

# **CBFO Volleyball**

## **General League Rules**

### **Last modified Fall 2009**

- 2 time outs per team per game 15 SUBSTITUTIONS
- Coin Toss - Winner decides to pick either side or serve.
- Official 2-2-1 minute warm-up
- Play may begin with 5 players. If coach does not want to start with 5 and is waiting on a player, that team will be allowed to wait 10 minutes from start of game time. After 10 minutes, coach must decide to play or forfeit. (Late player will not be given warm-up). Late players may be allowed to enter the court at position 1 (serve) at the next dead ball.
- Two games to 25 and in the event of split, one game to 15. (30 point cap for first two games and 20 point cap for third game) The third game may be called for time. Each game must be won by 2 points. Rally scoring rules will apply, unless game reaches to the point cap of either 30 or 20 respectfully. First team to reach point cap is the winner.
- One Hour time limit from start of first game.
- Net serves allowed
- ACE = a serve that hits the floor, or first pass attempt is shanked off and is not hit by second player. Definition of “shanked” = when the first ball following a serve is hit outside the playing court. If the ball is bumped within the playing area and falls untouched inside the court boundaries it is not considered a “shanked” ball. ACE rule is 5 aces in a ROW meaning if the ball is volleyed during the aces, the ace count re-starts. **Interpretation of this rule is the responsibility and ruling of the referee.** In 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Grade level the ruling is 5 SERVE rule. After 5 serves regardless of the play, it is side out, without rally point.
- Coaches must offer the referees one line judge per game/match. There must be one line judge from each team. Cannot have just one line judge. Line judges will judge lines for opposite team. Referees will instruct the designated line judges on signs for “in” and “out”. The line judge must be ≥ 14 years old. If a team does not offer a line judge their game is forfeit and the opposing team will win the match.
- Referees/Scorekeepers will set up and remove nets on each game day.  
Coaches are responsible for setting up and taking down the nets on practice days.
- Mandatory rotation rule – All players play an equal amount of time, a bench player rotates in on each service at position 1. Mandatory rotation does not apply to division 8<sup>th</sup>-12<sup>th</sup> and A division. Rotation must occur after every side out dead ball, including after the first play.
- Any player missing more than 1 excused practice will sit one game of one match on Saturday after the missed practice.

- Serve: No one hand attack or blocks on serve receive. Any player may return ball over the net with a 2 handed set or forearm pass. (attack or improper block will be judged by the up referee)  
**OVER HAND SERVE RULES** only two tosses are allowed on the overhand attempt. Catching of the ball is not permitted if the server considers the toss a bad toss. They must let the ball drop to the floor WITHOUT contact with the ball. There will be ONE warning per team per MATCH if a player makes contact or catches the toss during serve. Server has 8 seconds to serve the ball or there will be a serve penalty and side out with rally point awarded to the opposing team.
- Rule interpretations – all other volleyball rules will be those issued by the USA Volleyball Association and will be enforced by the officials during the game. Each coach will indicate to the scorekeeper a team captain and alternate, prior to the start of play. Coaches are expected to assure proper behavior from their fans. No yelling across the court at the up referee will be tolerated. Nor will any behavior that exhibits or promotes poor sportsmanship. If there happens to be a ruling question, coach must call a time out and discuss with the down referee. If the infraction is considered an error in the ruling interpretation by the referee and/or commissioner, there will be no time out charged to the coach. Any disputes over rules will be decided by the appointed gym manager and/or commissioner. The gym manager/commissioner's decision will be final and game will continue. Any unruly or rude behavior by the coach, player or fans of the team will result in a yellow card (to be given by the official). Upon receiving a second (red) card, the coach, player or fan will be asked to leave the building. Coaches, players or fans that are removed from a match will also be suspended for the following week's match. Any red card given to coach or player will result in loss of point and rally and side out will be given to opposing team.
- Uniforms will be provided to each team member. The scorekeeper will note each player's number in the scorebook prior to play.
- Referees: Please use proper hand signals for calls. There are 3 referees at each game; one scorekeeper and two net referees. One is considered the up referee and positioned above the net and the other net referee is positioned on opposite the up referee on the floor. Referees will use the proper hand signals and whistle to alert a call or change in play. Games will be called based on the USA rules and modified CBFO rules. **If at any time there are complaints regarding calls they should be addressed as above under rule interpretations or brought to the gym manager and/or commissioner. If the referee receives any complaint direct regarding any part of CBFO Volleyball from any coach, player, parent, and/or fan, they are instructed to bring to the commissioner immediately.**

The commissioner will address all issues that are brought to the commissioner involving the referees, including complaints from coaches, parents and other referees. If the issues cannot be resolved or begin to affect the performance of the referee, the commissioner, on behalf of the league, will decide the appropriate disciplinary action. This action can include loss of next scheduled work assignment or if issues continue, suspension for the remainder of the season. Referee can reapply for the program for the next season if all unresolved issues have been resolved prior to the beginning of the next season.

