of the side line to play a ball or after playing a ball.*

16.2 PLAYING BEYOND THE NET

16.2.1 In blocking, a blocker may contact the ball beyond the plane of the net inside the antennas provided the block does not interfere with the opponent’s play.

16.2.2 A player making an attack-hit is permitted to pass a hand(s) beyond the net after the attack-hit, provided the ball is contacted within his/her own playing space or within the plane of the net.

16.2.3 A player is permitted to pass a hand(s) beyond the net inside the antennas and contact the ball over the opponent’s court on his or her team’s first or second hit, provided the ball has not completely crossed the vertical plane of the net and is directed back into the player’s own playing space.

16.3 PENETRATION UNDER THE NET

16.3.1 A player may reach or penetrate into the opponent’s court and/or space under the net, provided this does not interfere with the opponent’s play.

16.3.2 Penetration into the opponent’s court, beyond the center line to:

16.3.2.1 touch the opponent’s court with (a) hand(s), foot or feet is permitted, provided some part of the penetrate hand(s)/foot/feet remains either in contact with or directly above the center line;

16.3.2.2 contact the opponent’s court with any other part of the body (except hair) is a fault.

16.3.3 A player may enter the opponent’s court only after the ball is out of play. Player may enter into the opponent’s free zone provided this does not interfere with the opponent’s play.

16.4 CONTACT WITH THE NET

16.4.1 It is a fault to touch any part of the net or the antennas, except for a player's hair.

16.4.2 A player may touch a post, rope or any other object outside the total length of the net provided this contact does not interfere with play.

16.4.3 When the ball is driven into the net and causes it to touch an opponent, no fault is committed.

16.5 PLAYER'S FAULTS AT THE NET

The following faults result in a loss of rally: A player

16.5.1 touches the ball or an opponent in the opponent's space before or during the opponent's attack-hit,

16.5.2 penetrates into the opponent's space under the net interfering with the opponent's play,

16.5.3 penetrates into the opponent's court, or

16.5.4 touches the net.

RULE 17. SERVICE**17.1 DEFINITION**

The service is the act of putting the ball into play by the right back-row player (player position 1) who hits the ball with one hand or arm from the service zone.

17.2 POSITION OF PLAYERS

17.2.1 A player who is not in contact with the team court will be considered to retain the status of the last point of contact with the team court.

17.2.2 All players, except the server, must be fully on the court at the time the ball is contacted for service.

17.2.3 The instant the server contacts the ball for service; all players must be in their proper positions.

Commentary: A positional fault should be signaled by the referee(s) as soon as the ball has been contacted by the server. Occasionally, doubt may exist as to whether a player is a front or back row player. In such cases, the referee may delay the whistle indicating a fault.

17.3 FIRST SERVICE IN A GAME

17.3.1 The first service of game one and game three is executed by the team determined by the coin toss.

17.3.2 The second game will be started with the service by the team that did not serve first in the previous game.

17.4 SERVICE ORDER

17.4.1 The players must follow the service order recorded on the line-up sheet.

17.4.1.1 When it is discovered that a wrong player is about to serve the ball, the officials shall wait until the ball has been contacted for service and then blow a horn/whistle or stop the game in any manner possible. Any points scored by the wrong server shall be canceled and loss of service directed. Players of the team at fault must immediately resume their correct positions on their team court.

17.4.1.2 If discovery of a wrong server is after the opponents have served, all points scored by the wrong server remain. A point is awarded the opponents unless the play immediately preceding discovery of the wrong serve resulted in a point. In such case, no additional point is awarded.

17.4.1.3 If discovery is after a loss of service by the opponents, the loss of service shall be canceled, opponents awarded a point and opponents shall continue service.

17.4.1.4 In all cases, players of the team at fault must assume their correct positions on their team court.

- 17.4.2** After the first service in a game, the player to serve is determined as follows:
- 17.4.2.1** When the serving team wins the rally, the player who served, serves again.
- 17.4.2.2** When the receiving team wins the rally, it gains the right to serve & rotates.
The player who moves from the right front-row position (player position 2) to the right back-row position (player position 1) will serve.

17.5 AUTHORIZATION OF THE SERVICE

The first referee authorizes the service after having checked that the server is in possession of the ball and the teams are ready to play.

17.6 EXECUTION OF THE SERVICE

17.6.1 The server may move freely within the service zone. At the moment of the service hit or take off for a jump service, the server must be completely in the service zone and not touching neither the court (end line included) nor the playing surface outside the zone. After the service, the player may step or land outside the zone including the court.

