

## Volleyball Rules

The City Suburban Catholic Conference follows IHSA (Illinois High School Association) rules unless otherwise noted below.

### Section I - 6th, 7th and 8th Grades only

2. Rally Scoring: 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade games will play three 25 point rally score games.
  - a. A game ends when one team reaches 25 points and is ahead by 2 or more points.
  - b. Subsequently there is 27 point cap for each game. The first team to score 27 points wins, regardless of scoring margin.
  - c. There is no cap during playoffs. A game must be won by a margin of at least two points.
3. The Libero position is not recognized in the conference.
4. Net serves will be considered live balls. If a served ball hits the net, but goes over, it is live and playable. Serves that hit the net, but do not go over will result in a point on the 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grade levels. The serve will switch sides on serves that do not go over the net.
5. Serving lines
  - a. 6<sup>th</sup> grade girls: 25 feet
  - b. 6<sup>th</sup> grade boys: 25 feet
  - c. 7<sup>th</sup> and 8<sup>th</sup> grade boys and girls: end line (30 feet)
6. Timeouts: In 25 point/rally score matches, there are 2 time outs per game.
7. Contest Result Reporting
  - a. The winning team is responsible for reporting scores to the Scores Hotline.
  - b. Any scores which have not been reported within 72 hours of the scheduled contest date will be considered a forfeit by both teams.
  - c. Any contest not reported by 4:30pm on the season end date will be considered a forfeit.

**Boys Hotline:(312) 409-3330**  
**Girls Hotline: (312) 409-4009**
8. Playoffs, Official Standings and Tie Breakers
  - a. Playoffs are held only for the 6th, 7th and 8th grade levels only.
  - b. Playoffs are conducted in a single elimination tournament format comprised of the top 3 teams from each division and the next 2 best records regardless of division.
  - c. Standings will be determined on the basis of overall conference records split by City and Suburban Divisions when eight or more teams are participating. See the rules section titled *Playoffs, Official Standings and Tie Breakers* for details.
9. **All-Star Game.** The conference sponsors an All-Star game for the 8<sup>th</sup> graders. All-Star selections must be submitted to the conference chairperson immediately following the end of the regular season.
  - a. Division Champs may select 3 players.
  - b. Playoff Teams may select 2 players.
  - c. All other teams may select 1 player.

## Section II - 4<sup>th</sup> and 5<sup>th</sup> Grades only

1. 4<sup>th</sup> and 5<sup>th</sup> grade is instructional only. No standings are recorded. Game results do not need to be called in to the scores hotline.
2. Side out scoring: 4<sup>th</sup> and 5<sup>th</sup> grade games will be 15 point, side out scoring games. Game ends when one team reaches 15 points and is up by 2 or more points.
  - a. There is 17 point cap for each game. The first team to score 17 points wins, regardless of scoring margin.
3. Net serves are illegal, and will result in a side out. A serve may not touch the net.
4. Serving line:
  - a. 4<sup>th</sup> and 5<sup>th</sup> grade girls: 20 feet
  - b. 4<sup>th</sup> and 5<sup>th</sup> grade boys: 25 feet
5. Timeouts: In 4/5<sup>th</sup> grade games there are 2 time outs per game. A 3<sup>rd</sup> time out is available when the score of a game reaches 14-14.
6. An unnecessary third game can be speed (rally) scored if both coaches agree. Only an unnecessary 3<sup>rd</sup> game will be stopped 5 minutes before the start of the next scheduled match.

## Section III - All Grades

1. Matches will be best 2 out of 3 games.
  - a. An unnecessary 3<sup>rd</sup> game will be played until 5 minutes before the next scheduled game.
  - b. A 3<sup>rd</sup> game which is needed to determine the winner of the match will **NEVER** be stopped due to time. (Please do not rush the match so you can get out early.)
2. The home team shall provide the official scorebook and the official scorers.
  - a. If for some reason the home team is unable provide an official scorebook or scorer, the game official may designate the visitors scorebook as the official scorebook.
  - b. The official scorer and scorebook must be located at the scorers table.
  - c. It is recommended that the visiting team keep a score book as well. It is also recommended that the visiting scorer compare notes with the official scorer at the end of each game.
  - d. Any discrepancies should be immediately addressed by the game official for a ruling.
3. Each team must be prepared to begin the contest promptly at its scheduled start time. If a team is not prepared to play by 5 minutes after the scheduled start time, a forfeit will be assessed. A minimum of 5 players must be available to begin the match. The game official may make special allowances for weather or other special circumstances if necessary.