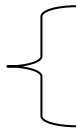
**Scorekeepers:** Book must include for each game

- **Team color and Coach**
- **Age Group**
- **Time of Start**
- **Final Score – Winner Noted**
- **Each referee/scorekeeper should be noted in book**

## Instructional League 3<sup>rd</sup> – 4<sup>th</sup> Grade

- **5 SERVICE** rule in which any server regardless of volley can not serve more than 5 times per rotation.
- **Rotation:** Mandatory at each dead ball side out- player will rotate in at position 1 (serve) and rotate out at position 2.
- **Serve:** First serve may be either overhand or underhand. If underhand is served first and missed it will be a side out. If overhand is served first and missed, they will be given a second attempt.

This  
often  
confuses  
coaches



- Serve will be from modified/shorter distance
- Out of Bounds is normal court size

- **Foot Faults:** If player foot-faults the referee will immediately whistle the ball dead. The server will be given a warning and allowed to re-serve. The Team is only allowed one foot-fault per game. The scorekeeper will note in book as having a warning. The foot fault will not affect the number of serves, i.e., if it is her first try (overhand) with a foot fault, she may have another first try. If it is second serve with a foot fault, she may have a second try.
- **Normal Size Court and Boundaries**
- **OVER HAND SERVE RULES** only two tosses are allowed on the overhand attempt. Catching of the ball is not permitted if the server considers the toss a bad toss. They must let the ball drop to the floor WITHOUT contact with the ball. There will be ONE warning per team per MATCH if a player makes contact or catches the toss during serve.
- **Modified Service Line 92 inches from the back boundary line**
- **Net: 6' 6"**

## **Instructional League 5<sup>th</sup> Grade**

- **5 SERVICE** rule in which any server regardless of volley can not serve more than 5 times per rotation.
- **Rotation:** Mandatory at each dead ball side out-player rotates in at position 1(serve) and rotates out at position 2.
- **Same serve rule** – 2 tries if first try is overhand
- **Foot Fault** is same as INSTRUCTIONAL LEAGUE (3<sup>RD</sup>-4<sup>TH</sup> GRADE)
- **OVER HAND SERVE RULES** only two tosses are allowed on the overhand attempt. Catching of the ball is not permitted if the server considers the toss a bad toss. They must let the ball drop to the floor WITHOUT contact with the ball. There will be ONE warning per team per MATCH if a player makes contact or catches the toss during serve.
- **Modified Serve Line 46 inches from the back boundary line**
- **Net:** 7' 0"

## **Instructional League Middle School - 6<sup>th</sup> – 8<sup>th</sup> Grade**

- **5 ACE Rule**
- **Rotation:** Mandatory at each dead ball side out 0 player rotates in at position 1 (serve) and rotate out at position 2.
- **Same serve rule – 2 tries if first try is overhand attempt**
- **Normal Size Court and Boundaries**
- **Regular serve lines, NO MODIFICATIONS**
- **OVER HAND SERVE RULES** only two tosses are allowed on the overhand attempt. Catching of the ball is not permitted if the server considers the toss a bad toss. They must let the ball drop to the floor WITHOUT contact with the ball. There will be ONE warning per team per MATCH if a player makes contact or catches the toss during serve.
- **NO foot fault rule-** Side out for foot fault – No Warnings
- **Net:** 7' 4 1/8"

**Competitive Divisions**  
**High School 8<sup>th</sup>-12<sup>th</sup> Grade**  
**“A” League Middle School**  
**Boys Division**

- **Serve rule** – Only one attempt at serve
- **Rotation:** Division is played by position and regular volleyball rotation rules apply. Players will be substituted based on position and skill. There is NO GUARANTEED playing time or mandatory rotation in these divisions.
- **Normal Court Size and Boundaries**
- **Normal serve lines, NO MODIFICATIONS**
- **OVER HAND SERVE RULES** only two tosses are allowed on the overhand attempt. Catching of the ball is not permitted if the server considers the toss a bad toss. They must let the ball drop to the floor WITHOUT contact with the ball.
- **NO foot fault rule-** Side out for foot fault – No Warnings
- **Net:** 7’ 4 1/8”