



CPSAL HS/MS Girls Volleyball Rules & Regulations

Rules & Regulations

1. *Uniforms*

- 1.1. All teams must be in matching uniform tops and bottoms, with unique numbers for each player.
- 1.2. Jersey numbers cannot switch from player to player. No exceptions.
- 1.3. Teams can bring extra jerseys to games that are not assigned to any other players. These are considered blood jerseys; in case someone gets blood on their jersey and needs to change.
- 1.4. If a team does not have matching uniforms before their first regular season game, they must inform the league beforehand.
- 1.5. Athletes may wear any color sneakers and athletic socks that they choose provided they do not contain any inappropriate images or language.
- 1.6. All uniform issues will be discussed before the game with the coaches, Game Supervisor and referees. All reasonable attempts will be made to correct any violations.

2. Participation

- 2.1. Students in 8th grade may participate in Varsity competition.



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- 2.2.If a student in 8th grade participates in Varsity High School Volleyball competition for a school that participates in Junior High School competition, that student is eligible to participate in Junior High School competition as long as the programs are not in the same season.
- 2.3.In order to be eligible to participate in CPSAL activities a student must be enrolled in and attend a member school.
- 2.4.Physical Examination is required for each athlete and is the responsibility of the school to confirm each athlete has an updated physical.
- 2.5.Transferring students cannot be added to rosters during a season.
- 2.6.Transferring students gain eligibility at the beginning of the next season. For example, if a student transfers during the middle of the fall season, they gain eligibility for the start of the winter season.
- 2.7.A student shall be eligible for High School competition in grades 9th,10th,11th, and 12th.
- 2.8.A student who is 20 years old or turns 20 during the school year, is not eligible for any sports.
- 2.9.A student is eligible to participate in the CPSAL interscholastic sports program immediately upon lawful registration and entry into a New York School that offers such a program, provided the student meets the standards as set forth by the Eligibility Rules and Regulations.
- 2.10. Any transferring student who was on an active roster at another school at any time during the year prior to the date of transfer, shall be ineligible to represent the school transferred to, in that sport, for a period of one year from the date of transfer, unless the student can demonstrate that the transfer is the result of an



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official change of residence by his/her parents or legal guardians or the result of a legal change in guardians.

- 2.11. If a student was on a team's active roster in a sport in any high school (public, parochial or private), that student may not participate in the same sport during the same season, for any other team.
- 2.12. A student may participate on one or more teams but only for the school in which he/she is a full-time student.

3. *Jewelry*

- 3.1 All hoop and bar earrings, body piercings, and bands must be removed before the start of the match. Stud jewelry above the chin is allowed. Any visible jewelry below the chin must be removed before participation.

b) Glasses that are accepted:

- Plastic framed glasses • Sports goggles
- Providing they are strapped around the head sports goggles

c) Glasses that are not permitted:



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- Lenses made of glass
- Metal framed glasses
- Any other type of eyewear that the referee deems could be dangerous.

3.2. If jewelry is for Religious reasons:

- Child must have a letter from their school
- Letter must have school letterhead and signed by principal
- Child must have a letter from their parent as well
- Letters must be brought with the child to every game throughout the season
- If a child wears a religious band on wrist it can be worn but it must be covered with athletic tape and/or sweat band.

There are absolutely no exceptions to these rules, players will immediately not be allowed to play if caught violating these rules.

4. Rosters

4.1. Rosters are due by the team's 1st game of the season. This will be strictly enforced.

4.2. If the roster is not submitted, the team will be able to play but will receive a forfeit loss until roster is submitted.

4.3. All team rosters will consist of a maximum of twenty (20) players and must contain the following

information:



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Name of school

Names and telephone numbers of head coach and assistant coaches

Legal first and last name of each player

Grade, age, and year of birth (day not required)

Uniform number of each player

Signature from Athletic Director.

