

C.Y.O. CRUSADER ATHLETICS
VOLLEYBALL

OFFICIALS & COACHES
RULE BOOK



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VOLLEYBALL

LEAGUE OUTLINE

- In the C.Y.O.'s interest to place children's sport in the proper perspective, the following set-up is an attempt to achieve these objectives:
 1. To adapt the game to the age group and skill level of all the particular players involved in the program.
 2. To allow all teams of whatever caliber, to establish and achieve realistic goals.
 3. To place greater emphasis on fun, participation and skill development rather than winning.

LEAGUES

- There are four (4) leagues:
 1. Junior Girls
 2. Senior Girls
 3. Junior Boys
 4. Senior Boys

DIVISIONS

- Divisions consist of a group of teams who will play at a similar competitive level based upon population. Teams will be placed in Division I or II prior to the start of the season and the schedule will reflect such changes:
 1. **Division I** teams are based upon population of schools by division.
 2. **Division II** teams are based upon population of schools by division.

PLAYOFFS

- Playoffs are competition played after the conclusion of the regular season. All teams have the opportunity to play at least one single-elimination playoff game in their division.
 1. All teams qualify for the playoffs.
 2. Separate playoffs for each division.
 3. Teams must have a minimum of 9 able players in order to play in the playoffs.
 4. Rosters are not to be changed for the playoffs for the benefit of "shortening the bench".
 5. There is no such thing as an alternate player, unless the alternate player is the 13th player on the roster.
 6. Any team that does not have the proper amount of players (9-12) for the playoffs will forfeit the match.

RULES

These rules are reflective of the Ontario Volleyball Association (OVA) and also include special rules for the different divisions, and modified to best suit C.Y.O. Crusader Athletics

- ****NEW** Net Height 6' 6" or 1.98 meters ****

Specific Rules for Junior Divisions

- Service line is 6 meters from the net. This distance may be adjusted by the referee in order to make use of the lines on the court.
- **Players cannot serve overhand from the adjusted line.**

DIVISIONAL BREAKDOWNS & LIMITATIONS

- Junior Division is comprised of the Grades 4, 5 and 6
- Senior Division is comprised of the Grades 7 and 8.

Junior & Senior Division I & II

I. Four (4) sets.

II. First team to achieve 15 points wins the set. DO NOT have to win by two points.

III. 2 serve rotation. Both underhand and overhand serves allowed.

IV. One timeout per set.

V. NO Substitutions

BLOCKING/SPIKING

1. Blocking and Spiking **IS** allowed in all divisions

2. You are **NOT** allowed to block or spike a serve

Overtime

1. A 5th tie breaker set will only be played during the playoffs.

2. During overtime sets, coaches may play whoever they choose and they may make up to six substitutions.

GAME PROCEDURES

The following are the standard procedures used in all official volleyball competitions.

1. At the Start of the Match

- I. The referee calls captains well ahead of the start of the 1st game, to begin the coin toss.
- II. As the match is about to start, the referee or the umpire blows the whistle and asks all players to leave the court.
- III. The referee and other officials take up their positions.
- IV. Referee signals with the whistle and the motion of their hand for the teams (six starting players for each team) to line up at the end of the courts.
- V. As the two teams are ready, facing each other, a signal with whistle and hand motion is given for both teams to take up their respective positions on the court (at this time the referee will check the starting positions).
- VI. As soon as players from both teams are ready, the signal is given for the serving team to commence play.

2. At the End of a Game and the Start of the Next Game

- I. Following the blow of a whistle which signals the end of the game, players must line up at the end line.
- II. As soon as both teams are ready, the referee signals with whistle and hand motion, for the two teams to switch sides.
- III. The teams rotate in a counter-clockwise rotation, around the courts to the opposite side and they line up at the end line facing the net.
- IV. At the same time, bench players and coaches are switching benches, and the coaches hand in the scoresheet for the next game.
- V. When all players are in their positions, the referee signals with a whistle and hand motion, a dismissal between games (2 minutes only). Players must now gather at the sideline and speak with their coaches, for the duration of the intermission.
- VI. When the time of the intermission is up, the referee signals the players to return to the end line for the start of the next game.

3. At the End of the Match

- I. Following the end of a match, the referee signals the teams to position themselves at the end line.
- II. As soon as players are in this position, the referee will motion both teams to move towards the net, where both teams will meet and shake hands.

