



# **2023-2024 Season** **POLICIES AND** **RULES OF PLAY**

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**CATHOLIC METRO VOLLEYBALL LEAGUE**

**Catholic Metro Sports**



**Last Amended 03.03.25**



## **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 – Libero**

No libero will be used.

### **1.40 – Net Height**

Net should be set at 7'4 $\frac{1}{8}$ " (2.24 m) for both 5th/6th and 7th/8th grades. Its height is measured from the center of the playing court.

## **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 – Reserved**

## **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". Scores 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.

NO PLAYER, COACH, PARENT, OR SPECTATOR MAY OPENLY OR OTHERWISE HARASS, INTERFERE WITH THEIR ABILITY TO CARRY OUT THEIR RESPONSIBILITIES, OR DISAGREE WITH A REFEREE or SCOREKEEPER.

#### **4.25 – Coaches**

A limit of three (3) non-players, including coaches, is 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. Only one coach is permitted to stand during games and should remain off the court during play.

#### **4.30 – Game Officials**

- CMVL will schedule one official for matches.
- The officials must be GHSA certified.
- The home team will provide scorekeepers.
- Each team will provide one line judge.

#### **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 given the guidelines noted in this section:





### 5.10 – Rotation and Substitution (5th/6th Grade)

- Players can expect to play a minimum of 1 complete set per match. Exceptions to this are:

- a) To allow all players to play at a game. **This only applies to teams with more than 12 players** at a game. In this situation, NO players are allowed to play more than 1 full set.

The only time when teams can sub is at the moment the first team reaches the 12th point in a set. Having one team subbing at the 12th point, does not grant the opponent to sub, unless they also have more than 12 players.

**If a team has 13 players at a game,** 11 of them will play one full set, and 2 of them will play one half of a set each.

**If a team has 14 players at a game,** 10 of them will play one full set, and 4 of them will play one half of a set each.

**If a team has 15 players at a game,** 9 of them will play one full set, and 6 of them will play one half of a set each.

**a.1) First offense:** The coach of the team failing to adhere to this rule will be issued a warning from the CMVL Commissioner. This warning is in effect, issued or not, upon second offense.

**a.2) Second offense:** The team failing to adhere to this rule for a second time, will have the game score recorded as a forfeit (0-2).

- b) At the discretion of the Head Coach but limited to situations where a player requires a break from the game in order to maintain her dignity, or for injury, or bad behavior to coach / teammates, a coach may request a substitution. This rule applies for extreme situations of distress. Any misuse of this exception should be reported to the Board of the CMVL. A player who leaves the set due to injury or illness may return to play during that set. 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.

#### **Substitution Rules for Sets:**

- Six players will start the match and play the entire first set.
- At the start of the 2nd set, a new group of 6 players will play. If the roster is smaller than 12, then players from the first set can be added to the line-up, providing the coach has cleared the bench first. If a 3rd set is required: The Head Coach can choose who plays this set provided the minimum play rules have been carried out. Free substitutions can occur during the 3rd set.

#### **5.20 – Rotation and Substitution (7th/8th Grade)**

- For 7th/8th grade, sets 1 and 2 will each be broken into 2 segments. The first segment is from 0-12 points and the second segment is from 13-25 points.
- Players **MUST** play at least 2 segments within the first 2 sets. *Except when a team has more than 12 players at a game:*

**If a team has 13 players at a game,** 11 of them will play 2 segments, and 2 of them will play one segment each.

**If a team has 14 players at a game,** 10 of them will play 2 segments, and 4 of them will play one segment each.

**If a team has 15 players at a game,** 9 of them will play 2 segments, and 6 of them will play one segment each.

***In this situation, NO players are allowed to play more than two segments:***

**a.1) First offense:** The coach of the team failing to adhere to this rule will be issued a warning from the CMVL Commissioner. This warning is in effect, issued or not, upon second offense.

**a.2) Second offense:** The team failing to adhere to this rule for a second time, will have the game score recorded as a forfeit (0-2).





- Once the ball is served, players may swap positions. All players must return to their serving order for every serve.
- The first team to reach the 12th point completes the segment. The coach may at that time substitute up to 3 players. No other substitutions can occur after the 12th point unless for an injured player. A player who leaves the set due to injury or illness may return to play during that set. The injured player would then return to her position in the rotation.

**If a 3rd set is required:** The Head Coach can choose who plays this set provided the minimum play rules have been carried out. Free substitutions can occur during the 3rd set.

- Violation of this rule will be considered a “substitution” violation which must be corrected and the other team awarded serve and point.

### 5.30 – Minimum Numbers of Players

The rules allow for you to start with 5 players and a **“ghost player.”** The ghost player is automatically placed in the serving and rotational order. When the ghost player is up to serve, the opposing team is awarded a point and the next serve. Under no circumstances may a team play with less than five (5) players.

### 6.00 – Scoring

Rally scoring will be used for all levels of play. Each match consists of the best 2 of 3 sets. The first 2 sets are played to 25, with the winning team leading by at least 2 points. The third set, 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 set. 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.
- Provide competent line judges (must be above 8th grade)
- Lead your team and the visiting team in prayer prior to the match.

### **• 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.

## **7.10 Gym Manager Responsibilities**

- Provide the League-specific Rules to the official.
- Review gym obstructions with the official and both teams.
- Review with the line judges their responsibilities.

## **9.00 – Home Gym**

- Home gym provides one scorekeeper responsible for using the flip chart to keep track of the score.
- Home gym also provides one scorekeeper responsible for recording the score and for documenting substitutions in the official book.
- Provide a game ball. Teams have the option of using a tri-colored ball, one-third of which must be white.

## **10.00 – Rule Violations**

Any violation of the rules specific to the CMVL results in loss of serve and point awarded to the opposing team. Violation of the rules should be brought to the attention of the scorekeeper who will apply the penalty.





## **11.00 – Grade Specific Rules**

### **11.10 – 5th / 6th Grade Specific Rules**

- Players may serve up to three (3) consecutive times from a line 5' in front of the end line (line must be clearly marked across the entire court).
- When a server makes her three (3) first consecutive serves, beginning the 4th serve, that player must move back to the actual service line to continue serving.
- If a server makes a total of five (5) consecutive serves, at the end of the play, regardless which team scores the point, a side-out will be called, with the service moving to the opponent team.
- 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.)
- When serving, a server shall be allowed up to ten (10) seconds to complete her serve once the whistle is blown by the referee.
- The 3rd set of the match may be played provided that both teams' coaches agree and the set will not cause subsequent match start times to be delayed.
- A "lite" volleyball will be used for this age group.

### **11.20 – 7th / 8th Grade Specific Rules**

- Service should be taken 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 3rd set of the match is played only if necessary to determine the match winner.

