

CGSAA Volleyball Rules-Grades 7 and 8

(August 2010)

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 sideout and point awarded to the opponent. If a sixth player arrives during the first game this player shall be inserted into the open serving position 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. 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 game time. The referee will be responsible for declaring the forfeit and will score games 1 and 2 25-0, 25-0.
3. 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.
4. Teams shall occupy the bench located on the side of the net adjacent to their playing area during the match.
5. All non-playing team members, including coaches shall be seated on the designated bench during play. 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).
6. The time period between games shall be no more than 3 minutes.
7. If a third game 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.
8. Each team will be allowed two (2) time-outs per game.
9. The maximum time limit on any single match shall be 1 hour and 20 minutes. The referee will terminate the game in progress at that time.

10. Each team will designate, from their fans, a line judge. The line judges will be positioned and given their instructions by the referee before the start of the match.
11. The referee shall make decisions based on CGSAA Volleyball Rules and National High School Federation Volleyball Rules, with CGSAA rules taking precedent over conflicting National Federation rules.
12. The referee is the head official who shall make decisions on matters not specifically covered by rules.
13. The CGSAA function is to promote good sportsmanship among the member schools. At the start of each match, all players, starting and not starting, will line up on the endline 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 endline and, upon the referee's whistle, approach the net and congratulate the opposing team after the match has ended.
14. 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.
15. The executive committee of the CGSAA will review any violations of poor sportsmanship or other unethical conduct.

Equipment:

16. 7th and 8th Grade matches will be played with an Official USVBA Ball which will be provided by the host gyms.
17. All players on a team shall wear like-colored uniforms consisting of shirts and shorts, pants or spandex shorts.
18. Each player shall be identified by a number, which is not a duplicate of a teammate's number. The number on the uniform shall be located on the upper front and back of the shirt; not more than two digits, at least 4 inches tall on the front of the shirt and at least 6 inches high on the back of the shirt. If a player wears an undershirt, it shall 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.

19. 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.
20. Metal hair clips will NOT be allowed. Hair devices must be made of a soft material.
21. Players shall not wear 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. If earrings cannot be removed, they must 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:

22. Team rosters must be submitted to the volleyball commissioner per CGSAA by-laws before the first game of the season.
23. Five minutes prior to the first game, a coach from each team shall submit in writing to the scorer a complete roster listing the uniform number 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).
24. All rules for substitution are according 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 substitute 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) Each team is limited to 18 total substitutions. There is no limit on the number of times one player can go in and out of a game.
25. An injured or ill player who must leave the court during a game shall not return to that game. Another player must be substituted for that player. 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 sideout awarded to the opponent when

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.

26. A player who leaves a game due to injury or illness may return in the next game in their original serving position but if they must leave again they will be ineligible for the remainder of the match.

Rotation/Serving:

27. 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.
28. The server shall serve from within the serving area 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 endline.
29. There shall be an additional serving line marked 6 feet closer to the net which extends the width of the court. 7th Grade players who are attempting an overhand serve, may serve from this line. If a player serves 3 successful overhand serves in a row from the closer line, they must move behind the endline for the remainder of their service rotation. When this player comes up to serve on their next rotation, they may again serve from the closer line. 7th Grade players who are serving underhand must serve from behind the endline. All 8th Grade players must serve from behind the endline.
30. The ball may be hit in any manner with the hand. The ball shall be contacted within 8 seconds after the referee's signal to serve. If the server elects to serve the ball in an overhand manner, they will be allowed to toss the ball twice per each service attempt. If the player elects not to make contact with the first toss, she must let the ball drop to the ground without touching any part of her body. If the ball makes contact with her body, a point and the next serve will be awarded to the opposing team. If the ball drops to the ground without the server making contact, the referee will signal a replay and the server will have an additional 8 seconds to serve the ball. The server must make contact with the second attempted toss. If the serving team wins the point. The server will again have two attempts to toss and contact the ball.
31. A server using the underhand method, may maintain contact with the hand holding the ball as the serving hand hits it.

32. Only one serve is allowed per side per 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.
33. Every time a serve is attempted, a point will be awarded to either the serving team or the receiving team.

Play:

34. It is a foul for players to touch the net (except for loose hair or clothing), 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.
35. Lifting or throwing the ball while it is in play is a foul. The play must be a distinct hit of the ball.
36. A ball landing "on" a boundary line is "in".
37. If a player touches a ball (except with loose hair), she is considered as having played the ball.
38. 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.
39. If the ball hits two or more passers simultaneously on the first ball over the net, it is considered only one touch. Either of the two players involved in the first touch may play the ball on the next touch.
40. Players may not attack a serve, that is, they may not make contact with a serve above the plane of the net.
41. 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.

42. 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.
43. When two opponents simultaneously hit the ball out of bounds or touch the net at the same time, the point is replayed. This would usually occur with two blockers.
44. Players may shift position after the ball is served, but back row players are not permitted to block or attack the ball in front of the 10 foot line. Back row players may attack the ball from behind the 10 foot line.
45. Balls may be played only with body parts above and including the waist which does not allow the ball to visibly come to rest or involve prolonged contact with the player's body.
46. The ball may be blocked over the net (on the opponents side), but may not be touched before the spike. A set may not be blocked.
47. The ball being spiked must be on your side of the net, but the player may follow through over the net.