

Girl's Volleyball League Rules

Revised 8-17-09

1. The Girls volleyball league shall consist of Catholic parish school teams that are members of the Grand Rapids Area Catholic Elementary Athletic Council (GRACEAC). No CCD student or Religious Education students. Student must be enrolled in the parish school.
2. Invitational and league playoffs will follow all regular season match rules.
3. All GRACEAC Handbook rules and regulations apply (*denotes references to the GRACEAC Handbook).
4. All match rules will be according to the Michigan High School Athletic Association (MHSAA) Rules for Junior Highs unless noted as an exception in these rules.
5. Each participating school must have a roster complete with players' names, birth dates, and grades; uniform colors; coaches name, address, and phone numbers; school name and team nickname. This roster must be signed by the school principal and submitted by the athletic director to the league president one week prior to the first game.
6. The coach will bring all players to center court and lead the group in prayer.
7. Teams and coaches will meet immediately following the game to shake hands in demonstration of good sportsmanship.

Mergers

8. Any school requesting a merger should do so any time after August 15th, by referring to the following guidelines:
 - a. Schools shall not practice together prior to approval of their merger request by the league president. Violations shall be reported to the league president.
 - b. A principal or athletic director may request a merger. Coaches must have prior approval from their school principal or athletic director for a merger request.
 - c. Final approval of a merger will be made by the Coordinator of Athletics.
 - d. All teams must have a roster of 16 or more players before splitting into two teams.

Practice

9. Practices may begin the week of August 15th.
10. All teams are limited, per week to: 4 ½ hours per week.
11. Practice time shall be limited to two (2) hours per day. Coaches are encouraged to cut time for practice and number of practices when there is an opportunity. (*Rule G).

Game Eligibility and Minimum playing time

12. To insure participation, it shall be mandatory that each student athlete participate the minimum time per match of sixteen (16) serves. City tournament play requires a minimum of ten (10) serves per match. (GRACEAC Policy)
13. When a player becomes injured during the course of a game and is deemed unable to continue, the minimum playing time for that player is not required. Anytime a player is injured and returns to play, the playing time minimum must be met.
14. There are only 18 substitutions per game allowed. In the 5th and 6th grade, there are no substitutions to the service position.

Game Rules

15. Each coach will receive two (2) full time-outs per game. (one minute)
16. The team serving and receiving must be silent when the ball is being served. If this rule is not followed, a team could be penalized for unsportsmanlike conduct. A point will be given to the opposing team.
17. At least five minutes before the scheduled starting time, each team shall supply the scorers table with the lineups. Name and number of each squad member who will be participating. The list shall be in numerical order. The roster must remain at the table until the match is decided.
18. Each team shall designate at least two captains for a pregame captains meeting with the officials. The HEAD coach is required to attend this meeting. The meeting will consist of sportsmanship and leadership along with a rule review.
19. The scorer's book is to be the official book of the game.
20. No jewelry may be worn during the game. Any unforgiving material (i.e.; plastic or metal) may not be worn during matches. **Bobby pins are allowed and may not be longer than 2 inches and unadorned.** A time out can be charged to a team that does not conform to this rule.
21. If players wear t-shirts under their uniform, it must be the same color as the most dominant color of the uniform. If a player wears shorts under their uniform, they must be compression shorts (spandex) above the knee and the same color as the dominant color of the uniform. If your uniform shirt and shorts are not the same color; the t-shirt must match the uniform shirt and the spandex must match the uniform shorts. Coaches will be responsible for the uniform compliance of all their players.
22. Only players and coaches may be on the court during the pre-game warm-ups, time-outs, between games or between matches. All fans and spectators must keep off the floor.
23. All coaches or bench personnel must wear tennis shoes or laced non-marking shoes. No sandals or flip flops or high heels are allowed on the court.

24. If the volleyball hits the basketball hoop, basketball net or backboard it is out. Exceptions to his rule will be made to certain gyms by the officials.
25. Ceilings/Rafters hit by volleyball:
 - a. On your side, if you have a hit left, the ball may be played
 - b. If the volleyball hits the ceiling, rafter or goes over or through the ceiling or rafter and does break the plane of the net, loss of rally/point is awarded.
26. Libero allowed all grades, all levels
27. Finger Set Serve allowed, all grades, all levels.