4. **MINIMUM PLAYING TIME** (Referees will not enforce this, coaches must address this through the appeals process, not on the floor)
  - a. 4<sup>th</sup> & 5<sup>th</sup> Grade (Instructional Levels) - Equal Time for all players.
  - b. 6<sup>th</sup> Grade – Each player must play a minimum of 12 Points Scored by one team OR the other, within The First Two Games.
  - c. 7<sup>th</sup> & 8<sup>th</sup> Grade - 8 Points Scored by one team OR the other, within the first two games
  - d. All players in attendance at the match must play in accordance with these rules. Any player who is ineligible to play due to school policy must not “suit up” for the match. An ineligible player may sit on the bench in “street clothes” and will be considered bench personnel as recognized by IHSA rules.
  - e. Playing time during play-offs is awarded at the discretion of the coach
5. **WARM UPS**
  - a. 6<sup>th</sup> & under: passing 5 minutes, serving 3 minutes
  - b. 7<sup>th</sup> & 8<sup>th</sup>: passing 3 minutes, spiking 3 minutes, serving 2 minutes
6. **NEW for 2009.** Coaches must submit a line up card to the contests official prior to the start of each game in the match. The official line up card is available on the league website.
7. Each coach is responsible for paying the contest official prior to start of the match.
8. **Sportsmanship**
  - a. A handshake between the two teams must be performed prior to each contest.
9. **Substitution Rules**
  - a. A team is allowed a maximum of 18 substitutions per game.
  - b. Each player is allowed unlimited entries within the team limit.
  - c. Starting the game does not count as an entry.
  - d. Coaches must stand and signal for a substitution.
10. **UNSPORTSMANLIKE CONDUCT:** Red and Yellow cards will be used.
  - a. YELLOW CARD: warning for a minor offense.
  - b. RED CARD: Penalty, a point/side out is awarded to the opponent.
  - c. RED AND YELLOW CARD: Disqualification – if both cards are given at the same time, that person receiving the cards is disqualified from further participation in the match. A point/side out will be awarded to the opponents.
  - d. **When any card is given, it will be recorded on the score sheet. It will also be reported to Joan Fesl and the league chairperson.**
  - e. If any one person (player or coach) received the following during the season:
    - i. 2 yellow cards - 1 game suspension
    - ii. 2 red cards - 2 game suspension
    - iii. 3 red cards - suspended for the remainder of the season
  - f. If a coach or parent, in the opinion of the official, is verbally abusive to that official after the game is completed the official may assess the equivalent of 2 red cards on that person by reporting the incident to the league. This would result in an automatic 2 game suspension that is not subject to review.
  - g. If a coach or parent, in the opinion of the official, is verbally abusive to that official beyond the confines of the gym building then that official may assess the equivalent of 2 red cards on that person by reporting the incident to the league. This would result in an automatic 2 game suspension that is not subject to review. In addition, the Officers of the Conference Board of Athletic Directors will determine if that person will be dismissed from coaching or if that parent will be allowed to attend any more games.

- h. Note: Existing rules already address conduct during the contest.
- i. Additional Note: Physically abusive behavior is addressed by the State Penal Code.

**11. Protests and Appeals.**

- a. Protested contest results **must** be submitted to the protesting team's athletic director within 24 hours of the completion of the contest. The athletic director will then evaluate the protest and present it to the league chairperson for a ruling.
- b. No protest will be considered regarding judgment calls made by the official.
- c. Protests will only be considered where there is a question of rules interpretation which affects the outcome of the game.
- d. No protest will be considered if the coach could not immediately produce a copy of the league rules for the contest official at the time questioned call.
- e. Violations of league playing time rules may only be addressed through the appeal process.
  - i. The Referee is not permitted to determine a forfeit based on playing time infractions.
  - ii. If a coach feels a player has not played the minimum amount of time the coach is to advise the opposing coach and the referee of the situation at the scorers table. If the official scorers book shows that the player(s) in question have not played the minimum amount of points the referee is to sign the score sheet **ONLY** as a witness.
  - iii. The referee is to act as an impartial third party witness The referee will not be monitoring playing time points.

