



## **JUNIOR HIGH SCHOOL GIRLS VOLLEYBALL RULES**

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## **1. LEAGUE POLICIES**

### *1.1 Eligibility*

- a) A Girl student athlete is eligible for participation in Junior High School Volleyball if they are enrolled in and attend a CSAA member school and meet all of CSAA's age, and grade requirements.
- b) It is the responsibility of the member school to ensure all of the eligibility requirements are met.
  - Please refer to "CSAA Student-Eligibility Guidelines" for further information.
- c) A Girl student shall be eligible for CSAA JHS athletics at a maximum of 8<sup>th</sup> grade & 14 years old.
  - Team will be allowed one (1) 15 year old student/athletes on their roster. If the student/athlete turns 15 anytime during the school year, he/she is considered a 15 year old, even if he/she turns 15 after the season but during the school year.
- d) A Girl student who turns the age of 16 during the calendar year, January to December, that fall between the academic school year, September to June, cannot participate in JHS sports.
  - Example: The school year begins September 2016 and ends June 2017. Joe Smith was born 7/20/01. He would be considered a 16 year old and cannot play in JHS sports because he turns 16 during the one of the two calendar years that crosses with the academic school year. Based off our policy only 2 (two) children who turn 15 during the academic school year (Sept 2016-June 2017) are allowed to participate in JHS sports. Any child who turns 16 during the 2016/2017 calendar year cannot play in JHS sports (children born in the year 2001).
- e) If it is determined that a school used an ineligible player in a league game, the game will be declared a forfeit and the win will be given to the opposing team.
- f) It is the responsibility of each member school to ensure each student athlete has undergone a physical examination within the last calendar year before participating in athletics.

### *1.2 Uniforms*

- a) All participating schools are expected to be in full uniforms by their first game.
- b) All teams must be in matching uniform, tops and shorts, with unique numbers for each player.
  - Jersey numbers cannot switch from player, to player. No exceptions.
  - Uniform jerseys must have 6-inch numbers on the back of the jersey.
  - If team does not have matching uniforms before their first regular season game, they must inform the league beforehand. The only way a team can be exempt from the uniform policy, will be to order uniforms from the CSAA vendor "Side Street".

### *1.3 Jewelry*

- a) All earrings, facial piercings, body piercings, and bands must be removed before start of game.
- b) Glasses that are accepted:
  - Plastic framed glasses
  - Sports goggles
    - Providing they are strapped around the head sports goggles
- c) Glasses that are not permitted:
  - Lenses made of glass
  - Metal framed glasses
  - Any other type of eyewear that the referee/umpire deems could be dangerous.
- d) If jewelry is for Religious reasons:
  - Child must have a letter from their school
  - Letter must have school letter head and signed by principal

- Child must have a letter from their parent as well
- Letters must be brought with the child to every game throughout the season
- If a child wears a religious band on wrist it can be worn but it must be covered with athletic tape and/or sweat band.

#### 1.4 Rosters

- Rosters are due by team's 1<sup>st</sup> game of the season. This will be strictly enforced.
  - If roster are not submitted, team will be able to play but will receive a forfeit loss until roster is submitted.
- All team rosters will consist of a maximum of 20 players and must contain the following Information:
  - Name of school
  - Names and telephone numbers of head coach and assistant coaches
  - Legal first and last name of each player
  - Grade, age, and month and year of birth of each player (day is not required)
  - Uniform number of each player.
  - Signature of principal
- It is the responsibility of each member school to ensure the accuracy of the information provided on the league roster. The information provided on the submitted roster is considered official and will be the evidential basis of any eligibility challenges.
- Changes to the roster cannot be made after it is submitted to the league office without the written consent of the Director of Athletics.
- Roster changes will be approved/ denied at the sole discretion of the Director of Athletics in accordance with the hardship provision.