SERVICE RULES

- The service zone for a server is anywhere along the baseline
- The junior service zone is also extended across the court
- The server must start behind the end of the service line but he/she may finish their service with one or both feet past the service line (unless instructed differently by the referee).

1. Service Rules

I. A double hit **is permitted** when returning **ONLY** a serve.

2. At the Net

I. It is permitted to penetrate into the opponent's space under the net, provided that it does not interfere with the opponent's play even if you step onto the line. *You may **not** have a foot completely over the centre line.*

II. Touching any part of the net is an infraction.

III. A serve resulting in a direct land onto the opponent's zone is an ACE.

GAME SYSTEMS

- For the volleyball program, we will be having games to 15 points for Division I & II.

I. All teams will play 4 sets to 15 (depends on the Division).

II. You **do not** have to win by 2 points.

III. A 5th time breaker set will **only** be played in the playoffs.

□ Since time is continuous, the following rules apply:

Starting Time

I. We will play on schedule. (Example: 7:00 p.m. game will begin at 7:00 p.m. not 7:30 p.m.)

II. If teams are late, this may result in a forfeit of the first game of the match.

Substitutions

- I. No Substitutions are allowed for the first 4 sets.
- II. *Note: Substitutions are only allowed for the 5th tie-breaker game during the playoffs.*
- III. When making a substitution, the same two players must replace each other **ONLY**. (Example: #14 substitutes for #9. #9 can only rejoin for #14).

Time-Outs

I. Each team is allowed one time-out per set over the course of the 4 games.

II. Each team is given 1 additional time-out in the 5th tie-breaker game during the playoffs.

Playoffs

I. All divisions will have the opportunity to compete in the playoffs immediately following the end of the regular season.

II. During the playoffs, weekend games may be scheduled.

III. Coaches should make players aware of weekend games to avoid conflict.

EQUAL PLAYING TIME POLICY

- The equal playing time policy is very important to the overall experience of our programs.

These policies **must** be followed to ensure everyone receives fair representation:

1. 6 Players: Everybody plays 4 games
2. 7 Players: Everybody plays 3 games and 4 players play 4 games
3. 8 Players: Everybody plays 3 games
4. 9 Players: Everybody plays 2 games and six players play 3 games
5. 10 Players: Everybody plays 2 games and 4 players play 3 games
6. 11 Players: Everybody plays 2 games and 2 players play 3 games
7. 12 Players: Everybody plays 2 games

C. Y. O. Volleyball Lineup Sheet

Team Name : _____

Date : _____

Keep This Side For Your Records

Give to Scorekeeper Before Each Game

Game One

Game One : Team : _____

Game Two

Game Two : Team : _____

Game Three

Game Three : Team : _____

Game Four

Game Four : Team : _____

Game Five (Playoff Tie-Breaker)

Game Five : Team : _____

C.Y.O. Volleyball Score Sheet

Team: _____
 Players: _____

Team: _____
 Players: _____

Date: _____
 Location: _____
 Division: _____
 Time: _____

Rotation:

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Rotation:

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Rotation:

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Rotation:

--	--	--	--	--	--

Rotation:

--	--	--	--	--	--

Game 1		Game 2		Game 3		Game 4		Playoff Tie-Breaker	
Team Name	Team Name	Team Name	Team Name	Team Name	Team Name	Team Name	Team Name	Team Name	Team Name
Scorer's No.	Scorer's No.	Scorer's No.	Scorer's No.	Scorer's No.	Scorer's No.	Scorer's No.	Scorer's No.	Scorer's No.	Scorer's No.
1		1		1		1		1	
2		2		2		2		2	
3		3		3		3		3	
4		4		4		4		4	
5		5		5		5		5	
6		6		6		6		6	
7		7		7		7		7	
8		8		8		8		8	
9		9		9		9		9	
10		10		10		10		10	
11		11		11		11		11	
12		12		12		12		12	
13		13		13		13		13	
14		14		14		14		14	
15		15		15		15		15	
16		16		16		16		16	
17		17		17		17		17	
18		18		18		18		18	
19		19		19		19		19	
20		20		20		20		20	
21		21		21		21		21	
22		22		22		22		22	
23		23		23		23		23	
24		24		24		24		24	
25		25		25		25		25	
Score	Score	Score	Score	Score	Score	Score	Score	Score	Score

Final Results

Team: _____ Won: _____ Tied: _____ Lost: _____

Referee's Signature _____

Team: _____ Won: _____ Tied: _____ Lost: _____

Scorer's Signature _____