Coaching Guidelines

28. The head coach is responsible for the conduct and behavior of substitutes, disqualified squad members, and all bench personnel.
29. Coaches must remain seated on the bench at all times except to:
 - a. Confer with bench personnel and players within the confines of the bench area during a charged time out or the intermission between quarters and extra periods.
 - b. Rise and stand in front of their seat to signal players to request a time out.
 - c. Confer with personnel at the scorers table to request a full length time out for a correctable error.
 - d. Attend an injured player when beckoned onto the court by an official.
 - e. Replace or remove a disqualified or injured player directed to leave the game.
 - f. **Coaches may stand in the regulated area of the bench between the 10 foot line and the base line no closer than 6 feet from the side line.**
30. Bench personnel shall not:
 - a. Disrespectfully address an official.
 - b. Object to an official's decision by rising from the bench or Using Gestures.
 - c. Incite undesirable crowd reactions.
 - d. May only approach the scorers table during a time out.
31. Coaches may only approach the scorers table during a time-out.

ADDITIONAL RULES

30. For Fifth and Sixth grade, the net will be 7 feet 0. The service line will be advanced 5 feet forward and servers must serve from within the service box area. No substitutions will be allowed in the service position. If serving from 7/8th grade line, server may be positioned any where it is legal.
31. For Seventh and Eighth grade, the net will be set at 7 feet, 4 1/8th inches. The server may serve from anywhere behind the service line.
32. Each team must provide one line judge per match. Please use high schoolers or adults.
33. If the ball hits the line, it is in. If it hits the antenna, it is out.
34. If your team is the receiving team after the first serve, before you serve, you must rotate.
35. The first server must be circled on your line up sheet.
36. Scoring Rules for all grades, all leagues, all divisions:

ALL LEAGUE GAMES:

5/6th Grade: Rally Scoring will be used in each match. Each match shall consist of 3 games to 21 points with a cap of 25, win by two, unless cap is reached.

7/8th Grade: RALLY SCORING WILL BE USED IN EACH MATCH. Each match shall consist of 3 games to 21 points with a cap of 25, win by two, unless cap is reached.

5th through 8th grade level a let serve is allowed. This is when the ball hits the net on the serve and then goes over.

5th through 8th Grade: Each team will have a 4 minute maximum warm up before each scheduled Game. Warm up shall not exceed 4 minutes.

ALL GRADES INVITATIONAL AND 7/8th GRADE CITY FINAL TOURNAMENT:

Play 2 of 3, game to 21, win by 2, no cap.

PLAYER SAFETY AND INJURIES

37. An unconscious or apparently unconscious player, as determined by the game officials, will be removed from the game by the official. The player may not return to any game or practice, without written authorization from a physician (M.D. or D.O.). this authorization must be given to:
 - a. the game official prior to the player's return, if for the same game.
 - b. her coach before practicing again.
38. A player who is bleeding, has an open wound, or has an excessive amount of blood on her uniform must leave the game. The game official will stop the game and allow the

coach one full minute to bring in a substitution. The affected player must sit out until the next time stoppage before returning to the game. Excessive bleeding or an excessive amount of blood is any amount on the uniform or skin that can be transferred to a player, opponent, or official. The player may not return until the bleeding has stopped, and if necessary, the affected area covered. If the player has an excessive amount of blood on her uniform, the uniform must be changed. Coaches are encouraged to have extra shorts, jerseys, socks, etc. For the player to change into. Inexpensive numbered tshirts can be used as long as they are of a similar color as the game jersey.

INCLEMENT WEATHER

39. Coaches will be notified of cancelled games due to inclement weather if decided prior to the end of the school day. If school is cancelled, **games may still be played**. Coaches or athletic directors should call the GRACEAC hotline (456-9563) for further information regarding game status. If a game is cancelled due to inclement weather, the contest shall be played at a time and court mutually agreed on by the league president and coaches.