#### 1.5 Scheduling

- The season will generally start the first week of October and continue through November.
  - All games postponed will be rescheduled by CSAA at a later date in the season.
- Games will be scheduled on any day of the week except Sunday. Games will not be scheduled on the following days:
  - Yom Kippur
  - Election Day
  - Veterans Day
  - Halloween
  - Thanksgiving
- Before the draft schedule is released, CSAA will request that each participating school submit ten (10) blackout dates to the league.
  - Game will not be schedule on these blackout dates.
- It is the responsibility of each participating school to ensure that the blackout dates are inclusive of any foreseen conflicts that the school may have with playing games on that day. These conflicts include (but are not limited to):
  - School-specific closings (half-days, early dismissal, open school night, etc.)
  - Parent/Teacher Conferences
  - School Plays/Concerts
  - School Trips
  - Vacations/absences of the coaches

- Testing
  - High School entrance exams
  - Voting dates and the day after (only for home school)
- e) Schools will be expected to play on any day that is not listed as a blackout date. Any schedule conflicts presented to the league after the final schedule has been released will be reviewed and a final decision on whether to reschedule the game will be made at the sole discretion of the Director of Athletics.
  - f) Blackout dates- Please keep in mind that if you cannot play on a specific day of the week (All Tuesday's) that specific day will be counted towards your blackout dates.
  - g) All schools must be prepared to play Saturday games throughout the course of the season. Blackout dates consisting of all Saturday dates will not be accepted.

### *1.6 Playoff Tournament and Tie breakers*

- a) CSAA will determine the playoff seeding once the regular season is completed using the following criteria:
  - Division Overall
  - Head to Head
  - Point Against
- b) A player must have played in at least half of the regular season games to be eligible for the playoffs. Exceptions will be made for injured players at the sole discretion of the Director of Athletics.
- c) Any team with an outstanding balance will be ineligible for playoffs until fees are paid to CSAA.
  - The fees must be paid one (1) day prior to your first playoff game.
  - Fees must be hand delivered to a CSAA member.

### *1.7 Filming*

- a) CSAA does have policies and restrictions on filming of league games and future opponents.
- b) Video recordings are allowed by A.D's or coaches only to record their own games.
  - A.D's and coaches that violate this policy will forfeit two (2) games
- c) Parents and spectators are allowed to only film their children's games.
- d) Filming will only be allowed for review in case of an altercation or a player gets injured.

### *1.8 Cancellation of Games*

- a) Any cancellations will be made by CSAA by 12pm.
- b) Rescheduling of game will be made by the league director and agreed upon by both schools.

## **2. GAME DAY POLICIES**

### *2.1 Game Duration*

- a) Shared time on the court is 3 minutes for warm up.
- b) Each team will be allowed three (3) minutes of serving time before the game begins.
- c) Team must win by two (2) points.
- d) The first two (2) set are play to 21 points.
  - Cap for first two (2) set will be 26 points.
- e) If a game goes to the third (3<sup>rd</sup>) set, set will be play to 17 points.
  - Cap for third (3<sup>rd</sup>) set will be 22 points.

- f) All teams have two (2) 30 second timeout per set.
- g) There is a one (1) minute switch time.
- h) Play clock is not a factor; game continues until one team has won.

## 2.2 Forfeits

- a) All forfeited games are entered into the standings as a 2-0 loss.
- b) A fifteen (15) minute forfeit time is allowed for all games. This will be strictly enforced by the official.
  - All teams must have at least six (6) players to start an official game. Teams that have less than six (6) players by the designated forfeit time will forfeit the game.
- c) Any team that forfeits late three (3) times in a season will be dropped from the schedule and will not be eligible for playoffs.
  - Any forfeit after 12pm is considered a late forfeit.
  - Fees will still have to be paid before the season is over.
- d) All teams that have to forfeit a Saturday game must inform the league via phone call or email by 3pm on Friday.

