

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 and location. Teams will be placed in A/B or sometimes C Divisions prior to the start of the season and the schedule will reflect such changes:
 1. **A Division** teams are based upon population of schools by division.
 2. **B Division** teams are placed upon population of schools by division.
 3. **Triple Ball** teams are placed based on lower calibre competitive play.

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.
- TWO (2) serve rotation → Triple Ball & B Divisions.
- THREE (3) serve rotation → A Divisions.

1. **Specific Rules for Senior Divisions**
 - I. 2 serve rotation for B Division.
 - II. 3 serve rotation for A Division.
 - III. Net height is six feet, six inches. (6'6").
2. **Specific Rules for Junior Divisions**
 - I. 2 serve rotation for B Division.
 - II. 3 serve rotation for A Division.
 - III. 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.
 - IV. Net height is six feet, six inches (6'6").

DIVISIONAL BREAKDOWNS & LIMITATIONS

- At the recent C.Y.O. representatives meeting, a proposal was submitted which would allow the C.Y.O. to provide volleyball divisions in which teams would compete against other schools of similar size.
- Schools that are in the introductory stage of volleyball will be given the option of participating in Triple Ball.
- ***Triple Ball***
 1. The goal of Triple ball is to enhance skill development and to encourage 3 hits before the ball goes over the net.
 2. It should be noted that at the age level we are concerned with, all rep teams in Ontario play triple ball.
 3. It was the consensus of the Representatives that Triple Ball should be played in all junior divisions starting in the 2013-2014 school year.
 4. Triple ball would still be available for senior divisions.
- **Special Notes for Senior Divisions**
 1. **Senior Triple Ball**
 - I. To promote better skill development, participation, meaningful and fun competition.
 - II. to support these goals, a maximum of 15 athletes can be inserted onto the scoresheet and enter the match.
 - III. the full service order is to be written on the scoresheet, including the names of the athletes on the bench (in proper order in which they will enter the match).
 - IV. this will encourage participation of all players on each team in every match.
 2. **Rules and Regulations**
 - I. The game follows a sequence of three rallies:
 - 1st Rally → Introduced by the server.
 - 2nd Rally → Introduced by a free ball tossed to the receiving team.
 - 3rd Rally → Introduced by a free ball tossed to the serving team.
 - II. The service alternates between teams after each three ball sequence.
 - III. After each rally is complete, the ball must quickly be removed from the court so the next sequence can be started.
 - IV. Both teams must allow enough time for the ball to be removed from the court before starting the next sequence.

3. Scoring

- I. Every ball is worth one point; a set can be won at any point of a three ball sequence.

4. Free Ball Tossing

- I. A coach, assistant coach or a competent volunteer can toss the free ball to their team and step onto the court to do so.
- II. The tosser will immediately move off the court after the toss.
- III. Free balls are tossed underhand, with two hands and little to no spin, above the height of the antennae to allow time to play the ball.
- IV. The free ball will always be tossed directly to the athlete in position six (back middle), otherwise a replay will occur.
- V. Athletes can only play tossed free balls from behind the attack line, otherwise a replay will occur.
- VI. The free ball will be tossed once the front row players are at the net (ready to transition) and all athletes have been verbally told that the ball is being introduced, "Free Ball".
- VII. Athletes can take "free balls" introduced by the tosser with an overhead pass (volley). The ball can be sent over the net, however the intent of having a tosser is to make pass, volley and spike rallies easier to achieve.

5. Time-Out

- I. Requests for time-outs during the three ball sequence will be considered improper; time-outs must be made before the introduction of a serve.

6. Rotation & Substitution

- I. The coach must write his full service order on the score-sheet, including the athletes on the bench in the proper order in which they will enter the game
- II. After the three-ball sequence, players on the serving team will rotate clockwise. Player from position one (server) will move to the bench, the first player "in line" on the bench will move to position six (back middle).
- III. Players are not allowed to switch positions during the rally. For example, a player in position 4 (left front) will play that position for the entire rally.
- IV. The serving order will be carried over from the end of a set to the start of the next set. The same order will be carried over and played throughout the entire match.

7. Senior 'A' Division

- I. Four (4) sets.
- II. The first team to achieve 20 points wins the set.
- III. 3 serve rotation. Both underhand and overhand serves allowed.
- IV. One timeout per set. NO Substitutions
- V. Must win by at least 2 points.

8. Senior 'B' Division

- I. Four (4) sets.
- II. First team to achieve 15 points wins the set.
- III. 3 serve rotation. Underhand serving only.
- IV. One timeout per set. NO Substitutions
- V. Must win by at least two points.

- **Special Notes for Junior Divisions**

1. **Junior Triple Ball**

- I. To promote better skill development, participation, meaningful and fun competition.
- II. to support these goals, a maximum of 15 athletes can be inserted onto the scoresheet and enter the match.
- III. the full service order is to be written on the scoresheet, including the names of the athletes on the bench (in proper order in which they will enter the match).
- IV. this will encourage participation of all players on each team in every match.

2. **Rules and Regulations**

- I. The game follows a sequence of three rallies:
 - 1st Rally → Introduced by the server.
 - 2nd Rally → Introduced by a free ball tossed to the receiving team.
 - 3rd Rally → Introduced by a free ball tossed to the serving team.
- II. The service alternates between teams after each three ball sequence.
- III. After each rally is complete, the ball must quickly be removed from the court so the next sequence can be started.
- IV. Both teams must allow enough time for the ball to be removed from the court before starting the next sequence.

3. **Junior 'A' Division**

- I. Four (4) sets.
- II. The first team to reach 20 points wins the set.
- III. Three serve rotation. Both underhand and overhand serves allowed.
- IV. You may stand anywhere along the serving line
- V. You do not have to win by 2 points
- VI. One timeout per set. NO Substitutions.

