



2021 Volleyball Rules & Regulations

National Sports ID

National Sports ID Requirements to be completed and approved by roster deadline. Anyone without a fully verified National Sports ID will not be permitted to play. Returning players with a National Sports ID account will just need to update their information in the system. New players will need to do the entire process. A player that is verified but NOT on the roster is considered ineligible to play. They must be fully verified AND on the roster.

1. **Headshot Photo** – *Similar to a Driver's License or Student ID Photo. This should be a close-up, clearly lit photo that shows the student-athlete's entire face and hair looking directly at the camera. No hats. No sunglasses. This can be a recent school photo or one simply taken from your cell phone.*
2. **Scan of Birth Certificate, State ID, or Passport**
3. **Proof of Grade** – *This can be your most recent report card, most recent School ID, school schedule showing your child's grade, screenshot of Online Account (i.e. Infinite Campus) proving grade level, etc.*
4. **Parents E-Sign the NCSAA Participant Waivers**
5. **Pay \$10 National Sports ID annual fee per student-athlete** – *this is a one time fee per school year*

Physicals

Physicals are required for all student-athletes within 12 months of the start of the sport. These are not collected by NCSAA or National Sports ID. They are collected by the school's Athletic Director and to be kept on file. By allowing a student-athlete to play the school is acknowledging the student-athlete has passed a physical.

Rosters

- Players may play up an age group, but may never play down
- Student-Athletes may only play on 1 roster in that sport for the entire season. (For instance, you can't start on a JV Roster and move up to Varsity. That is not allowed – even if your roster is short-handed that week due to players out of town.) However, a student-athlete may play multiple sports in the Same Season (for instance a student-athlete is permitted to play Volleyball & Cross Country or Soccer and Track at the same time).
- No 8th Graders may play in JV
- Schools may only have 1 Varsity Team per sport
- There are no roster size limits
- You may add players to your roster until the final roster deadline (right after Week 3).
- Roster's are locked every Wednesday at 6pm for that week's games. No roster additions may be made Thursday-Saturday.

Volleyball Ball Size

3rd - 5th Grade: Volleyball lite (official size but less weight)

6th - 8th Grade: Regulation size and weight volleyball

Net Height

All Divisions: Approximately 7 feet

- Net height may vary slightly at different game sites. NCSAA officials will make every effort possible to adjust net height to approximately 7 feet, however due to the nature of our game sites we will play with the closest height to 7 feet as possible. Games will not be rescheduled or replayed over net height. Coaches are welcome to bring measuring devices to assist the game officials in determining the correct height, however games will be played under the conditions provided by the host site/venue.

Players

All age levels will have 6 players on the court. Teams with less than 6 players will result in an automatic forfeit (See below). Players must be within the age limits of the division and be listed on the official roster. Roster checks will be done prior to each game. Players may not wear any type of jewelry during the match. **Exception:** Earrings can be taped if they are unable to be removed or discretion of the official.

Uniforms

Uniforms must have numbers on the front chest (4 inches) and middle back (6 inches) of the uniform. Libero uniform may be in contrast from other team uniforms.

Game Day Procedures

● **Game Day Check In**

1. NCSAA League officials/site director will check in every team before each game.
 2. Any player not on the official National Sports ID Roster will be ineligible for play that day.
 3. Teams who play ineligible players will forfeit their game and further disciplinary action against the coach and player may occur.
- Line Judges - Each team must provide a line judge for each match.
 - Scorekeepers - The home team must provide a scorekeeper for each match. Both teams may provide a scorekeeper. Scorekeepers will report the score to the site director.
 - Any teams not following proper rotation will result in an automatic side out for the opposing team. Coaches may make official aware of illegal rotation during match. Lineup cards will be available at game sites.
 - All coaches must stay behind the 10-foot line during the match. Teams are allowed up to 3 coaches in the coaching area. Coaches are not permitted to stand on the opposite sides of the court.
 - Multiple roster teams - Coaches with multiple teams in one division must have 2 distinct rosters for their teams and may not share players. No sharing of players between teams for any reason – even if one roster is short on players that week. Players can only play on one team.
 - Rotation of players: Coaches have the option to rotate players into center back position or request for substitutions for Elementary and JV only.
 - Coaches must inform the official at the start of the match if they are going to utilize substitutions and must use substitution through the entire set.
 - Coaches may change substitution lineup each set.
 - Subs may be made at any time prior to the Official beckoning the serve.
 - When subbing, player must enter the substitution area and wait for official to complete substitution. If there is more than one substitution, next sub shall wait behind the 10-foot line. Once 1st substitution has been completed, the next sub should step into the substitution area to complete substitution. Coaches must also signal official of substitution. Coaches must make substitutions quickly to avoid game delays.
 - When subbing, each player may only sub for one specific player. For example, player A may only sub for player B and vice versa. You are also allowed to have multi players sub for one position. Meaning they are not allowed to play any other position until the next set.
 - JV and Varsity teams are allowed to play with a Libero. A Libero is a back-row specialist. The Libero may serve for a player during the set. The player that the Libero serve for cannot serve once the Libero has served for that person until the next set.

