

CGSAA Volleyball Rules - Grade 4th, 5th, 6th, 7th, and 8th

(2025)

General:

1. A team shall consist of 6 players. A team may consist of a minimum of 5 players to begin a match with the sixth serving position being an automatic side out and point for the opponent. Each time this position comes up in the rotation, there will be a side out and point awarded to the opponent. If a sixth player arrives during the first game this player shall be inserted into the lineup at the start of the second game of the match. Players who are late for the start of the second game of the match will be disqualified for the second game and third game (if necessary).
2. Teams will consist of all girls or all boys. If enough boys teams participate, boys will play in their own all-boy leagues run by Casady.
3. A player can only be on one roster and only participate with one team. If a player plays on more than one team, the team the player is not on the roster will forfeit all games that player played. Each team must submit a roster to the CGSAA Volleyball Coordinator before the start of the season.
4. Forfeiture will occur when a team fails to appear, or fails to have at least five (5) players ready to play, within ten (10) minutes after the scheduled match time. The referee will be responsible for declaring the forfeit and will score game 1 and 2 25- 0, 25-0. There will be a \$100 fine for each match that a team forfeits if there is no replacement match.
5. First serve or choice of court side is decided by a coin toss. Visiting team shall call the coin toss. First service will alternate for game 2.
6. Teams shall occupy the bench located on the side of the net adjacent to their playing area during the match.
7. One coach may stand during play. The coach may stand only in the libero replacement zone to coach his/her players. During play, the coach shall be no closer to the court than 6 feet from the sideline. NOTE: libero replacement zone = attack line to end line. All other non-playing team members, including assistant coaches shall be seated on the designated bench during play. Other coaches may stand up to instruct players during a dead ball (after the referee has signaled play to stop and awarded one team a point and before he/she beckons for the serve on the next point).
8. The time period between sets shall be no more than 3 minutes.
9. If a third set of a 2-out-of-3 game match is to be played, the referee shall conduct a coin toss between the designated captains immediately following the second game to determine which

team has the choice of serving or receiving/courtside. The team who did not receive first choice at the beginning of the match shall call the coin toss. The 3 minute time period will start after the coin toss is complete. Once the sides are determined, the teams shall occupy that bench, switching if necessary.

10. Each team will be allowed two (2) time-outs per set
11. All matches will consist of the best 2-out-of-3 sets to 25 pts, rally scoring, with a 30 pt. cap. The third set, if needed, will be rally scoring to 15 pts with no cap. Teams will be given a 4-4 warm-up before each match (subject to referee approval).
12. Each team will designate, from their fans, a line judge. **The line judge needs to be a high school student or an adult.** The line judges will be positioned and given their instructions by the referee before the start of the match.
13. The referee shall make decisions based on the CGSAA Volleyball Rules and National High School Federation Volleyball Rules, with CGSAA rules taking precedence over conflicting National Federation rules.
14. The referee is the head official who shall make decisions on matters not specifically covered by rules.
15. The CGSAA function is to promote good sportsmanship among the member schools. At the start of each match, all players and coaches will form a circle around the center of the net for prayer. Then all players, starting and not starting, will line up at the end line of their respective side. The referee will blow his/her whistle and signal the girls to approach the net and shake hands with the opposing team. Upon completion of the match all players and coaches from both teams will again, line up on the end line and, upon the referee's whistle, approach the net and congratulate the opposing team after the match has ended.
16. Any coaches or players that are behaving inappropriately may be sanctioned by the referee. On the first incident, the referee will give the coach or player a yellow card or verbal warning. If there is a second incident with the same coach or player, he/she will be given a red card and be ejected from the match. In addition, coaches will be responsible for his/her fans. Should a fan behave inappropriately, the referee will issue a yellow card or verbal warning to the coach. **The coach will be responsible for maintaining control of the fan.** Should the fan repeat the behavior after the warning, the fan will be ejected from the gym and the opposing team awarded a point.
17. The executive committee of the CGSAA will review any violations of poor sportsmanship or other unethical conduct.

Equipment:

18. Volleyball:

- a. 4th, 5th, & 6th Grade matches will be played with an Official USVBS Junior Training Ball (Volley Lite) which will be provided by the host gyms.
 - b. 7th and 8th Grade matches will be played with an Official USVBA Ball which will be provided by the host gyms.

19. Net Height
 - a. 4th, 5th, and 6th Grade net height shall be 7'-00"
 - b. 7th and 8th Grade net height shall be 7'-4 1/8"

20. All players on a team shall wear like-colored uniforms consisting of shirts and shorts, pants or spandex shorts.

21. Each player shall be identified by a number, which is not a duplicate of a teammate's number. The number on the uniform must be a contrasting color to the uniform top; not more than two digits. The number must be at least 4 inches tall centered on the front of the shirt and at least 6 inches tall centered on the back of the shirt. This rule only applies to schools when they replace their old uniforms. If a player wears an undershirt, it must be plain and of like color to the uniform shirt. The penalty for improper uniform is a point per player in improper uniform awarded to the opponent, but only for the first game of the match.

