

## Catholic Metro Volleyball League Rules

### 1.00- General

**1.10 - Compliance:** Member institutions are required to maintain full compliance with the Rules and Bylaws of the CMVL.

**1.20 - Governing Rules of Play:** All grade levels will play in accordance with the volleyball rules of the Georgia High School Association with certain additions from the CMVL. The Board will determine specific rules from the CMVL.

1.30 - No libero will be used.

**2.00 - Uniforms:** Legal Numbers are required for both front (4") and back (6") of the uniforms. Numbers will have no more than 2 digits. No jewelry will be permitted. Band-Aids placed over newly pierced earrings will not be permitted. All earrings must be removed. Players are not allowed to wear hard hair accessories. This includes bobby pins or the flat clips. Spandex is optional. However, uniforms must be consistent throughout the team.

**3.00 - Forfeits:** A grace period will be implemented in the event that one or both teams do not have the minimum number of players (5) to begin a match. Teams will be given 10 minutes from the scheduled start time of the match to begin play.

**4.00 - Sportsmanship:** The CMVL is a participation-based, semi-competitive league. Behavior and decorum typical of our mission and philosophy are expected at all times. All coaches, parents, school representatives, etc. share in the responsibility for the success of our league, and for maintaining our reputation as a home of good sportsmanship, character, and class.

**4.10 - Charitable Play:** Coaches will be aware of the score at all times and will actively refrain from "running it up". Score of 25-2 and 15-1 weaken our league and have a negative effect. Coaches are expected to educate their players on respecting their opponents and set the example for how to win and lose with both class and dignity.

**4.20 - Behavior:** Any coaches, players, spectators, etc. displaying unsportsmanlike conduct may be asked to leave the gymnasium for the duration of the match. Notice will be given to the CMVL Board to determine if further action is necessary. Head Coaches will bear responsibility for everyone present that is associated with their team, and will aid in maintaining a positive playing environment. A limit of three (3) non-players, including coaches, are allowed to sit on the bench. Any Coach or Player ejected from the game will be reported to the CMVL Board and will be suspended for the next match. If a Coach or Player is ejected from a second game, they will be suspended for the remainder of the season and the post-season tournament.

**4.30 - Game Officials:** NO PLAYER, COACH, PARENT, OR SPECTATOR MAY OPENLY OR OTHERWISE HARASS OR DISAGREE WITH A REFEREE. CMVL will schedule one official for matches. The officials must be GHSA certified. The home team will provide scorekeepers and line judges.

**4.31 - "The kids will play and the officials will officiate"**. Children are taught to respect and listen to adults; as a result, it is the adults who must help maintain the sanctity of every match. Our officials are authority figures whose integrity must be maintained and reinforced by the adults in order to prevent negative situations from developing. Parents and coaches are an integral part of this process.

**5.00 - Playing Time:** Matches in the CMVL are played in a recreational/semi-competitive format designed to provide our players with positive experiences and playing time of an appropriate length. In this format, it is expected that each player on a team will be able to participate for half of the available time. However, ensuring equal time is not possible due to teams fielding different sized rosters, and the fact that not every player will be present at every game. Therefore, it is NOT our intent to provide equal time for all participants, but Coaches are expected to close the gap in playing time between advanced and novice players.

**5.10 - Rotation and Substitution:** Players can expect to play a minimum of 1 game per match. Six girls will start the match and play the entire first game. Exceptions to this are at the discretion of the Head Coach. (I.e. any player who requires a break from the game in order to maintain her dignity or for injury) Any misuse of this exception should be reported to the Board of the CMVL. At the start of the 2<sup>nd</sup> game, a new group of 6 girls will play. If the roster is smaller than 12, then players from the first game can be added to the line-up, providing the coach has cleared the bench first. If a 3<sup>rd</sup> game is required, the Head Coach can choose who plays this game. However, a player can not play a 3<sup>rd</sup> time until all players have played at least twice.

The starting line-up for the first game is as follows:

<u>Sideline Players</u>	<u>Players on the court</u>		
7	4	3	2
8	5	6	1
9			

Each number designates a player on the court or sidelines. The players are numbered in the order in which they will be serving.

The starting line-up for the second game is as follows:

<u>Sideline Players</u>	<u>Players on the court</u>		
4	1	9	8
5	2	3	7
6			

Note that players 1, 2 and 3 can be also be 1, 2 and 4 or 2, 4, and 6, etc.

Using the example above, if a third game is required, the following is an acceptable rotation:

<u>Sideline Players</u>	<u>Players on the court</u>		
1	4	9	8
2	5	6	7
3			

*A player who leaves the game due to injury or illness may return to play during that game. The injured player would then return to her position in the rotation.*

Once the ball is served, players may swap positions. All players must return to their serving order for every serve.

If a 3<sup>rd</sup> game is required, after the first team reaches 8 points, the teams will rotate. At this point, the coach may also utilize free substitution of the players.

**6.00 - Scoring:** Rally scoring will be used for all levels of play. Each match consists of the best 2 of 3 games. The first 2 games are played to 25, with the winning team leading by at least 2 points. The third game, if necessary, is played to 15 points, again with the winning team leading by at least 2 points.

Time-outs: Each team is allowed two (2) 45 second time-outs per game. Only a coach or team captain may notify the official of a time-out.

### **7.00 - Responsibilities of Coaches:**

Home team coach:

-Submit a line-up card at least 15 minutes prior to the match. *Line-up cards must list the players on the court and on the bench in the order they will serve. A new line-up card may be submitted for each game.*

-Provide a competent line judge.

-Lead your team and the visiting team in prayer prior to the match.

- Home team provides one scorekeeper responsible to using the flip chart to keep track of the score.
- Home team also provides one scorekeeper responsible for recording the score and for documenting substitutions in the official book.
- Provide a white game ball.

Visiting team coach:

- Submit a line-up card at least 15 minutes prior to the match.
- Provide a competent line judge.
- Lead your team in prayer with the home team.

**8.00 - Warm-ups:** Each team will have the total court for a 4-minute warm-up period. Then both teams will have a shared 2-minute warm-up period for service practices.

### 5<sup>th</sup> and 6<sup>th</sup> Grade Specific Rules

- Players may serve from a line 5' in front of the end line. (line must be clearly marked)
- A server may have one re-serve per serve. (A re-serve is called when the server drops the ball, tosses the ball in the air and drops it, or tosses it in the air and catches it.)
- The 3<sup>rd</sup> game of the match may be played provided that both teams' coaches agree and the game will not cause subsequent game start times to be delayed.
- A "lite" volleyball will be used for this age group.

### 7<sup>th</sup> and 8<sup>th</sup> Grade Specific Rules

- Service is from behind the official service line. There is no limit to the number of consecutive points that may be served.
- A server is allowed one re-serve per term-of-service.
- The 3<sup>rd</sup> game of the match is played only if necessary to determine the match winner.

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