Games

Teams will play best 2 out of 3 sets. Each set consists of 25 points (a team needs to win by two points if the game is tied at 24. No point max). If a third game is played for 3rd-8th, it will consist of 15 points (must win by 2). Whoever wins best two out of three sets is the winner of the match. Each team is allowed two 30 second time-outs per set. If a team wins the first 2 sets, the game is over. We will **NOT** play a 3rd set as a scrimmage.

Automatic Side Outs & Serving Limits

3rd to 5th Grade: An automatic side-out occurs after a team has scored 5 straight points while serving.

6th to 8th Grade: The server will continue to serve until their serve is broken.

Serving

Play/rally begins with a serve by the serving team. Players may serve underhand or overhand at all levels.

3rd to 5th Grade- Players may serve up to five feet in front of the end line.

6th to 8th Grade - Players must serve from behind the end line. There will be an 8 second max time limit to serve. Players must serve the ball within 8 seconds to keep the pace of play. The server is allowed one drop ball per serve per rotation. The server may not step on or over the court line. That is considered a foot fault.

Scoring

Rally scoring will be used for all ages – any team can score a point when it wins the rally, or the opposing team commits a fault. If the receiving team wins the rally, it scores a point and gains the right to serve.

Warm-ups

Each team will have a warm-up time of 4 mins with 2 mins shared time for serving. There is no practicing allowed during other team warm up time. The team off the court should be collecting balls for the team warming up.

Play

Regular Season: Teams must be ready to play at the end of the 10-minute warm-up. Teams play up to 3 sets. Each set consists of 25 points. If a team wins the first 2 sets the match is over. If each team wins one of the 1sts two sets, then a third set is played, 3rd set will consist of 15 points (win by 2 or 15), whichever is first. Whoever wins best two out of three sets is the winner of the match. Each team is allowed two 30 second time-outs per set. If a team sweeps the first 2 sets a 3rd set will not be played.

Playoffs: Season tournament will be single elimination. Teams will play best 2 out of 3 sets. Each set consists of 25 points (a team needs to win by

two points if the game is tied at 24. No point max during tournament play). If a third game is played, it will consist of 15 points (must win by 2). Whoever wins best two out of three sets is the winner of the match. Each team is allowed two 30 second time-outs per set.

During rally play:

It is illegal for the same player to play the ball in two consecutive contacts (double-hit). Unless the player blocked the ball, the player is allowed to play the ball. Blocking does not count as the team's first contact. It is illegal to carry the ball over the net. (Throw ball with broken wrist, open hand facing up, palming ball). All players must be seated during the match unless substituting into the game.

Attacking/spiking/blocking:

Attacking, spiking, and blocking are allowed in all age levels however, it is illegal to attack (both hands up, spiking ball) or block a serve. Blocking does not count as the team's first contact.

Violations

Net fouls: Will be called on all age levels. Illegal hits: Two hand open/palm hits (underhand or overhand) or throwing hits will be called on all age levels. One hand play is legal unless the ball comes to a rest in hand. If Libero hand sets in front of the 10 foot line, the hitter is not allowed to attack off the ground. That is considered an illegal attack.

3rd. 5th Grade: Illegal hits will be called more liberally.

6th-8th Grade: Illegal hits will be called with underhand pass (hands together) and overhand sets (brief contacts with finger pads).