**12. Match Scheduling**

- a. All matches are to be scheduled one hour apart.

**13. Procedure for canceling or postponing any given match.**

- a. **All scheduling changes must be made by the athletic director.** Coaches are not permitted to cancel or reschedule games.
- b. Changes can not be made within 72 hours. If a match is cancelled within 72 hours, the official will still be paid by the cancelling team.
- c. Please notify the other team, then contact Joan Fesl by email [jfesl@wideopenwest.com](mailto:jfesl@wideopenwest.com), and then call the scores hotline. If we are unaware of a schedule change, your team will be credited with a **forfeit** because a score was not called in.

**14. No Cut Policy**

- a. The city-suburban catholic conference has a no cut policy. If a school has enough players who wish to play a team sport, such as basketball, the school athletic board must split the athletes into two equal teams. For basketball, the split is required when there are 18 players.

**15. School Representation**

- a. Players must be full time day students attending the school that they represent.

**16. Age Restrictions.** Players are eligible to play for a given grade based upon their birth date.

- a. 8th Grade - Has not reached their 15th birthday before September 1st of the current year.
- b. 7th Grade - Has not reached their 14th birthday before September 1st of the current year.
- c. 6th Grade - Has not reached their 13th birthday before September 1st of the current year.
- d. 5th Grade - Has not reached their 12th birthday before September 1st of the current year.
- e. 4th Grade - Has not reached their 11th birthday before September 1st of the current year.
- i. Any coach and/or school that violate any of these age rules shall be suspended from the league on that level for the remainder of the season and must forfeit all games.

## 17. Rosters

- a. Every school must submit a complete roster of all team members and coaches including name, uniform number and date of birth. Each team roster must be signed by the school principal and submitted to the respective boys or girls league chairperson prior to their first contest. **Failure to supply said rosters will result in forfeiture of all contests played prior to the receipt of the rosters by the league chairperson.**
- b. Copies of each team's roster shall be made available to any coach upon request.
- c. Players may be added, but only in writing and signed by the School principal, up until 30 days prior to the first scheduled playoff date, at which time rosters will be considered frozen. Any request to alter rosters after the freeze date must be approved by the league chairperson.
- d. **Player Promotion.** A student athlete may play up a grade but may not play down. Once a player has played up he/she may not go back down for league competition. A student athlete may play up a grade, but may not play down a grade. All players must attend the school they represent.
- e. Double rostering of players may be allowed under certain circumstance. Double rostering must be approved by the league chairperson.

## Playoffs, Official Standings and Tie Breakers

1. Playoffs are held only for the 6th, 7th and 8th grade levels.
2. 4th and 5th grade are considered instructional. Scores are not reported, standings are not kept and no league championships are held.
3. Standings will be determined on the basis of overall conference records split by City and Suburban Divisions when more than eight teams are participating.
4. Tie breakers are listed in the order of application. These tie breakers exist for the purpose of determining playoff seeding only. Ties which would determine inclusion for a playoff seeding will be determined through an elimination contest.
  - a) Division Record (Only if teams are in same division)
  - b) Head to Head Record
  - c) Coin Toss
5. Playoffs are conducted in a single elimination tournament format comprised of the top 3 teams from each division and the next two teams with the best records regardless of division. If the two wildcard teams are from the same division, then they will be seeded by record into the appropriate division. The worst record will be seeded against the first place team with the best record.
6. Teams are rank ordered within their respective divisions based on overall record and secondly by division record in the case of ties.
7. The top three teams from each division will be seeded as 1, 2, or 3 in their respective divisions.
8. The next two teams with the best records are then selected, regardless of division (wildcard teams).
  - a) When the two wildcard teams are from different divisions, each is seeded 4<sup>th</sup> in their respective division.
  - b) When the two wildcard teams are from the same division, the wildcard team with the lesser record is seeded 4<sup>th</sup> in the division opposite from the 1<sup>st</sup> place team with the better record. The remaining team is seeded 4<sup>th</sup> in the opposite division from the other wildcard team.
  - c) When there is only one division, teams are rank ordered by record and seeded based upon their positional rank. Any necessary byes will be earned by the highest seeded teams.
9. The eight team playoff is then bracketed as follows:
  - a) Each #1 seed will be matched against the #4 seed from the opposite division.
  - b) Each #2 seed will be matched against the #3 seed from the opposite division.
  - c) The two #1 seed games will be placed in opposite brackets.
  - d) The two #2 seed games will be placed in opposite brackets, where the #1 seed from one division will be in the same bracket as the #2 seed from the opposite division.
10. In cases where one or more play-in games are required, the play-in winners will be seeded in the appropriate seed slot.
  - a) When two or more teams are tied for a play-in from within the same division, the winner of the play-in will fill the #4 seed from that division.
  - b) When two or more teams are tied for a play-in from more than one division, the winner of the play-in will fill the lowest wild card seed.
  - c) When more than two teams are tied for a play-in, the tie-breaker rules will be applied to determine which team will receive a bye in the tie-breaker bracket. If the coin toss tie-breaker needs to be applied, it will be replaced with a random drawing.