4.4. It is responsibility of each member school to ensure the accuracy of the information provided on the league roster. The information provided on the submitted roster is considered official and will be the evidential basis of any eligibility challenges. Changes to the roster cannot be made after it is submitted to the league office without the written consent of the Director of Athletics.

4.5. League rosters should be emailed to league sports email or added to the league website cpsal.org before the 1st league game.

5. *Scheduling*

5.1. The season will generally start the second week of October and continue through the middle of December.

5.2. Games will be scheduled on any day of the week except Sunday. Games will not be scheduled on the following days:

- Martin Luther King Jr. Day (3rd Monday of January) • President's Day
- Mid-winter Recess
- Christmas Day



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- 5.3. Teams are responsible for submitting their blackout dates the week after the Preseason meeting. The preseason meeting will be held in the middle of November. Schools are entitled (7) blackout dates (not including the CPSAL Holiday blackout dates. The league will not schedule games on these blackout dates.
- 5.4. All schools must be prepared to play Saturday games throughout the course of the season. Blackout dates consisting of all Saturday dates will not be accepted.
- 5.5. It is the responsibility of each participating school to ensure that the blackout dates are inclusive of any foreseen conflicts that the school may have with playing games on that day. These conflicts include (but are not limited to):
 - a. School-specific closings (half-days, early dismissal, etc)
 - b. Testing (mid-terms, interim assessments, SATs, etc)
 - c. Parent/Teacher Conferences
 - d. School Proms/Dances
 - e. School Trips
 - f. Graduation dates
 - g. Vacations/absences of the coaches
- 5.6. Schools will be expected to play on any day that is not listed as a blackout date. Any schedule conflicts presented to the league after the final schedule has been released will be reviewed and a final decision on whether to reschedule the game will be made at the sole discretion of the Director of Athletics.
- 5.7. Blackout dates- Please keep in mind that if you cannot play on a specific day of the week (All Tuesday's) that specific day will be counted towards your blackout dates.



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6. Playoff Tournament and Tiebreakers

6.1. CPSAL will determine the playoff dates and seeding once the regular season is complete using the following criteria:

- a. Wins/losses
- b. Head to Head
- c. Point against
- d. Points for
- e. Points for minus points against

6.2. All players must play at least 1/3 of regular season games in order to be eligible for postseason.

7. Filming

7.1. Teams are allowed to film their own games and not allowed to film games that they are not participating in.

7.2. No soliciting or receiving another team's film for any reason.

7.3. If the above rules are not followed, a one game suspension/forfeit will be enforced.

7.4. Parents and spectators are allowed to film.



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7.5. Filming will only be allowed for review in case of an altercation or a player gets injured.

8. *Cancellation of Games*

8.1. Any cancellations on game day will be made by CPSAL by 1pm.

8.2. Games canceled in less than 48 hours of game day will not be rescheduled and result in a forfeit for the rescheduling team. CPSAL reserves the right to reschedule a game based on unavoidable emergencies determined by CPSAL commissioner..

9. *Gameday Policies*

9.1. *Game Duration*

- a) Shared time on the court is 3 minutes for warm up.
- b) Each team will be allowed three (3) minutes of serving time before the game begins.
- c) Team must win by two (2) points.
- d) The first two (2) sets are played to 25 points.
 - (HS) Cap for the first two (2) sets will be 32 points.
 - (MS) Cap for the first two (2) sets will be 30 points.
- e) If a game goes to the third (3rd) set, the set will be played to 15 points.
 - (HS) Cap for the third (3rd) set will be 22 points.
 - (MS) Cap for the third (3rd) set will be 20 points.
 - All teams have two (2) 30 second timeouts per set.
- f) There is a one (1) minute switch time.
- g) Play clock is not a factor; the game continues until one team has won.

9.2. *Championship*

- a) Shared time on the court is 3 minutes for warm up.
- b) Each team will be allowed three (3) minutes of serving time before the game begins.