NOTE: A player in the Crusader and below divisions will be allowed to serve from anywhere in the service zone, if a player chooses to serve outside of the normal service zone for their age group, then that serve must take place from behind the end line. On any subsequent serves, the player may move back in the server's box for their age group.

17.6.2 Server must contact the ball within 5 seconds after the 1st referee whistles for service.

17.6.3 A service executed before the referee's whistle is canceled and repeated. An occurrence during the same service term by the same player results in a loss of service.

***Commentary:** After the whistle for service, no other actions (requests for line-up check, time-out, etc.) may be considered until after the ball has been served and the rally completed.*

17.6.4 After clearly being tossed or released, the ball shall be contacted with one hand or any part of one arm before it touches the playing surface.

***Commentary:** If, after releasing or tossing the ball for service the server allows the ball to fall to the floor without being hit or contacted, the service effort shall be canceled and a re-service authorized without any delay. The server must contact the ball for service within five seconds after the first referee authorizes the serve.*

One service tossing error is permitted for each service rotation. If this occurs more than once during a service rotation, a sanction (loss of service) will be applied. In addition, if in the first referee's judgment, the ball is tossed or released in a manner other than for the initiation of a service attempt, the serving team will be charged with a team delay.

17.6.5 A serving player may not be replaced by substitution at any time during a term of service, in the Crusader & below divisions; they may be replaced under normal substitution procedures in Cadet & above divisions.

17.7 SERVICE FOR PAROCHIAL AND UNDER DIVISIONS

Where players in Parochial and under divisions are in a competition, it is an illegal service if the ball is hit directly from the hand of the server.

17.8 SERVING BOXES

Serving boxes shall be marked into the playing court from the end line according to the following dimensions:

	Midget/Crusader divisions—5 feet	Bantam divisions—10 feet
--	---	---------------------------------

17.9 BANTAM DIVISIONS

In the **Bantam Divisions**, overhand serves are allowed. In addition, a second attempt on a missed first serve will be allowed. A miss on any subsequent attempt during that service span will result in a side-out. In any one service span by one server, a maximum of five points is allowed to be scored. After the fifth point is scored a side-out will be declared.

17.10 SCREENING

The players of the serving team must not screen the opponents from seeing the contact for service or the path of the ball.

17.10.1 A player of the service team makes an individual screen if the player waves arms, jumps or moves sideways when the service is being executed & the ball is served over the player.

Commentary: A sanction may be issued for distracting or moving sideways to prevent an opponent from seeing the serve even if the ball is not served over that player.

17.10.2 A team makes a collective screen when the server is hidden behind a group of two or more teammates and the ball is serve over them.

Commentary: The factors to be weighed when judging whether a screen has been committed are the: (a) relative positions of the players on the serving team; (b) path of the serve; (c) speed of the serve and (d) trajectory of the serve. If the players of the serving team are positioned close to each other, the serve passes over these players, is fast and has a low trajectory, the probability is greater that a screen has been committed. The probability that a screen has been committed is lower if the: (a) players of the serving team are not positioned closer to each other or are attempting to prevent the commission of a screen (i.e., bending over); (b) path of the serve is not over the players; (c) speed of the serve is slow or (d) trajectory of the serve is high.

17.11 ILLEGAL SERVE

Faults leading to a change of service even if the opponent has a position fault. The server:

17.11.1 violates the service order,

17.11.2 does not execute the serve properly, or

Commentary: If the server releases or tosses the ball for service but does not hit it and the ball touches some part of the server's body or uniform as it falls, the action is an illegal service, and the serving team is penalized by loss of service.

17.11.3 violates the rule of service tossing error.

17.12 SERVICE FAULTS

After the ball has been correctly hit, the service becomes a fault (unless there is a position fault) if the ball:

17.12.1 touches a player of the serving team,

17.12.2 fails to pass through the crossing space (area between the antennas)

17.12.3 touches the antenna or other external object,

17.12.4 lands "out",

17.12.5 passes over an individual or collective screen.

RULE 18. ATTACK-HIT**18.1 DEFINITION**

All actions directing the ball toward the opponent (except a serve or block) are attack-hits.

18.1.1 During an attack-hit, tipping (directing the ball by contact with the fingers only) is permitted if the contact is brief and the ball is not caught or thrown.

18.1.2 An attack-hit is completed the moment the ball completely crosses the vertical plane of the net or is touched by a blocker.

18.2 FRONT-ROW PLAYER'S ATTACK-HIT

The front-row player may carry out an attack-hit at any height, provided the ball contact has been made within the team's playing space.