4. **Junior 'B' Division**

- I. Four (4) sets.
- II. The first team to reach 15 points wins
- III. Two serve rotation. Underhand serving only.
- IV. You may stand anywhere along the service line to serve.
- V. One timeout per set.
- VI. You do not have to win by 2 points.

BLOCKING/SPIKING

1. Blocking and Spiking **IS** allowed in all divisions
2. You are **NOT** allowed to block or spike a serve

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, lift and volley **are all permitted** when returning a serve, provided the player does not catch or hold the ball.
 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 the tape at the top of the net is an infraction.
 - III. A serve resulting in a direct land onto the opponent's zone is an ACE.

POINT SYSTEM GAMES

- For the volleyball program, we will be having games to 15 points for ‘B’ and ‘Triple Ball’ Divisions.
- ‘A’ Divisions will be games to 20 points.
 1. **Point Games**
 - I. All teams will play 4 games to 15 or 20 points (depends on the Division).
 - II. You **do not** have to win by 2 points.
 - III. A 5th time breaker game will **only** be played in the playoffs.
 - IV. Refer to “Divisional Breakdowns & Limitations” for specific rules.
- Since time is continuous, the following rules apply:
 1. **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.
 2. **Substitutions**
 - I. For the substitution rule, refer to the ‘Mandatory Playing Time Policy’ in the Policies and Procedures section of the Crusader Athletic Handbook.
 - a. *Note: Substitutions are only allowed for the 5th tie-breaker game during the playoffs.*
 3. **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.
 4. **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 will 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 Score Sheet

Team: Sr Jude
 Players: 1. J. Wright
1-S. Brown
3-B. Smith
4-H. Stone
6-C. Frye

Team: Sr. Bartholemew
 Players: 12 B. Skiff
4-M. Hone
6-H. Smith
7-C. Carlis
13 E. Suck
17 M. Davis
19 D. Hill

Date: Oct 10 191
 Location: Sr. Daniel
 Division: Sr. Boys A
 Time: 5:30

Rotation	Rotation
1	3
3	4
4	6
7	7
9	11
11	12
12	13
17	17

Rotation	Rotation
19	16
16	7
7	13
4	17
13	4
9	9
16	16
17	19

Rotation	Rotation
1	3
3	4
4	6
7	7
9	11
11	12
12	13
17	17

Rotation	Rotation
16	7
7	6
6	1
1	3
3	16
16	7
7	6
6	1
1	3
3	16

Rotation	Rotation

STUDY on left court

Game 1		Game 2		Game 3		Game 4		Playoff Tie-Breaker	
Team Name	Team Name								
Sr. Jude	Sr. Barth								
Scorer's No.	Scorer's No.								
1	1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5	5	5
6	6	6	6	6	6	6	6	6	6
7	7	7	7	7	7	7	7	7	7
8	8	8	8	8	8	8	8	8	8
9	9	9	9	9	9	9	9	9	9
10	10	10	10	10	10	10	10	10	10
11	11	11	11	11	11	11	11	11	11
12	12	12	12	12	12	12	12	12	12
13	13	13	13	13	13	13	13	13	13
14	14	14	14	14	14	14	14	14	14
15	15	15	15	15	15	15	15	15	15
16	16	16	16	16	16	16	16	16	16
17	17	17	17	17	17	17	17	17	17
18	18	18	18	18	18	18	18	18	18
19	19	19	19	19	19	19	19	19	19
20	20	20	20	20	20	20	20	20	20
21	21	21	21	21	21	21	21	21	21
22	22	22	22	22	22	22	22	22	22
23	23	23	23	23	23	23	23	23	23
24	24	24	24	24	24	24	24	24	24
25	25	25	25	25	25	25	25	25	25
Score W	Score L	Score L	Score W	Score L	Score W	Score T	Score T	Score	Score
16	12	16	17	6	15	20	20		

Final Results

Team: Sr Jude Won: 2 Tied: 1 Lost: 1

Referee's Signature: J. Spalding

Team: Sr Barthol. Won: 1 Tied: 1 Lost: 2

Scorer's Signature: P. Ross

SAMPLE MATCH

C.Y.O. Volleyball Score Sheet

Team: _____
 Players: _____

Team: _____
 Players: _____

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

Rotation:

Rotation:

Rotation:

Rotation:

Rotation:

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

Final Results

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

Referee's Signature _____

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

Scorer's Signature _____

C.Y.O. Triple Ball Scoresheet

TEAM A: _____

Order of Serve	Jersey No. #	SET 1	SET 2	SET 3	SET 4
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					

Game 1: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

Game 2: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

Game 3: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

Game 4: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

TEAM B: _____

Order of Serve	Jersey No. #	SET 1	SET 2	SET 3	SET 4
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					

FINAL RESULTS

GAME	TEAM A	TEAM B
GAME 1		
GAME 2		
GAME 3		
GAME 4		

TIME-OUTS TEAM A

Set 1: _____

Set 2: _____

Set 3: _____

Set 4: _____

TIME-OUTS TEAM B

Set 1: _____

Set 2: _____

Set 3: _____

Set 4: _____

ATTN: Scorekeepers

- Copy down order of service
- Put check marks beside player after they serve
- Circle point under roster as game goes along
- Flip score on flip chart

C. Y. O. Volleyball Lineup Sheet

Team Name : _____

Date : _____

Keep This Side For Your Records

Game One

Game Two

Game Three

Game Four

Game Five (Playoff Tie-Breaker)

Give to Scorekeeper Before Each Game

Game One : Team : _____

Game Two : Team : _____

Game Three : Team : _____

Game Four : Team : _____

Game Five : Team : _____