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- c) Team must win by two (2) points.
- d) The first four (4) sets are played to 25 points.
 - (HS) Cap for the first four (4) sets will be 32 points.
 - (MS) Cap for the first four (4) sets will be 30 points.
- e) If a game goes to the fifth (5th) set, the set will be played to 15 points.
 - (HS) Cap for the fifth (5th) set will be 22 points.
 - (MS) Cap for the fifth (5th) set will be 20 points.
- f) All teams have two (2) 30 second timeouts per set.
- g) There is a one (1) minute switch time.
- h) Play clock is not a factor; the game continues until one team has won.

10. Forfeits

- 10.1. All forfeited games are entered into the standings as a 25-0, 25-0 (2-0 Match loss).
- 10.2. A fifteen (15) minute forfeit time (Starts 15 minutes after the scheduled start time of the game) is allowed for all games. This will be strictly enforced by the referees unless extra time is authorized by CPSAL commissioner.
- 10.3. All teams must have at least (6) players to start an official game. Teams that have less than five (6) players by the designated forfeit time will forfeit the game.
- 10.4. Any team that forfeits three or more games in a season will not be eligible for playoffs.
- 10.5. All teams that must forfeit a Saturday game must inform the league via phone call or email by 3pm on Friday.



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11. Suspension /Ejection of Student/Coaches

- 11.1. Any player ejected from a game must leave the immediate playing area.
- 11.2. Players ejected from a game for unsportsmanlike behavior will face a minimum one-game suspension.
- 11.3. Any coach ejected from a game must leave the immediate playing area.
- 11.4. If a coach is ejected from the game and there is no other coach to handle the coaching duties, the game will be called and awarded to the opposing team.
- 11.5. Coaches ejected from a game for unsportsmanlike behavior will face a minimum one-game suspension.

12. Equipment and Safety

- a) Girls Volleyball regulation- Molten super touch volleyball.
- b) Boys Volleyball regulation- Tachikara SV-18S Indoor Volleyball
- c) Knee pads
- d) An AED must be present in all buildings where games are played. CSAA mandates AED/CPR certification for all coaches.
- e) No player will be allowed to play with a hard cast. A doctor's release note must be presented to the league before they can play again.



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13. Protests Protocol

13.1. Protests may only be made if a rule is alleged to have been applied incorrectly, or not applied.

13.2. No protest of judgment calls may be entered.

13.3. Coach must verbally inform the referee of the protest before play commences or resumes.

a) Judgment calls include (but are not limited to):

- Ball in
- Ball out
- Ball touched the net
- Player touched the net
- Serve Violation calls
- No Violation Call

13.4. All protests of rules interpretations/athlete eligibility/scorebook keeping must be made in writing and emailed to the Director of Athletics within 24 hours of completion of the game.

13.5. All protests must be completed on the proper Protest form or via email to CPSAL Commissioner.

13.6. All protest forms are on CPSAL website (cpsal.org) under documents.

13.7. The league will investigate all protests and will deliver a ruling within 24 hours of receipt of protest. If a ruling cannot be made within 48 hours, the protesting coach will be notified of the delay and informed of when to expect a ruling.



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13.8. A coach can only protest the age and grade of two (2) players within 48 hours of a regular season game and 24 hours of a play-off game.

14. Sportsmanship Policy

14.1. All teams are expected to show sportsmanship before, during, and after each game. Coaches and players must line up and shake hands after each game. Exceptions to this rule are made for injured players after the coach informs the referees/game supervisor of the injury.

14.2. Players must keep their jerseys on during the postgame sportsmanship line. If a player removes their jersey before the sportsmanship line, that player will be warned. Continued violation of this rule may result in a 1 game suspension.

