

CSCC Volleyball Rules

Updated 1/23/2020

The City Suburban Catholic Conference follows IHSA (Illinois High School Association) rules unless otherwise noted below.

Section 1 - Instructional Volleyball (4th and 5th Grade Boys & Girls)

- **Substitutions**

The Snake Rule is in effect for both 4th and 5th Grade Teams

Section 2 – All Grades

- **Rally Scoring: All Grades will play three 25 point rally score games.**
 - **A game ends when one team reaches 25 points and is ahead by 2 or more points.**
 - **Subsequently there is 27 point cap for each game. The first team to score 27 points wins, regardless of scoring margin.**
 - **There is no cap during playoffs. A game must be won by a margin of at least two points.**
- **The Libero position is not recognized in the conference.**
- **Net serves will be considered live balls.**
 - **If a served ball hits the net, but goes over, it is live and playable. Serves that hit the net, but do not go over will result in a point.**
- **Serving**

If a player has 5 consecutive successful serves for points then

that player is done serving. The team still keeps the service but there is a rotation to the next server. This rule applies to Instructional Volleyball only (4th and 5th Grade Teams).

- **Serving lines**
 - 4th and 5th grade girls: 20 feet
 - 4th and 5th grade boys: 20 feet
 - 6th grade girls: 25 feet
 - 6th grade boys: 25 feet
 - 7th and 8th grade boys and girls: end line (30 feet)

- **Timeouts: In 25 point/rally score matches, there are 2 time outs per game.**

- **Contest Result Reporting (4-5th Grade)**
 - 4th and 5th grade is instructional only. No standings are recorded. Game results do not need to be reported through the CSCC web site

- **Contest Result Reporting (6-7-8th)**
 - The winning team is responsible for reporting scores via the www.citysuburbanleague.com website.
 - Any scores which have not been reported within 48 hours of the scheduled contest date will be considered a forfeit by both teams.
 - Any contest not reported by 7:30pm on the season end date (as shown on the volleyball important dates section of the volleyball home page) will be considered a double forfeit.

- **Playoffs, Official Standings and Tie Breakers**
 - Playoffs are held only for the 6th, 7th and 8th grade levels only.

- **Playoffs are conducted in a single elimination tournament format. See the rules section titled Playoffs, Official Standings and Tie Breakers for details.**

- **All-Star Game. The conference sponsors an All-Star game for the 8th graders. All-Star selections must be submitted to the conference chairperson immediately following the end of the regular season.**
 - **Division Champs may select 3 players.**
 - **Playoff Teams may select 2 players.**
 - **All other teams may select 1 player.**

- **Matches will be best 2 out of 3 games.**
 - **An unnecessary 3rd game will be played until 5 minutes before the next scheduled game.**
 - **A 3rd game which is needed to determine the winner of the match will NEVER be stopped due to time.**

- **The home team shall provide the official scorebook and the official scorers.**
 - **If for some reason the home team is unable provide an official scorebook or scorer, the game official may designate the visitor's scorebook as the official scorebook.**
 - **The official scorer and scorebook must be located at the scorer's table.**
 - **It is recommended that the visiting team keep a score book as well. It is also recommended that the visiting scorer compare notes with the official scorer at the end of each game.**
 - **Any discrepancies should be immediately addressed by the game official for a ruling.**

- **Each team must be prepared to begin the contest**

promptly at its scheduled start time. If a team is not prepared to play by 5 minutes after the scheduled start time, a forfeit will be assessed.

- **A minimum of 5 players must be available to begin the match. The game official may make special allowances for weather or other special circumstances if necessary. Ghost rule will be used if one team only has 5 players to start. Ghost rule is that the team with 5 players will lose the serve and the opposing team gets the rally point when that missing/ghost person would serve.**

- **MINIMUM PLAYING TIME (Referees will not enforce this, coaches must address this through the appeals process, not on the floor)**
 - **4th & 5th Grade (Instructional Levels) - Equal Time for all players.**
 - **6th Grade – Each player must play a minimum of 12 Points Scored by one team OR the other, within The First Two Games.**
 - **7th & 8th Grade - 8 Points Scored by one team OR the other, within the first two games**
 - **All players in attendance at the match must play in accordance with these rules. Any player who is ineligible to play due to school policy must not "suit up" for the match. An ineligible player may sit on the bench in "street clothes" and will be considered bench personnel.**
 - **Playing time during play-offs is the same as the regular season (new rule).**