22. The libero must wear a uniform that is immediately recognizable as being in clear contrast to and distinct from other members of the team. Target jerseys will be allowed over normal uniforms.

23. A guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal, or any other hard substance, even though covered with foam padding, is not permitted on the fingers, hands, wrists, forearms or elbows.

24. Hair devices made of soft material and no more than 2" wide may be worn. Bobby pins, flat clips and flat barrettes, unadorned and no longer than 2" are also allowed.

25. Players shall not wear any jewelry below the chin, or loose jewelry with the exception of religious or medical medals. If such medals are worn, they shall be taped to the body under the uniform. Secured jewelry (**studs or posts**) MAY be worn. All other earrings must be removed; they cannot be covered with tape or a Band-Aid. Any player wearing jewelry that is covered in tape accepts responsibility for any injury caused to themselves or other players as a result of normal play.

Rosters/Substitutions:

26. Team Rosters must be submitted to the volleyball commissioner per CGSAA bylaws before the first game of the season.

27. Prior to the first game, a coach from each team must submit in writing to the scorer a complete roster listing the uniform numbers of all players present. Also the six starting players will be listed in proper serving order with the first server identified by circling the player's number and

the captain noted with a small "c". The first server on the receiving team's lineup is the front right position (position 2).

28. All rules for substitution are according to the National High School Federation Rules with the following points of emphasis:
- a. A request for substitution shall be made by the coach, during a dead ball and not after the referee has signaled for serve.
 - b. The position of the substitution shall be that of the player replaced without changing the original serving order.
 - c. A re-entering player shall not return to the game during the same dead ball in which the player was replaced. A re-entering player shall assume the original position in the serving order in relation to other teammates. A re-entering player can only substitute for the person who came in for her originally.
 - d. 7th & 8th Grades: Each team is limited to 18 substitutions per game. There is no limit on the number of times one player can go in and out of a game.
 - e. 4th, 5th, & 6th Grades: There is no limit on the number of substitutions.
29. An injured or ill player who is legally replaced during a game may re-enter the game. Another player must be substituted for that player, after a dead ball the injured or ill player may come back. If there are no substitutions available (there are only 6 players at the match), the position will be left empty and there will be a point and side out awarded to the opponent when/if that position comes up to serve in the rotation. If all players on the bench at the time of the injury have been substituted for other positions previously in the game, they may be switched for the injured player's position.

Rotation/Serving:

30. The first server of the game is the right back position (position 1). Thereafter, when a team is awarded a side out, the player in the right front position (position 2) rotates to the serving area. At the start of the game the receiving team will have their first server in the right front position (position 2) to rotate into the right back position (position 1) on the first side out.
31. The server shall serve from within the serving area for their division and shall not touch the serving line before, or at the instant, the ball is contacted. The serving area is from behind the serving line and in between the two sidelines if they were extended beyond the end line.

32. Serving Line:

- a. 4th and 5th Grade: There shall be an additional serving line marked 6 feet closer to the net which extends the width of the court. All 4th and 5th grade players will be allowed to serve from this line.
- b. 6th Grade: All 6th grade players who are serving overhand, may serve from this line. All 6th grade players who are serving underhand must serve from behind the end line.
- c. 7th and 8th Grade: All players (overhand or underhand) must serve from behind the end line.

33. The ball may be hit in any manner with one hand, fist or arm while the ball is held, or after it is released by the server. The ball shall be contacted within 5 seconds after the referee's signal to serve.
 - a. A player's term of service begins when the player assumes the right back position as the server and ends when a loss of rally is awarded or a substitution for the player is made prior to the end of the team's term of service. If the server elects to serve the ball in an overhand manner, a re-serve shall be called when the server releases the ball for service, then catches it or drops it to the floor. The referee shall cancel the serve and direct a second and last attempt at serve. The server is allowed a new five seconds for the re-serve and must make contact with the second attempted toss. A player may have only one re-serve during her team's term of service.
 - b. A re-serve is considered to be part of a single attempt to serve. Therefore after the first referee's signal for service, no requests, e.g. time out, substitution, libero replacement etc. may be recognized after the first service is attempted.
34. Only one serve is allowed per side point and it must land within the opponent's court. A served ball may contact the net as long as it lands within the receiving team's court.
35. Every time a serve is attempted, a point will be awarded to either the serving team or the receiving team with the following addition rule in 4th/5th grades:
 - a. Teams in 4th/5th grades must rotate if the same server serves for 7 consecutive points. Teams will retain possession, but the team must rotate and the next player becomes the new server. **THIS RULE WILL BE IN EFFECT FOR POST-SEASON TOURNAMENT PLAY.**

Play:

36. It is a foul for players to touch the net (except for loose hair or clothing) as part of a play, or to step completely over the center line (entire foot or hand crosses the center line). A foot or hand may "shadow" the center line. (This means that the hand or foot is still directly above the centerline when the player fully returns to her side). If any other part of the body crosses the centerline, play will be stopped and a point awarded to the opposing team. If a player makes contact with an opposing player while touching or shadowing the center line, this will be called a foul and the opposing team shall be awarded a point.
37. Lifting or throwing the ball while it is in play is a foul. The play must be a distinct hit of the ball.
38. A ball landing "on" a boundary line is "in".
39. If the player touches a ball (except with loose hair), she is considered as having played the ball.
40. If the ball hits two or more blockers simultaneously after being attacked, it is considered as having been played just once. An attacked ball is when contact is made by a player while the ball is above the plane of the net. A block is not considered as one of the three allowable hits and the player who blocks the ball may touch the ball again without another player making contact in

between. A touched ball is only considered a block if contact with the ball is made above the plane of the net and within 3 feet of the net.