14.3. Players who do not participate in the sportsmanship line may be suspended for their next game.

14.4. Coaches who do not participate in the sportsmanship line will be suspended for their next game.

14.5. Only coaches, players, and managers are allowed on the bench during the game.

14.6. Coaches and managers must be in team apparel/colors and players must be in uniform.

14.7. No spectators are allowed on the bench during the game.

14.8. All teams are responsible for removing their trash from the bench area after the game.

14.9. Coaches and ADs are responsible for the actions of their players and spectators on and off the court.



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- 14.10. Foul language, profanity, obscene gestures, abuse of the referees and any other unsportsmanlike actions will not be tolerated from any coaches or players and may result in an ejection from the current game, suspension from subsequent games and/or ejection from the league.
- 14.11. Any player or coach ejected from a game must immediately leave the gym. If a coach is ejected from the game and there is no other coach to handle the coaching duties, the game will be called and awarded to the opposing team.
- 14.12. Players ejected from a game for unsportsmanlike behavior will face a minimum one (1) game suspension.
- 14.13. 14.14. Coaches ejected from a game for unsportsmanlike behavior will face a minimum two (2) game suspension.

15. Fighting/Altercations

- 15.1. Fighting of any kind will not be tolerated. Any player who throws a punch will be ejected for fighting and automatically suspended for their next 2 games at minimum.
- 15.2. Coaches are responsible for controlling their benches during an altercation. If a player leaves the bench to participate in an on-court altercation, that player will be ejected from the game and suspended for the next game.
- 15.3. If more than one (1) player fights during or after a game, it is considered a team fight.
- 15.4. If a team fight takes place a team can be suspended for one (1) game or the entire season.



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15.5. During a team fight if one (1) player is reported to be out of control, that player can serve a suspension longer than the team suspension.

15.6. After a review of the incident (which can include statements from the coaches, referees, Game Supervisor and/or any video footage), additional penalties can be assessed at the discretion of the league commissioner.

15.7. CPSAL reserves the right to suspend a player for a minimum of one (1) game and maximum of the entire season.

16. Spectators and Cheerleading Policies

16.1. Each school should submit their gym spectator policy to the league before their first scheduled home game.

16.2. A warning will be given to fans or parents who disrupt the flow of the game at the referee's or Game Supervisor's discretion. If the disruption continues, the fan or parent will be asked to leave the event. If he/she refuses to leave the gym, the team that's being supported by the unruly fan will forfeit the game.

16.3. Cheerleaders are an extension of the team and must also be accommodated at all home and away gym locations.

16.4. Home team cheerleaders should cheer on the Home team sidelines or designated area if available.

16.5. Home team cheerleaders cannot cheer on the away team's sideline/bench. Away team cheerleaders cannot cheer behind the home team's bench.

16.6. Cheerleaders are just like the players and can be ejected/suspended from a game for disorderly behavior at the referee or Game Supervisor's discretion.



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17. Sound and PA Announcements

17.1. Pre-game music and music during timeouts is allowed. All music and sounds should be in good taste and profanity free.

17.2. Play-by-play announcing is allowed during league games

18. Scorebooks and Scoreboards

18.1. The home team must provide personnel to operate the scoreboard and keep the official scorebook.

18.2. Each team must keep an accurate scorebook of the game play to resolve any discrepancies with the official scorebook. The scorebook is considered part of the official record of the game and must be provided to the league in order to resolve any protests.

18.3. The home/host school team is responsible for submitting the final game score to the league. All game scores must be texted or emailed to the league no later than 24 hours after completion of the game.

18.4. If scores are not submitted within the time given, the game will be awarded to the opposing team.

18.5. This ensures accurate and timely updating of the standings on the league website.



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19. GAMEPLAY RULES

19.1. Dimensions

- a) The height of the net measured from the center of the court is seven (7) feet four (4) inches and no lower than six (6) feet nine (9) inches. The two (2) ends of the net must be at the same height from the floor.
- b) Attack line must be ten (10) feet from the net on each side.