- **WARM UPS**
 - **4th and 5th: 3 minutes passing, 2 minutes serving**
 - **6th & under: passing 5 minutes, serving 3 minutes**

- **7th & 8th: passing 3 minutes, spiking 3 minutes, serving 2 minutes**
- **Coaches must submit a lineup card to the contests official prior to the start of each game in the match. The official lineup card is available on the league website. The first server is listed first on both receiving and serving team's lineups. Receiving teams will "back up one" so the server starts right front.**
- **Each coach is responsible for paying the contest official prior to start of the match. Fee is \$18 per team.**
- **Sportsmanship**
 - **A handshake between the two teams must be performed following each contest.**
- **Substitution Rules**
 - **A team is allowed a maximum of 18 substitutions per game.**
 - **Each player is allowed unlimited entries within the team limit.**
 - **Starting the game does not count as an entry.**
 - **Coaches must stand and signal for a substitution.**
- **UNSPORTSMANLIKE CONDUCT: Red and Yellow cards will be used.**
 - **YELLOW CARD: warning for a minor offense.**
 - **RED CARD: Penalty, a point/side out is awarded to the opponent.**
 - **RED AND YELLOW CARD: Disqualification – if both cards are given at the same time, that person receiving the cards is disqualified from further participation in the match. A point/side out will be awarded to the opponents.**
 - **When any card is given, it will be recorded on the score**

sheet. It will also be reported to Joan Fesi and the league chairperson.

- **If any one person (player or coach) received the following during the season:**
 - **2 yellow cards - 1 game suspension**
 - ii. **2 red cards - 2 game suspension**
 - iii. **3 red cards - suspended for the remainder of the season**

- **If a coach or parent, in the opinion of the official, is verbally abusive to that official after the game is completed the official may assess the equivalent of 2 red cards on that person by reporting the incident to the league. This would result in an automatic 2 game suspension that is not subject to review.**

- **If a coach or parent, in the opinion of the official, is verbally abusive to that official beyond the confines of the gym building then that official may assess the equivalent of 2 red cards on that person by reporting the incident to the league. This would result in an automatic 2 game suspension that is not subject to review. In addition, the Officers of the Conference Board of Athletic Directors will determine if that person will be dismissed from coaching or if that parent will be allowed to attend any more games.**

- **Note: Existing rules already address conduct during the contest.**

- **Additional Note: Physically abusive behavior is addressed by the State Penal Code.**

- **Protests and Appeals.**
 - **Protested contest results must be submitted to the protesting team's athletic director within 24 hours of the completion of the contest. The athletic director will then evaluate the protest and present it to the league**

chairperson for a ruling.

- **No protest will be considered regarding judgment calls made by the official.**
- **Protests will only be considered where there is a question of rules interpretation which affects the outcome of the game.**
- **No protest will be considered if the coach could not immediately produce a copy of the league rules for the contest official at the time questioned call.**
- **Violations of league playing time rules may only be addressed through the appeal process:**
 - **The Referee is not permitted to determine a forfeit based on playing time infractions.**
 - **If a coach feels a player has not played the minimum amount of time the coach is to advise the opposing coach and the referee of the situation at the scorers table. If the official scorers book shows that the player(s) in question have not played the minimum amount of points the referee is to sign the score sheet ONLY as a witness.**
 - **The referee is to act as an impartial third party witness. The referee will not be monitoring playing time points.**

- **Match Scheduling**

- **All matches are to be scheduled one hour apart.**

- **Procedure for canceling or postponing any given match.**

- **All scheduling changes must be made by the athletic director. Coaches are not permitted to cancel or reschedule games.**
- **Changes cannot be made within 72 hours. If a match is cancelled within 72 hours, the official will still be paid by the cancelling team.**