Commentary: If a player near the net completes an attack-hit in such a manner that the ball is blocked back into the attacking player; such contact is considered a first team contact. If a ball passed toward a teammate by a back-row player is legally blocked back into that player, it is an illegal back-row block IF that player had been above the net at any time during the attempt and has not returned to the floor.

18.3 RESTRICTIONS TO A BACK-ROW PLAYER'S ATTACK-HIT

18.3.1 A back-row player may complete an attack-hit at any height from behind the front zone. At take-off, the foot (feet) must neither have touched, nor crossed over the attack line or its imaginary extension. After the attack-hit, the player may land within the front zone.

18.3.2 A back-row player may also carry out an attack-hit from the front zone if, at the moment of the contact, any part of the ball is below the top of the net.

18.4 SIMULTANEOUS ATTACK-HIT/BLOCKING FAULTS

If the following attack hit faults occur simultaneously with a blocking fault by the opponents, a replay will be directed:

18.4.1 A player initiates an attack-hit on the ball completely within the playing space of the opposing team.

18.4.2 A player hits the ball "out".

18.4.3 A back-row player completes an attack-hit from the front zone, when, at moment of the attack-hit, the ball is entirely above the top of the net.

18.4.4 A player completes an attack-hit on the opponent's serve when the ball is entirely above the top of the net.

RULE 19. BLOCK**19.1 DEFINITION**

Blocking is the action that deflects the ball coming from the opponent by a player(s) close to the net reaching higher than the net.

Commentary: To be considered a blocker, the player(s) must reach above the net sometime during the effort. A blocker ceases to be a blocker only when he/she returns to the floor and also has no part of the body above the height of the net or makes subsequent attempts to play the ball.

19.1.1 Block Attempt: A block attempt is the action of blocking without touching the ball.

19.1.2 Completed Block: A block is completed whenever the ball is touched by a blocker. Only front-row players are permitted to complete a block.

19.1.3 Collective Block: A collective block is executed by more than one player in close proximity to each other. It is complete when one of the players touches the ball. The players cease to be a collective block when Commentary 19.1 is satisfied.

19.2 BLOCK AND TEAM HITS

19.2.1 A block contact is not counted as a team hit.

19.2.2 After a block contact, a team is entitled to three hits to return the ball to the opponents.

19.2.3 The first hit after the block may be executed by any player, including the player who contacted the ball to complete the block.

19.3 BLOCK WITHIN THE OPPONENT'S SPACE

In blocking, a player may place hands and arms beyond the net, inside the antennas, provided this action does not interfere with the opponent's play.

19.3.1 Blocking of the ball across the net above the opponent's team area shall be permitted, provided:

19.3.1.1 the block is made after the opponents have executed an attack-hit or

19.3.1.2 the block is made after the opponents have hit the ball in such a manner that the ball would, in the first referee's judgment, clearly cross the net if not touched by a player and no member of the attacking team is in a position to make a play on the ball.

19.3.1.3 the ball is falling near the net and no member of the attacking team could, in the first referee's judgment, make a play on the ball.

19.3.2 Any third team hit by the opponent is an attack-hit and may be blocked at any time after the contact.

19.4 BLOCKING CONTACT

A block is a deflection of a ball coming from the opponents. Accordingly, it is a double contact fault if a player uses successive contacts in a blocking action while directing a ball toward the opponents during the executing of the second or third team hit.

19.4.1 Consecutive (quick and continuous) contacts may occur by one or more blockers provided the contacts are made during one action.

19.4.2 These contacts may occur with any part of the body including below the waist.

19.5 SIMULTANEOUS BLOCKING/ATTACK HIT FAULTS

If the following blocking faults occur simultaneously with an attack hit fault by the opponents, a replay will be directed:

19.5.1 A blocker touches the ball in the opponent's space before or simultaneous with the opponent's attack-hit.

19.5.2 A back-row player completes a block or participates in a complete collective block.

19.5.3 A blocker contacts the ball in the opponent's space from outside an antenna.

19.5.4 A player blocks the opponent's service.

19.5.5 The ball lands "out" after contacting the block.

CHAPTER SIX--INTERRUPTIONS AND DELAYS

RULE 20. REGULAR GAME INTERRUPTIONS

20.1 CATEGORIES

Regular game interruptions are time-outs and player substitutions.

20.2 NUMBER OF REGULAR INTERRUPTIONS

Each team is entitled to a maximum of two time-outs per game.

20.3 REQUEST FOR REGULAR INTERRUPTIONS

Interruptions may be requested only by a coach or game captain, when the ball is out of play and before the whistle for service, either verbally or by showing one of the corresponding hand signals [#15 & #16]. A request for a time-out for a substitution before the start of a game is permitted.