19.2. The serve

- a) First game serve is determined by the toss of a coin.
- b) (HS) Server must serve from behind the restraining line (end line) until after contact.
 - The Serve Line/Back line must be 30 feet from the net on each side.
- c) (MS) Server can have **AT MOST** one foot over the serve line.
- d) Server must be contacted with the ball in 8 seconds.
- e) Ball may be served overhand with ball in motion, underhand with ball in motion, and underhand with ball in a non-motion position.
 - If you are serving from a non-motion position, your contact serving hand must be with a closed fist.
- f) Ball must be clearly visible to opponents before serving.
- g) Served ball may graze the net and drop to the other side for points.
- h) Serve must be returned by a bump or a set only. No attacking/spiking a serve.
- i) Attacking the serve is not allowed.
- j) (HS) Second Chance serve is NOT ALLOWED
- k) (MS) Second Chance serve is only allowed once when in 1st position per rotation. A valid second chance serve is when the ball drops and does not touch any part of the player's body.



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20. Scoring

20.1. Rally scoring will be used.

- Rally scoring is a system used in volleyball in which a point is scored on every single rally. It doesn't matter which team serves the ball; points can be scored by either the serving or the receiving team.

20.2. The winner of the game is determined by the best two (2) out of three (3) sets.

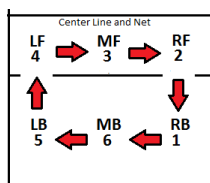
21. Rotation

21.1. When an opposing team loses a volley, the team awarded the serve will rotate.

21.2. Players will rotate in a clockwise manner.

21.3. There shall be six (6) players on each side.

ex:



22. Playing the game (VOLLEY)

22.1. Maximum of three hits per side.



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22.2. First player may contact the ball twice with various parts of the body in a single attempt to block or return the ball regardless if the ball goes over the net or stays on their side. Second player may contact the ball twice with various parts of the body in a single attempt to return the ball AS LONG AS the ball remains on their side. Any double hits on the third player will be stopped immediately and called a violation. (A block or body hit is considered a hit). Prolonged contact is a fault in these actions.

22.3. Ball may be played off the net during a volley and on serve.

22.4. A ball touching a boundary line is good.

22.5. A legal hit is contact with the ball by a player body above and including the waist which does not allow the ball to visibly come to a rest.

22.6. If two or more players contact the ball simultaneously, it is counted as one play and the players involved may not participate in the next play.

22.7. A player must not block a serve.

22.8. Switching positions will be allowed only between front line players (only after the serve).

22.9. Late players are not allowed to enter the game once the set has begun. However, they play the next set.

23. Substitution



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23.1. Players can be substituted during any dead ball and time out.

23.2. Each team is allowed to make 18 substitutions per set (18 is the maximum). Substitutions may be called only in between points or at the beginning of a set and may not be called during a point.

23.3. Players having been substituted may only go back on the court for the player who substituted them. This counts as 3 substitutions of the 18 allowed per team in a set.

- Ex- player 1 is in the game. Player 2 goes in for player 1. Player 3 can go in for player 2. Throughout the set all 3 players can substitute for each other.

23.4. If a player gets injured or becomes ill during a set, they will have to be replaced by a legal substitute. This will not count as a team substitution.

24. *Basic Violations*

24.1. Stepping on or over the line on a serve.

24.2. Failure to serve the ball over the net successfully.

24.3. Hitting the ball illegally (Carrying, Palming, Throwing, etc.)

24.4. Touching the net with any part of the body while the ball is in play.

- If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called; and the ball shall continue to be in play.

24.5. Reaching over the net, except under these conditions.

24.6. Players cannot switch positions before the serve.



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24.7. Players cannot go under the net.

24.8. Crossing the CenterLine- Player foot can touch the center line, but once the player(s) whole foot touches the other team side of the court, it is a violation.

25. Libero

24.9. The Libero can replace any back- row player on her team, without prior notice to the officials.

25.2. The Libero must wear a contrasting jersey for her team, to identify herself.

24.10. In one rotation, the Libero may replace the player in position No. 1 to serve.

26. Line Judge Responsibilities

24.11. Call balls hit over the end and side lines

24.12. Call touches on balls that touch a player before going out of bounds

24.13. Call foot faults on the serve.



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