Behavior / Sportsmanship

All coaches, parents, spectators, and players may not stand or congregate on or near the end lines while another game is being played. This includes walking behind end lines while rally play is going on. All coaches, parents, spectators, and players must be good citizens. Any persons acting out of line for a youth sports event be given a warning. If a second violation occurs, the person will be asked to leave the facility. A suspension may also be given to any person who violates this simple code of conduct. Officials must be treated respectfully during the games. Any issues with rules, officials or teams must be brought to the attention of the site director or league administrator. Coaches may use a time out to discuss any issues with site staff.

Unsportsmanlike Conduct Violations

- Disconcerting acts or words when an opponent is about to play the ball. Yelling or chanting is not allowed during a serve
- Disrespectfully addressing the referee or site staff may result in a yellow (caution) or red card. Second offense may result in removal from the facility.
- Questioning a call, influencing a referees' decision, or showing disgust with the decision made, may result to a yellow card (caution). Second offense may result to a red card and/or a removal from the facility.
- Using profane, insulting language, gestures and/or taunting anyone involved in the match is prohibited.

Obstructions

Any ball touching an obstruction (basketball hoop, poles of the net, antennae, ceiling, etc.) of the opponent's side is considered out. Any ball touching the ceiling on your playing side is considered playable. A ball that touches the net but continues to the opponent's side is permitted.

Forfeits

If a team does not show up on time or with 6 players, they will forfeit the game. The NCSAA Site Director has the discretion to delay the start if they are aware the team is en route and will arrive soon with heavily impacting the start of the games to follow that day. The teams have the option of playing with fewer players for a scrimmage, but the official game will be a forfeit by the team with fewer than 6 players. If a player is injured during the game and a team drops lower than 6 players, the game will continue. The team with less than 6 players will follow the following rule: When it is the injured players turn to serve, the team with less than 6 will receive a side out and a point will be rewarded to the opposing team. The game will restart with the team with 6 players serve.

USA Volleyball Rules

Any rule not covered in these rules will default to USA Volleyball rules found at https://usavolleyball.org/wp-content/uploads/2020/12/2019-2021_USAV_Indoor_Rules_Book.pdf

Standings & Tie-Breakers

2 Teams Tied

1. Standings
2. Head to head matches
3. Least amount of matches lost
4. Coin Flip

3 or More Team Tied

1. Standings
2. Least amount of matches lost
3. Coin Flip

Playoffs & Consolation Games

The Regular Season will consist of an 8 game Season. In competitive divisions, the top 8 teams per division will move on to a single elimination tournament.

Recreational Divisions

Recreational Divisions will not keep an official score or have standings or playoffs. These games will be designed to introduce the student-athletes to the sport of flag football without the pressures of winning or losing.

Dropping a Team after Deadline

All teams dropped after the deadline will be charged the FULL Season fees. If the schedule is yet to be released, the team will remain on the schedule for the season and games will be treated as a forfeit.

Score Reporting

It is the responsibility of each team's Head Coach and/or Athletic Director to check the scores posted at [ncsaasports.com](https://www.ncsaasports.com) for accuracy within 7 days of the conclusion of the game. If the score is inaccurate, please fill out the online form at <https://www.ncsaasports.com/scores.html> to request a review. NCSAA will then check with Site Officials and the opposing team to determine the correct score. Teams may not dispute the score of the game after 7 days and the score will stand.

Complaints

NCSAA will not respond to individual parent complaints/issues. Any issues need to come directly from the Head Coach or Athletic Director. If you would like to compliment or complain about a game official, you may do so at <https://www.ncsaasports.com/officials.html>. Game officials are human. Errors do occur. However, all decisions made on the floor are final. NCSAA will not overturn the result of a game based on official's judgment or error. We will simply review complaints for teaching purposes only. There is no such thing as "playing under protest" in NCSAA. NCSAA will often follow the "24-48-hour rule" on responding to any complaints in order to give all parties time to have a proper "cooling down" period. We will not take angry phone calls on gameday from coaches. We ask that all complaints be in writing from the Head Coach or Athletic Director. In addition, we will not tolerate a mob mentality in which several coaches and parents email the league. This may result in the team being removed from the league.