20.4 SEQUENCE OF INTERRUPTIONS

One or two time-outs and one request for player substitution by either team or both teams may follow one another, with no need to resume the game. A team is not allowed to request consecutive interruptions for player substitution until the game has been resumed or a legal time-out has been requested and granted. Substitution of two or more players may be permitted during the same interruption.

20.5 TIME-OUT

20.5.1 A time-out shall last for 30 seconds.

20.5.2 During a time-out, the players may leave the court; they must remain in the vicinity of their bench. Substitutes, coaches, managers and other team representatives shall not enter the court during the time-outs.

20.6 PLAYER SUBSTITUTION

- 20.6.1** Only the coach or the playing captain may request a substitution. The coach must be at the team bench at the time the request is made.
- 20.6.2** Failure to indicate that a multiple player substitution is desired **shall not** limit the team to one substitute.
- 20.6.3** After making a request the coach or playing captain refuses to complete the substitution the team shall be charged with a team delay. A new request for substitution may not be made until the next ball out of play following assessment of the team delay.
EXCEPTION: If a change in request is due to a referee's mind change, the request will be honored and no sanction charged.
- 20.6.4** A substitution going onto the court shall wait by the side of the court in the substitution zone until permission is given by the referee for the exchange to be made.

20.7 IMPROPER REQUESTS

Any improper request that does not affect or delay the game shall be rejected without a penalty being charged, unless repeated in the same game (Rule 21.1.4). An improper request shall be recorded on the score sheet. Any improper request that does affect or delay a game is a team delay and shall be sanctioned accordingly. Examples of an improper request are requests for interruption:

- 20.7.1 during a rally or at the moment of or after the whistle to serve
- 20.7.2 by a team member other than the captain or the coach
- 20.7.3 for a player substitution before the game has been resumed from a previous substitution request by the same team. EXCEPTION: A legal timeout by either team has been requested and granted
- 20.7.4 for a timeout after having exhausted the authorized number of timeouts
- 20.7.5 for a substitution after having exhausted the authorized number of team substitutions, or
- 20.7.6 for a player substitution that would result in a wrong position entry

RULE 21. DELAYS TO THE GAME**21.1 TYPES OF DELAY**

Any action of a team that delays resumption of the game or match is a delay. It is a team delay to:

- 21.1.1** delay a substitution,
- 21.1.2** prolong any regular game interruption, after having been instructed to resume the game,
- 21.1.3** request an illegal substitution: player not on roster, disqualified/expelled team member, illegal uniform number.
- 21.1.4** make a second improper request in the same game,
- 21.1.5** delay the game by a team member,
- 21.1.6** fail to report to court when instructed to start a game,
- 21.1.7** have a player on court wearing jewelry or illegal equipment,
- 21.1.8** fail to submit line-up in a timely manner.

21.2 SANCTIONS FOR DELAYS

- 21.2.1** The first delay by a team in a game is sanctioned as a team delay warning [Hand Signal #28 (1)].
- 21.2.2** The second and following delays of any type by the same team in the same game constitute faults and are charged as team delay penalties: Loss of a rally [Hand Signal #28 (2)].

Commentary: An improper request following the first team delay in a game is charged as team delay penalty, loss of rally.

RULE 22. EXCEPTIONAL GAME INTERRUPTIONS**22.1 ACCIDENT/INJURY**

22.1.1 Should a serious accident occur while the ball is in play, a referee must stop the game immediately. The rally is replayed.

22.1.2 If substitution of an injured player cannot be made, legally or exceptionally, the player is given a three-minute recovery time, but not more than once for the same player in the match. If the player does not recover, the team is declared incomplete.

22.2 EXTERNAL INTERFERENCE

If any external interference occurs during a game, play must be stopped and the rally replayed.

22.3 PROLONGED INTERRUPTIONS

If unforeseen circumstances interrupt the match, the first referee and the organizer shall decide the measures to be taken to re-establish normal conditions.

22.3.1 Should interruptions occur, not exceeding 4 hours in total length, the interrupted game:

22.3.1.1 shall continue normally with the same score, players and positions if the match is resumed on the same playing court. Games already played will retain scores.

22.3.1.2 is canceled and replayed with the same starting line-ups if the match is resumed on another court. The games already played will retain their scores.

22.3.2 Should one or several interruptions occur, exceeding four hours in total length, the match shall be replayed.

RULE 23. INTERVALS AND CHANGES OF COURTS**23.1 INTERVALS**

The interval between games lasts two minutes. During this period of time, the change of team courts and line-up registration of the teams are made.

Commentary: The second referee will start a timer at the last whistle ending a game. At one minute 30 seconds, he/she will whistle for both teams to return to the court in the correct line-up. The line-up must be submitted by this whistle for the next game.

