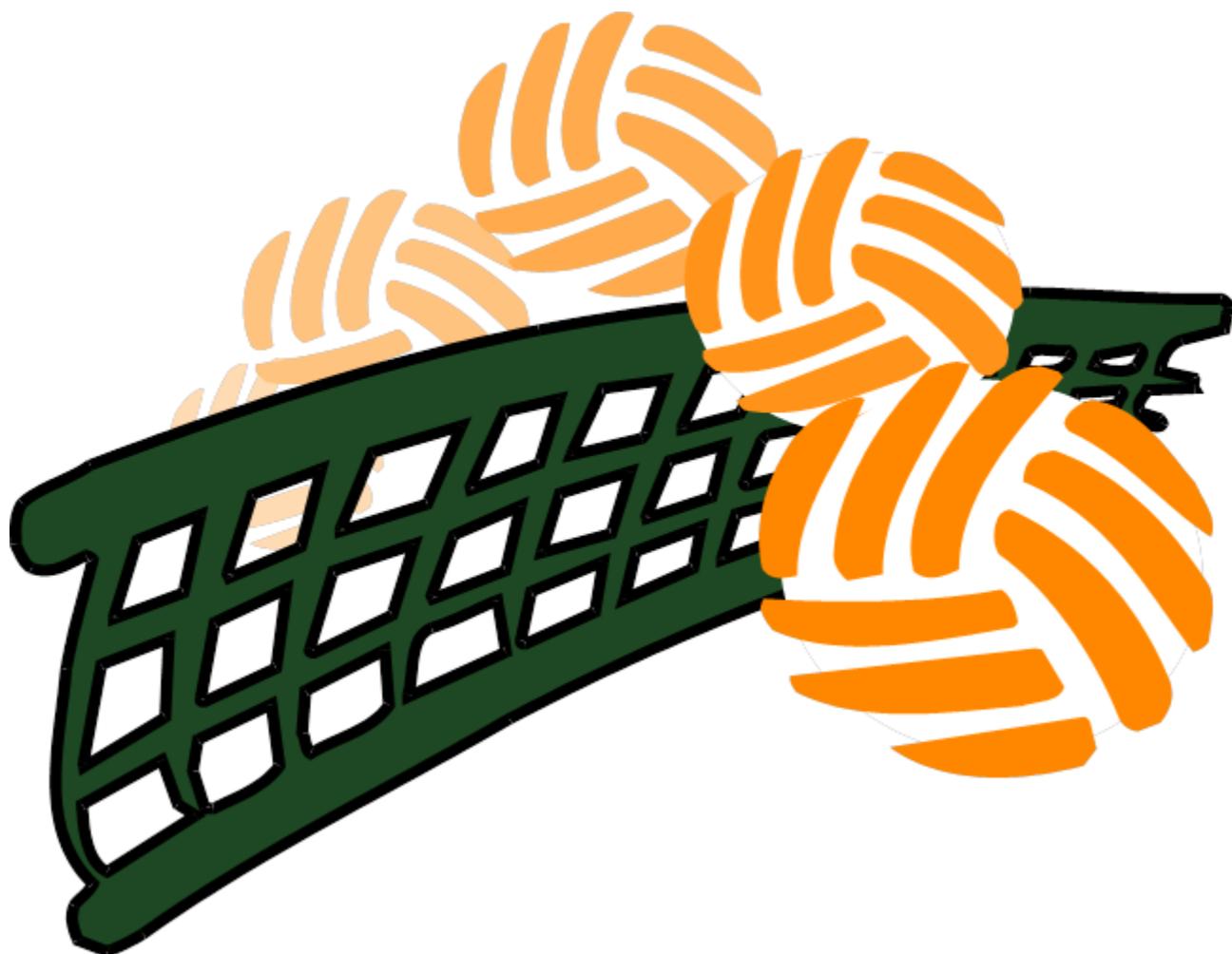


C.Y.O. CRUSADER ATHLETICS  
**VOLLEYBALL**

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. **Elite Division** teams are placed based on higher caliber competitive play.
  2. **Division I** teams are based upon population of schools by division.
  3. **Division II** teams are based upon population of schools by division.
  4. **Triple Ball** teams are placed based on lower caliber 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 13<sup>th</sup> 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.

- **\*\*NEW \*\*** Net Height 7 feet or 2.1 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.

**DIVISIONAL BREAKDOWNS & LIMITATIONS**

- At a 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***

- The goal of Triple ball is to enhance skill development and to encourage 3 hits before the ball goes over the net.
- It should be noted that at the age level we are concerned with, all rep teams in Ontario play triple ball.
- It was the consensus of the Representatives that Triple Ball should be played in all junior divisions starting in the 2013-2014 school year.
- Triple ball would still be available for senior divisions.

**Rules and Regulations**

I. The game follows a sequence of three rallies:

- 1<sup>st</sup> Rally → Introduced by the server.
- 2<sup>nd</sup> Rally → Introduced by a free ball tossed to the receiving team.
- 3<sup>rd</sup> 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.

**Scoring**

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

**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.

**Rotation & Substitution**

I. Fair play rules still apply, there are no substitutions

**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.

***Junior & Senior Elite 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. DO NOT have to win by at two points.

***Junior & Senior Division I & II***

- I. Four (4) sets.
- II. First team to achieve 15 points wins the set.
- III. 2 serve rotation. **\*\*NEW\*\*** Both underhand and overhand serves allowed
- IV. One timeout per set. NO Substitutions
- V. DO NOT have to win by two points.

**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 1<sup>st</sup> 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.

## GAME SYSTEMS

- For the volleyball program, we will be having games to 15 points for Division I & II and 'Triple Ball' Divisions.
- Elite Divisions will be games to 20 points.

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 5<sup>th</sup> 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:

## 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. 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 5<sup>th</sup> tie-breaker game during the playoffs.*

## 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 5<sup>th</sup> 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 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 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												
Scorer's No.	Scorer's No.	Scorer's No.												
1		1		1		1		1		1		1		1
2		2		2		2		2		2		2		2
3		3		3		3		3		3		3		3
4		4		4		4		4		4		4		4
5		5		5		5		5		5		5		5
6		6		6		6		6		6		6		6
7		7		7		7		7		7		7		7
8		8		8		8		8		8		8		8
9		9		9		9		9		9		9		9
10		10		10		10		10		10		10		10
11		11		11		11		11		11		11		11
12		12		12		12		12		12		12		12
13		13		13		13		13		13		13		13
14		14		14		14		14		14		14		14
15		15		15		15		15		15		15		15
16		16		16		16		16		16		16		16
17		17		17		17		17		17		17		17
18		18		18		18		18		18		18		18
19		19		19		19		19		19		19		19
20		20		20		20		20		20		20		20
21		21		21		21		21		21		21		21
22		22		22		22		22		22		22		22
23		23		23		23		23		23		23		23
24		24		24		24		24		24		24		24
25		25		25		25		25		25		25		25
Score	Score	Score												

**Final Results**

Team: \_\_\_\_\_ Won: \_\_\_\_\_ Tied: \_\_\_\_\_ Lost: \_\_\_\_\_

Referee's Signature \_\_\_\_\_

Team: \_\_\_\_\_ Won: \_\_\_\_\_ Tied: \_\_\_\_\_ Lost: \_\_\_\_\_

Scorer's Signature \_\_\_\_\_