- Please notify the other team, then contact Joanie Fesl by email at jfesl@wideopenwest.com and then be sure to make the necessary changes through the www.citysuburbanleague.com AD section of the web site. If we are unaware of a schedule change, your team will be credited with a forfeit because a score was not called in.
- **No Cut Policy**
 - The City-Suburban Catholic Conference has a no cut policy. If a school has enough players who wish to play a team sport, such as basketball, the school athletic board must split the athletes into two equal teams. For basketball, the split is required when there are 18 players.
- **School Representation**
 - Players must be full time day students attending the school that they represent.
- **Age Restrictions. Players are eligible to play for a given grade based upon their birth date.**
 - 8th Grade - Has not reached their 15th birthday before September 1st of the current year.
 - 7th Grade - Has not reached their 14th birthday before September 1st of the current year.
 - 6th Grade - Has not reached their 13th birthday before September 1st of the current year.
 - 5th Grade - Has not reached their 12th birthday before September 1st of the current year.
 - 4th Grade - Has not reached their 11th birthday before September 1st of the current year.
 - Any coach and/or school that violate any of these age rules shall be suspended from the league on that level for the remainder of the season and must forfeit all games.
- **Rosters**

- **Every school must submit a complete roster of all team members and coaches including name and uniform number. Each team roster must be signed by the school principal and submitted to the league secretary prior to their first contest. Failure to supply said rosters will result in forfeiture of all contests played prior to the receipt of the rosters by the league chairperson.**
- **Copies of each team's roster shall given to all ADs to be available at the score table for every CSCC contest.**
- **Players may be added, but only in writing and signed by the School principal, up until 30 days prior to the first scheduled playoff date, at which time rosters will be considered frozen. Any request to alter rosters after the freeze date must be approved by the league chairperson.**
- **Player Promotion. A student athlete may play up a grade but may not play down. Once a player has played up he/she may not go back down for league competition. A student athlete may play up a grade, but may not play down a grade. All players must attend the school they represent.**
- **Double-rostering of players is allowed under certain circumstance. For double-rostering, see rules on the volleyball home web page or check with your AD (or see rule on page 8 of the volleyball rules section of the web site).**

Section IV - Playoffs, Official Standings and Tie Breakers

- **Playoff Formats**

"Best Records" – When the regular season schedule has every team playing every other team the exact number of times, then the top 8 records make the playoffs (no matter what division they are in during the regular season). The seeding is as follows:

First Round (Quarter Finals)

Game 1: 1st Record vs. 8th Record

Game 2: 4th Record vs. 5th Record

Game 3: 2nd Record vs. 7th Record

Game 4: 3rd Record vs. 6th Record

Semi-Finals

Game 5: Winner of Game 1 vs. Winner of Game 2

Game 6: Winner of Game 3 vs. Winner of Game 4

Championship Game

Game 7: Winner of Game 5 vs. Winner of Game 6

“Wild Card” Format is used when the regular season schedule has teams playing an uneven number of games against other teams. Example: Regular Season Schedule has teams playing in their respective division twice and teams in the other division once. When this is the case, then the “Wild Card Format” is used. Top 3 teams in each division make the playoffs and then the next 2 BEST RECORDS (Wild Card Teams) make the playoffs – regardless of division.

The Seeding goes as follows:

#1 Seed is the 1st place team with the best record vs. 8th Seed (Wild Card Team with the worst record)

#2 Seed is the 1st place team with the lesser record vs. the 7th Seed (Wild Card Team with the best record).

Next, the 2nd place team in the #1 Seed’s division plays the 3rd place team in the other division.

Finally, the 3rd place team in the #1 Seed’s division plays the 2nd place team in the other division

First Round (Quarter Finals)

Game 1: #1 Seed (Best 1st place record) vs. #8 Seed (Worst Wild Card Record)

Game 2: 2nd place team from the opposite division of the #1 Seed vs. the 3rd place team from the #1 Seed’s division

Game 3: #2 Seed (lesser 1st place record) vs. #7 Seed (Best Wild Card Record)

Game 4: 2nd place team from the #1 Seed’s division vs. the 3rd place

team from the #2 Seed's division

Semi-Finals

Game 5: Winner of Game #1 vs. Winner of Game #2

Game 6: Winner of Game #3 vs. Winner of Game #4

Championship Game

Game 7: Winner of Game #5 vs. Winner of Game #6

4. Tie Breakers – These tie breakers are used for determining the playoff seeding. Ties which would determine inclusion in the playoffs will be determined through an elimination contest:

Head To Head

Division Record, if it applies

Coin Flip

5. Play-in Game(s) – In the case of ties for the last playoff spot, the teams must play a game to determine which team is in. The game must be played immediately – FIRST MONDAY after the season ends.