23.2 CHANGE OF COURTS

23.2.1 After each game, the teams go to the end line and then change playing courts and benches immediately, except prior to the third game. The players move to their right until they reach their new bench area with the team on the left passing the first referee and then proceeding directly to the bench.

23.2.2 In the third game, there will be no change of court areas.

CHAPTER SEVEN—MISCONDUCT**RULE 24. MISCONDUCT**

Inappropriate conduct by a team member toward officials, opponents, teammates or spectators are classified in four categories according to the degree of the offense.

24.1 CATEGORIES

24.1.1 Unsportsmanlike conduct: Argumentation, intimidation, etc.

24.1.2 Rude conduct: acting contrary to good manners or moral principles, expressing contempt.

24.1.3 Offensive conduct: defamatory or insulting words or gestures.

24.1.4 Aggression: physical attack or intended aggression.

24.2 SANCTIONS

Depending on the degree of the team member's conduct and the judgment of the first referee, the sanctions to be applied are:

- 24.2.1** Misconduct Warning: For unsportsmanlike conduct, no penalty is charged but the team member is issued a warning against repetition in the same game. The warning is recorded on the scoresheet with uniform number and team member involved [Hand Signal #27(1)].
- 24.2.2** Misconduct Penalty: For rude conduct, the team is penalized with the loss of a rally. The sanction is recorded on the scoresheet with uniform number and team involved [Hand Signal #27(2).]
- 24.2.3** Expulsion: Extremely offensive or repeated rude conduct is sanctioned by expulsion. The team member must leave the playing area, bench and warm-up area for the remainder of the game. The sanction is recorded on the scoresheet with game score and uniform number of the team member involved [Hand Signal #27(3)]. No additional penalty (point or loss of service) will be charged. If an expelled team member continues to engage in misconduct, he/she is subject to further individual sanctions.
- 24.2.4** Disqualification: For a repeated offensive conduct (expulsion) or for aggression, the team member must leave the playing area, bench, warm-up area and spectator area for the remainder of the match. The sanction is recorded on the scoresheet with game score and uniform number of the team member involved [Hand Signal #27(4)]. No additional penalty (point or loss of service) will be charged.

24.3 SANCTION SCALE

The repetition of misconduct by the same team member in the same game is sanctioned progressively as shown in the Misconduct Sanction Scale.

- 24.3.1** A penalty for rude conduct does not require a previous sanction.
- 24.3.2** Expulsion due to offensive conduct does not require a previous sanction.
- 24.3.3** Disqualification due to aggression does not require a previous sanction.

24.4 MISCONDUCT BEFORE AND BETWEEN GAMES

Any misconduct occurring before or between games is sanctioned according to Rule 24.2; sanctions apply at the beginning of the following game.

RULE 25. PROTESTS

Refer to the CYC Athletic Association Constitution and By-Laws concerning protests.

- 25.1** It is advisable to have an assigned Protest Committee available to rule upon a protest as soon as possible prior to the first service following the protest. Such action should preclude playing the match over from the point of protest if the protest is upheld.
- 25.2** Protests considered by the first referee (Protest or Tournament Committee) include a:
- 25.2.1** misinterpretation of a playing rule.
- 25.2.2** failure of the first referee to apply the correct rule to a given situation, or
- 25.2.3 failure** to charge the correct penalty - sanction for a given fault.
- 25.3** Protest facts recorded on the scoresheet include the:
- 25.3.1 score** of the game at the time of the protest,
- 25.3.2** players and positions at the time of the protest,
- 25.3.3 player** substitutions a team's substitutions made up to the protest,
- 25.3.4** team time-outs taken up to the protest,
- 25.3.5** situation that caused the protest, and
- 25.3.6** signatures of scorekeeper, captains and 1st referee, indicating facts are correct.

RULE 26. MINIMUM PLAYING REQUIREMENTS

- 26.1** All eligible players on the bench must participate in each game of each match. If injury or disciplinary action occurs during a game, the coach must notify the officials prior to the start of the next game. Failure to do so may result in forfeiture. The District Chairperson or Sports Chairperson has the authority to further discipline the coach or manager.
- 26.2** A player may be removed from a match in progress for disciplinary reasons. Remaining players will rotate forward to fill the spots and substitution (if possible) will take place in position #6 (Crusader & below). Legal sub must be made for Cadet and above divisions.
- 26.3** Every uniformed player present must play in each game of each match. Failure of a player to appear in any game may cause forfeiture of that game. It is strongly recommended that each player is allowed to play in all six positions before being substituted.