## 2.3 Suspension/Ejection of Student/Coaches

- a) Any player ejected from a game must leave the immediate playing area.
  - Players ejected from a game for unsportsmanlike behavior will face a minimum one-game suspension.
- b) Any coach ejected from a game must leave the immediate playing area.
  - If a coach is ejected from the game and there is no other coach to handle the coaching duties, the game will be called and awarded to the opposing team.
  - Coaches ejected from a game for unsportsmanlike behavior will face a minimum two-game suspension.

## 2.4 Equipment and Safety

- a) Girls Volleyball regulation- Molten super touch volleyball.
- b) Boys Volleyball regulation- Tachikara SV-18S Indoor Volleyball
- c) Knee pads
- d) An AED must be present in all buildings where games are played. CSAA mandates AED/CPR certification for all coaches.
- e) No player will be allowed to play with a hard cast. A doctor's release note must be presented to the league before they can play again.

## 2.5 Protest Protocol

- a) Protests may only be made if a rule is alleged to have been applied incorrectly, or not applied.
  - No protest of judgment calls may be entered.
  - Coach must verbally inform the official of the protest before play commences or resumes.
- b) Judgment calls include (but are not limited to)
  - Ball in
  - Ball out
  - Ball touch the net

- c) All protests of rules interpretations/athlete eligibility keeping must be made in writing and emailed to the Director of Athletics within 24 hours of completion of the game on the proper protest form.
  - All protest forms are on CSAA website under rules.
- d) The “Game Conflict Investigator” will investigate all protests and will deliver a ruling within 48 hours of receipt of protest. If a ruling cannot be made within 48 hours, the protesting coach will be notified of the delay and informed of when to expect a ruling.
- e) A coach can only protest the age and grade of two (2) players within 48 hours of a regular season game and 24 hours of a play-off game.

## 2.6 Sportsmanship

- a) All teams are expected to show sportsmanship before and after each game. Coaches and players must lineup and shake hands before and after each game.
  - Exceptions to this rule are made for injured players after the coach informs the umpire of the injury.
- b) Players who fail to comply with the rule will be suspended one (1) game.
  - If a referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the players will be ejected from the game.
  - The decision is made at the referee’s discretion. No appeals will be considered. Foul play will not be tolerated.
- c) Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the players or players will be ejected from the game.
  - Players may not physically or verbally abuse an opponent, coach or official.
- d) Coaches are responsible for the actions of their players and spectators on and off the court.
- e) Foul language, obscene gestures, abuse of the referees and any other unsportsmanlike actions will not be tolerated from any coaches or players and may result in ejection or forfeiture of the current game, suspension from subsequent games and/or ejection from the league.
- f) Only coaches, players, and managers are allowed on the bench during the game.
  - Coaches and managers must be in team apparel/colors
  - No spectators are allowed on the side line during the game
  - All teams are responsible for removing their trash from the area after the game.

## 2.7 Fighting/Altercations

- a) Fighting of any kind will not be tolerated. Any player who throws a punch will be ejected for fighting and automatically suspended for their next game.
- b) If more than one (1) player fights during or after a game, it is considered a team fight.
- c) If a team fight takes place a team can be suspended for one (1) game or the entire season.
  - During a team fight if one (1) player is reported to be out of control, that player can serve a suspension longer than the team suspension.
- d) Coaches are responsible for controlling their benches during an altercation. If a player leaves the bench to participate in an on-court altercation, that player will be ejected from the game and suspended for the next game.
- e) After a review of the incident (which can include statements from the coaches, referees, Game Supervisor and/or any video footage), additional penalties can be assessed at the discretion of the Director of Athletics.

- f) CSAA reserve the right to suspend a player for a minimum of one (1) game and maximum of the entire season.