Section V - Select Illinois High School Association Rules/ National Federation Rules

The following IHSA rules have been highlighted for the benefit of all participants.

- **The net height should be 7 feet 4 and 1/4 inches for all grade levels.**
- **The first server of the game is the player in the right back position. If your team is receiving, your first server will be in the front right position.**
- **Two (2) minutes prior to the first game, a written line-up shall be submitted to the scorer of your six starters.**

- **To begin the match, the starting teams must line-up on the end lines. The referee will call the teams together to shake hands before the match begins.**
- **Substitution Rule: A team is allowed a maximum of 18 substitutions per game. Each player is allowed unlimited entries within the team limit. Starting the game does not count as an entry.**
- **After each game, teams will line up on their respective end lines. When the referee signals, the teams proceed to the appropriate team bench.**
- **IHSA Rule: Multiple contacts are more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted only when**
 - **When the first ball over the net rebounds from one part of the player's body to one or more other legal parts in one attempt to block**
 - **One any first team hit, whether or not the ball is touched by a block.**
- **IHSA Rule: Blocking a served ball is not permitted. (Rule 9-6.4c)**
- **IHSA Rule: Attacking a served ball while the ball is completely above the height of the net is not permitted. However the contact is legal and the ball is not out of play until it completely crosses the vertical plane of the net or is legally contacted by an opponent. (Rule 9-6.6)**
- **IHSA Rule: Back row players shall not participate in a completed block. (Rule 95.5)**
- **IHSA Rule: No jewelry may be worn. Penalty: Administrative delay (Earrings may NOT be covered by bandaids) Feathers are not allowed.**

- **IHSA Rule: One reserve allowed during each term of service. (Refs: be more lenient with this at the lower levels...) Explain when this happens. After beckon for serve, players have 5 seconds to serve.**
- **IHSA Rule: Kicking is legal. Legal contact is a touch of the ball by any part of a player's body which does not allow the ball to visibly come to rest or involve prolonged contact with a player's body. (Rule 9-4.5) Player may intentionally kick the ball.**

All IHSA rules can be found in the National Federation of State High School Association (NFHS) rule book. The book can be purchased by calling 317-972-6900 or on their website www.nfhs.org. Score books can possibly be purchased at Palos Sports at 1-800-233-5484. The scorebook should have 18 subs and rally scoring if needed.

City Suburban Catholic Conference

Volleyball

Double Roster Rule and Explanation

This is how Double Rostering works:

- Schools can only double roster with a team in the grade BELOW them.
- Volleyball Teams can only double roster if they have 6, 7 or 8 players on their regular season roster.
- Schools must present two rosters when double rostering.
 - Their regular season roster signed by the Principal and AD with the Coaches name and email (printed legibly) plus cell phone.
 - A complete roster of the team with whom they are double rostering. This double roster must include all players' names that are on that team, a column indicating that all parents have been asked to participate and their answer (yes or no).
 - This double roster must be signed by the Principal and AD.
- Teams can only bring up enough players to have 8 players MAXIMUM at the game. Note: When double rostering NEVER can there be 9 players on the bench.
- Teams that double roster must establish a rotation for the DR Players. Every DR Player on the roster must be called up before a player can be called up twice. This rotation must be indicated in the Player's Rotation column on the double roster. Eligible double rostered players must take their turn (in the rotation order established). NOTE: There are exceptions in case of player availability.
- Double rostered players must play the MINIMUM game time requirements only. Double rostered players are not there to take away playing time from the Regular Rostered Team Players. Double rostered players should be used to give a break to fatigued players, players in foul trouble, injured players or to get their minimum playing time quota.
- DOUBLE ROSTERED PLAYERS CAN NOT PLAY more than ANY regular rostered Player (exception player availability).
- *Double rostering is NOT DESIGNED for making your team better but for ALLOWING your team the opportunity to play the games and NOT FORFEIT.*

NO EXCUSES!!!!