41. Legal contact is a touch of the ball by any part of the player's body which does not allow the ball to visibly come to rest or involve prolong contact with a player's body.
42. If the ball hits two or more passers simultaneously on the first ball over the net, it is considered one touch. Either of the two players involved in the first pass may touch the ball on the next touch.
43. Players may not attack a serve, this is, and they may not make contact with a serve above the plane of the net.
44. A ball may be touched by the same person two times in one simultaneous motion on the first ball that comes over the net - whether it is a serve or a return volley.
45. The ball may be played only three times by one team in a volley and a player may not play it twice in succession but may play it twice if it is played by a teammate in between.
46. When two opponents simultaneously hit the ball (joust) out of bounds or touch the net at the same time, the point is replayed. This would usually occur with two blockers. When opposing players contact the ball at the same instant, the player on the opposite side of the net from which the ball falls shall be considered the player who touched it last.
47. Players may shift position after the ball is served, but back row players are not permitted to block or attack the ball in front on the 10 foot line. Back row players may attack the ball from behind the 10 foot line.
48. The ball may be blocked over the net, but may not be touched before the spike. A set may not be blocked.
49. The ball being spiked must be on your side of the net, but the player may follow through over the net.

50.Libero

- a. The libero designated on the lineup for that set is allowed to replace any player in the back-row position. The libero may serve in one position in the serve order.
- b. The libero may only be replaced by the player whom he/she replaced.
- c. One libero replacement may be exercised per dead ball.
- d. Libero replacements do not count as substitutions and are unlimited.

e. A libero replacement must take place between the attack line and end line in front of that team's bench.

f. A libero replacement must be completed during a dead ball prior to the whistle and signal for serve.

g. Replacements may only take place:

i. At the start of each set after the starting lineup has been checked

ii. After the end of a rally

iii. While the ball is out of play or prior to the whistle and signal for serve

iv. After a time-out, once all players have returned to the court, provided the replacement sits out one rally/dead ball

h. If a libero is injured or becomes ill, he/she must first be replaced on the court with the person with who he/she replaced. Then a substitute libero may be designated. If a new libero is designated, the injured libero may not play the remainder of that set.

i. The libero may be used as an exceptional substitution for an injured player if no other players are available. The libero must change uniforms to a normal jersey and the team must play out the remainder of the set with no libero.

j. The libero may not be used as a substitute for a disqualified player.

k. If the libero is disqualified, the team will replace him/her with the player he/she replaced and the team continues play with no libero.

l. A libero shall not:

i. Complete an attack from anywhere, if at the moment of contact the ball is completely above the net

ii. Set the ball using finger action while on or in front of the attack line (10 foot line), resulting in a completed attack above the height of the net.

iii. Block or attempt to block.

iv. Rotate to the front row.

Participation Rule (4th, 5th and 6th Grades Only):

51. Teams with 12 or less players... Each player will play a minimum of one of the following:

a. Must sub with one player on the court and must sub every three rotations for first two sets -OR-

b. Must play one full set without a sub. – OR

c. When one of the teams score 13 points, all players on the bench must sub for a player on the court for the first two sets but only for a player that has been on the court for the entire 13 points.

52. Teams with more than 12 players... Each player will play a minimum of the following:
- Must sub with one player on the court and must sub every three rotations for a minimum of one set.
 - All 6 players on the court must have a sub for first two sets.
53. Lineups and subs can change after each set.
54. **If a third set is played, the participation rule does not apply.**
55. Players may only come out of their designated rotation due to injury, if ejected, or disqualification. If a player is removed from the game for any of the above reasons, it must be noted on the score sheet. Any health exceptions must be noted on the score sheet before the game if the player will not participate according to the participation rules. If there are any questions concerning the participation rule during the matches then the official score sheet must be given to the gym coordinator after the game. It then will be turned over to the volleyball commissioner. The game officials are not responsible for enforcement of this rule! Any violations are to be brought before the official scorer and gym coordinator and all coaches involved.
56. Violations of the Participation Rule in the 4th, 5th, and 6th grades will be investigated and if necessary, dealt with immediately. A report of any reported violations will be forwarded to the principal at the respective school. Any violation handed out by the commissioner and/or the Executive Board will carry with it a two game suspension by the coach and game forfeiture. If a coach violates this rule with a second offense then the coach is suspended for one year.
57. This participation rule applies to all league games and CGSAA sponsored tournament games for 4th and 5th grades. **This rule applies to all league games for the 6th grade but will be waived for the end of the year tournament.**
58. NOTE: It is the intent of the CGSAA to strictly enforce this rule!