### *2.8 Spectators and Cheerleading Policies*

- a) Each school should submit their gym spectator policy to the league before their first scheduled home game.
- b) A team technical foul will be given to fans or parents who disrupt the flow of the game at the referee's or Game Supervisor's discretion. If the disruption continues, the fan or parent will be asked to leave the event. If he/she refuses to leave the gym, the team that's being supported by the unruly fan will forfeit the game.
- c) Cheerleaders are an extension of the team, and must also be accommodated at all home and away gym locations.
- d) Home team cheerleaders should cheer on Home team sidelines or designated area if available.
- e) Home team cheerleaders cannot cheer on the away team's sideline/bench. Away team cheerleaders cannot cheer behind the home team's bench.
- f) Cheerleaders cannot cheer or boo during free throws attempts.
- g) Cheerleaders are just like the players and can be ejected/suspended from a game for disorderly behavior at the referee or Game Supervisor's discretion.

## **3. GAME PLAY RULES**

### *3.1 Dimensions*

- a) The height of the net measured from the center of the court is 7 feet 4 inches and no lower than 6 feet 9 inches. The two ends of the net must be at the same height from the floor.
- b) Attack line must be 10 feet from net on each side.

### *3.2 The serve*

- a) First game serve is determined by the toss of a coin.
- b) Server must serve from behind the restraining line (end line) until after contact.
  - Serve Line/Back line must be 30 feet from net on each side.
- c) Server must be contacted with the ball in 8 seconds.
- d) Ball may be served overhand with ball in motion, underhand with ball in motion, and underhand with ball in a non-motion position.
  - If you are serving from a non-motion position, your contact serving hand must be with a closed fist.
- e) Ball must be clearly visible to opponents before serve.
- f) Served ball may graze the net and drop to the other side for point.
- g) Serve must be returned by a bump or a set only. No attacking/spiking a serve.
- h) Attacking the serve is not allowed.

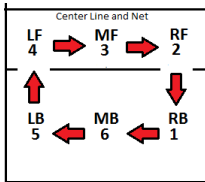
### *3.3 Scoring*

- a) Rally scoring will be used.
  - Rally scoring is a system used in volleyball in which a point is scored on every single rally, It doesn't matter which team serves the ball; points can be scored by either the serving or the receiving team
- b) The winner of the game is determined by the best 2 out of 3 sets.

### *3.4 Rotation*

- a) When an opposing team loses a volley, the team awarded the serve will rotate
- b) Players will rotate in a clockwise manner
- c) There shall be six (6) players on each side.

ex:



### 3.5 Playing the game (VOLLEY)

- a) Maximum of three hits per side.
- b) Player may not hit the ball twice in succession (A block is not considered a hit).
- c) Ball may be played off the net during a volley and on serve.
- d) A ball touching a boundary line is good.
- e) A legal hit is contact with the ball by a player's body above and including the waist which does not allow the ball to visibly come to a rest.
- f) If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.
- g) A player must not block or attack on a serve.
- h) Switching positions will be allowed only between front line players. (After the serve only.)
- i) Late players are not allowed to enter the game once the set has begun. However the play the next set.

### 3.6 Substitution

- a) Players can be substituted during any dead ball and time out.
- b) Each team is allowed to make 18 substitutions per set (18 is the maximum). Substitutions may be called only in between points or at the beginning of a set and may not be called during a point.
- c) Player having been substituted for may only go back on the court for the player whom substituted them. These counts as 3 substitutions of the 18 allowed per team in a set.
  - Ex- player 1 is in the game. Player 2 goes in for player 1. Player 3 can go in for player 2. Throughout the set all 3 player can substitute for each other.
- d) If a player gets injured or become ill during a set, they will have to be replaced by a legal substitute. This will not count as a team substitution.

### 3.7 Basic Violations

- a) Stepping on or over the line on a serve.
- b) Failure to serve the ball over the net successfully.
- c) Hitting the ball illegally (Carrying, Palming, Throwing, etc.).
- d) Touches of the net with any part of the body while the ball is in play.
  - If the ball is driven into the net with such Force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.
- e) Reaching over the net, except under these conditions.
- f) Players cannot switch positions before the serve.
- g) Player cannot go under the net.

