



# Competitive Volleyball Rules

## National Sports ID

National Sports ID Requirements to be completed and approved by roster deadline.

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, screen shot of Online Account (i.e. Infinite Campus) proving grade level, etc.*
4. **Proof of Physical** – *You may provide a Doctor's Note or use the NCSAA Physical Form.*
5. **E-Sign NCSAA Participant Waivers**
6. **Pay \$10 National Sports ID fee per student-athlete**

## 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.) However, a student-athlete may play multiple sports in the Same Season
- No 8th Graders may play in JV
- Schools may only have 1 Varsity Team per sport.

## Ball size:

**3<sup>rd</sup> - 5<sup>th</sup> Grade:** Volleyball lite (official size but less weight)

**6<sup>th</sup> - 8<sup>th</sup> Grade:** Regulation size and weight volleyball

## Net height:

**All Divisions:** Approximately 7 feet (may vary slightly at different game sites)

## 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.

## 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 3<sup>rd</sup>-8<sup>th</sup>, 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. Time outs are not allowed in the final 3 minutes of each set.

## 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 score to the site director.
- Coaches and assistant coaches will track opposing team substitution. Any teams not following proper rotation will result in automatic side out for opposing team. Coaches must make official aware of illegal rotation during match. Lineup cards will be available at game sites.
- All coaches must stay within the coaching/bench area 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. 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.
- 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 serve.
  - Coaches must signal official prior to subbing and the player must wait for the official to recognize them into the game before entering the court.
  - When subbing, each player may only sub for one specific player. For example, player A may only sub for player B and vice versa.
  - Libero-6<sup>th</sup> through 8<sup>th</sup> Grade teams may use a Libero for games. A Libero is a back-row specialist. The Libero may only serve once and can go in for any back-row player.
  - Coaches must make substitutions quickly to avoid game delays.

## Automatic Side Outs & Serving Limits:

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

**6<sup>th</sup> to 8<sup>th</sup> 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.

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

**6<sup>th</sup> to 8<sup>th</sup> Grade -** Players may serve two feet in front of the end line.

There will be a 5 second max time limit to serve. Players must serve the ball within 5 seconds to keep the pace of play.

## 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.

## Time limit:

**Regular Season:** Regular season matches are unlimited. 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 1st two sets then a third set is played, it will consist of 15 points(not win by 2), 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.

**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). It is illegal to carry the ball over the net.

## **Attacking/spiking/blocking:**

Attacking, spiking, and blocking are allowed in all age levels however, it is illegal to attack 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 is legal as long as the ball does not come to a rest.

**3<sup>rd</sup>- 5<sup>th</sup> Grade:** Illegal hits will be called more liberally.

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

## **Uniforms:**

Uniforms must have numbers on the front and back of the shirt.

## **Behavior / Sportsmanship:**

All coaches, parents, observers 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, observers 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:**

- Use of disconcerting acts or words when an opponent is about to play the ball. Yelling or chanting is not allowed during the serve.
- Disrespectfully addressing a referee or site staff
- Questioning or trying to influence a referees' decision or showing disgust with the decisions
- Using profane or insulting language or gestures and/or taunting anyone involved in the contest

## **Obstructions:**

Any ball touching an obstruction (basketball hoop, poles of the net, antennae, ceiling, etc.) of the opponent's side is considered out-of-bounds. 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:**

There will be forfeits! If a team does not show up on time or with 6 players, they will forfeit the game. However, the teams do 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.

## **Playoffs & Consolation Games**

The Regular Season will consist of a 7 game Season. The top 8 teams will move on to a single elimination tournament. All other teams will play in 1 consolation game against a like opponent to end the Season. If there are 8 or less teams in a division, all teams

will make the playoffs.

**Additional Playoff Rules**

- Players must have checked in for at least 4 games to participate in playoffs. They must be listed on the official roster for at least 4 weeks of the season.
- Teams must have 6 players to compete in tournament match.
- Standings are to be determined by the following
  1. Match results / Standings
  2. Head to head matches
  3. Set differential. IE: Difference between number of matches won to lost.
  4. Coin Flip

**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.