

# CATHOLIC ELEMENTARY GIRLS VOLLEYBALL LEAGUE

Monday, August 31, 2009

## RULES AT A GLANCE

<u>5/6<sup>th</sup> Grades</u>	<u>7/8<sup>th</sup> Grades</u>
1)- Total Participation – 16 serves per match tracked by coach	Same, with the exception of 10 serves per match during City tournament play.
2)- No limit on substitutions	Limit 18 substitutions per game
3)- Service Rule – remain silent 5 seconds to serve	Same
4)- Rosters due to table 5 minutes before game time	Same
5)- Times outs – 2 full timeouts per game	Same
6)- No jewelry, no plastic, no metals; (elastic ponytail holders), no earrings or beads. Exception-2’’ or less standard unadorned Bobby Pins allowed	Same
7)- T-shirts (may be long sleeved) under uniform must be same or similar color of dominant color of uniform – compression shorts must be spandex, similar color, above the knee Wrist bands may be worn.	Same
8)- Volleyball hits Bball hoop, backboard, above a backboard, ceiling net, or basketball net, it is always out	Same
9)- Net height – 7’ 0’’- service must be from service box (5’ x 5’ area behind 5/6 <sup>th</sup> line) or anywhere behind the service line – note: if serving from 5/6 <sup>th</sup> line, server may run up to it from behind the box area.	Net height - 7’ 4-1/8’’ – service may be from anywhere behind the service line
10)- Rally scoring – 3 games to 21 pts. With Cap of 25 pts; win by 2, unless cap is reached No league standings will be kept	Rally scoring – 3 games to 21 point cap of 25 pts; win by 2, unless cap is reached. Wins and losses will count As games(not matches).
12)- Finger sets are allowed	Same
13)- Let Serve (hits net and goes over) allowed	Same
14)- 4 minute maximum warm up before game	Same
15)- Invitational and City Tournaments will follow all GRACEAC Policies and Rules. Pool play into brackets. Pool play Will be 2 games to 21 straight. Bracket play and Championship game to 21, win by 2, no cap, best 2 out of 3.	Same
16)- Practice times –Maximum Practice hours per week is 4-1/2 hours, 3 days per week, limit 2 hours in length per day	Same
17)- Libero can be used	Same