## Select Illinois High School Association Rules/ National Federation Rules

The following IHSA rules have been highlighted for the benefit of all participants.

1. The **net height** should be 7 feet 4 and 1/8 inches for all grade levels.
2. The **first server** of the game is the player in the right back position. If your team is receiving, your first server will be in the front right position.
3. Two (2) minutes prior to the first game, a **written line-up** shall be submitted to the scorer of your six starters. Circling your first server would help.
4. To begin the match, the starting teams must line-up on the end lines. The referee will call the teams together to shake hands before the match begins.
5. **Substitution Rule:** A team is allowed a maximum of 18 substitutions per game. Each player is allowed unlimited entries within the team limit. Starting the game does not count as an entry. Coaches must stand and signal for a substitution.
6. After each game, teams will line up on their respective end lines. When the referee signals, the teams proceed to the appropriate team bench.
7. **IHSA Rule: Multiple contacts** are more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted only when:
  8. When the first ball over the net rebounds from one part of the player's body to one or more other legal parts in one attempt to block;
  9. One any first team hit, whether or not the ball is touched by a block.
10. **IHSA Rule: Blocking a served ball** is not permitted. **(Rule 9-6.4c)**
11. **IHSA Rule: Attacking a served ball** while the ball is completely above the height of the net is not permitted. However the contact is legal and the ball is not out of play until it completely crosses the vertical plane of the net or is legally contacted by an opponent. (Rule 9-6.6)
12. **IHSA Rule: Back row players** may not attempt to **block**. **(Rule 9-5.5)** Even if they do not touch it, it is illegal.
13. **IHSA Rule: Back row players**, while positioned behind the attack line may contact the ball from any position inside or outside the court above or below the top of the net. (Rule 9-5.3)
14. **IHSA Rule:** Play continues when a back-row player (on or in front of the attack line) contacts the ball, which is completely above the height of the net, on the teams' first or second contact, directing the flight of the ball toward a teammate and the opponent legally contacts the ball that breaks the vertical plane of the net. If a ball is hit back into a back-row player, it is ruled as the teams' first hit/contact. It is a back-row player foul if the flight of the ball is toward the opponent's court and not toward a teammate and is legally touched by an opponent above the net, or completely crosses the net. (Rule 9-5. 4)
15. **IHSA Rule: No jewelry or hard barrettes** may be worn. Penalty: Unnecessary delay, Time out assessed. Soft rubber bands and ribbons are legal
16. **IHSA Rule:** One **reserve** allowed during each term of service. (Refs: be more lenient with this at the lower levels...) Explain when this happens.

All IHSA rules can be found in the National Federation of State High School Association (NFHS) rule book. The book can be purchased by calling 317-972-6900 or on their website [www.nfhs.org](http://www.nfhs.org).

Score books can possibly be purchased at Palos Sports at 1-800-233-5484. The scorebook should have 18 subs and rally scoring if needed.