

**Volleyball League Rules and Guidelines**  
**Cincinnati Volleyball Academy**  
**Courts 4 Sports**  
**Ginger Hine - 513-885-7967 - [ginger@courts4sports.com](mailto:ginger@courts4sports.com)**

3<sup>rd</sup> and 4<sup>th</sup> grade Division (6 vs 6)

Net Height: 6'6  
Serving line: 15 feet in from end line  
Volleyball: Volley lite

5<sup>th</sup> and 6<sup>th</sup> grade Division (lower division the net will be 6'6 height)

Net Height: 7'0  
Serving Line: 6'6" feet in from end line  
Volleyball: Volley lite

7<sup>th</sup> and 8<sup>th</sup> grade Division

Net Height: 7'4 1/8"  
Serving line: Behind the end line  
Volleyball: Regular weight ball

The match schedule will be posted on our website at [www.courts4sports.com](http://www.courts4sports.com). It is VERY IMPORTANT that you attend your scheduled match time. If for any reason you cannot attend one of your scheduled matches for our league you need to notify me within 48 hours of your scheduled match. If you forfeit a match you will not be able to make the match up at a later date. If you personally cannot make a match to coach your team please try to see if you can find another coach can step in and coach the players in your absence. I need to know if you will not be coaching your team. You are not to ask any parents on your team to coach. Understand that when you do not show up for a scheduled match day and time it affects your team and parents.

As soon as the schedule is posted I will email all the coaches. You will need to email your team of your team's schedule. All teams will play 10 matches. All matches in regular season will be first two games to 25 points rally score and the third game 15 points rally score. All teams will play the three games no matter who wins the first two. There is no cap on the games, but teams have to win by two points. For the 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> grade divisions the server can only serve 4 in a row and then their team has to rotate and a new server serves. If a player serves her/his fourth serve and his/her team wins the point, they have to rotate. The team that just won the point still has the serve. Our 7<sup>th</sup>/8<sup>th</sup> grade division players can serve as many in a row as they are able and the players do need to substitute in the set in front of the ten foot line. Our 7<sup>th</sup>/8<sup>th</sup> grade division cannot just rotate players in the game. Any questions on this serving rule, please call me. For our fall league we will have an end of league tournament. Details about the tournament will be sent later in the season. The end of league tournament would be a single elimination tournament and would take place once the regular season matches are completed.

All teams will have a short time to warm-up before their matches, maybe 5 minutes. We will try and keep the games going. The refs will ask for a captain at the beginning of each match. My suggestion is to have your players take turns being captain for each match. Each team will have 4 balls for their team to warm-up. Balls are provided by Courts 4 Sports. Before the match begins all the balls must be collected and bagged.

The 3<sup>rd</sup> and 4<sup>th</sup> grade teams can still serve 15 feet in from the end line, while the 5<sup>th</sup> and 6<sup>th</sup> grade teams have to serve 6'6" feet in from the end line. There are lines down on the courts for the 5<sup>th</sup> and 6<sup>th</sup> divisions. The 3<sup>rd</sup>/4<sup>th</sup> grade teams will serve from behind the three point basketball line extended. The officials will show you at the beginning of your first match so you can show your players. If the server steps on the line, they will be called for a foot fault.

Some basic rules that might be different from CYO leagues or other leagues that you played in are as follows:

Let serves are legal – if the serve touches the net and goes over in bounds it is in play

\*Libero's can serve (most of our teams do not have libero's)

\*Players can touch the net if it does not interfere with the play they just cannot touch the top of the net

\*Overhand passing is legal for the first contact on serve receive and defense.

\*We will follow USA volleyball rules

There will be high school girls/boys and some adults reffing the matches. We will not have official certified refs for our league matches. I have run a league before and used high school players to ref and it worked fine. Each team is responsible for supplying one line judge per match. My suggestion is to rotate parents each match. I do not want to have any children line judging the matches, they need to be high school age or older to line judge. We will also need a volunteer parent to run the scoreboard. We will not keep an official book for each game. All the scores are recorded after each match and will be put on the website to keep track of wins/losses. The wins/losses will be used for seeding of the end of league tournament if we have one. Players are not required to have numbers on their shirts as we do not keep track of substitutions.

There will be absolutely no yelling at the refs or line judging. Please make sure you tell all your parents this rule. They will not be able to attend the matches if they yell at the ref and line judges. There will be calls that are made that you do not agree with as coaches or parents, but that is the sport of Volleyball. I will make sure that my oldest girls/boys ref the 7<sup>th</sup> and 8<sup>th</sup> grade division. I will go over the rules with the refs. Setting and net calls will be the most controversial calls. They will be a little more lenient with the 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> graders than they will with the 7<sup>th</sup> and 8<sup>th</sup>. Coaches can substitute as many times as they want. For the 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> graders, I will suggest the players just rotate in the game as the team rotates. For the 7<sup>th</sup> and 8<sup>th</sup> grade league, teams will not be able to just rotate in, they will need to follow the substitution rule where players must go between the center line and the ten foot line to sub in and out of the match. I will also suggest that the 7<sup>th</sup> and 8<sup>th</sup> grade teams try to run an offense and defense. For the younger ages, I would suggest everyone sets and hits. But if you have some better players, I would try and run a 6-2 or 4-2 offense and rover or perimeter defense.

Playing Time: I will encourage all coaches to give everyone playing time. There might be some players in the 7<sup>th</sup> and 8<sup>th</sup> grade division that play more than others, but in the 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> grade division everyone should play evenly.

I would like the emphasis on teaching players the correct technique for the skills, teaching them how to play the game. The emphasis should not be on winning at this young age. The number one priority should be to pass the ball to the setter all the time – never just pass the ball over the net on the first contact. You will lose more games at an early age by having your players focus on three contacts per side, the first one going to the setter than you will if they just pass the ball over the net. But the players who learn the correct way to play at an early age will be better players when they are older.

Eight Volleyballs will be provided for the teams to warm-up before their matches. Four balls for each team. Before the match starts, all the volleyballs need to be picked up and put back in the bag.

There is a gate charge on match days.

Any and all questions, please do not hesitate to call me anytime at 513-770-0667 ext 10 or 513-885-7967.

Thanks again for all of your time and effort!! If I missed anything that you were wondering about, please ask me.

-Ginger