

# CVLC Volleyball Guidelines

**The CVLC will abide by WIAA-NFSHA rules for the current season. In addition, the following guidelines will be followed.**

## **Playing Area**

1. The playing area shall be 60 feet X 30 feet with 2-inch lines for boundaries. A 2-inch centerline divides the court into two playing areas.
2. The net shall be 7 feet 4 inches high.

## **Pre-Match Warm-Up Guidelines**

1. Warm up shall consist of 10 minutes.
2. Clock will stop and horn will sound between each segment as described below.
  - 3 minutes- both teams on court doing drills but no net play
  - 3 minutes- home team on court alone
  - 3 minutes- visiting team on court alone
  - 1 minute- both teams on court serving
  - Teams may practice prior to the 10-minute warm-up, but serving and net play are not allowed.

## **Serving area**

1. Players may serve anywhere behind the end line.
2. If there is not adequate room for service, server may step over the serving line when serving. This will be determined and agreed upon by coaches and referee before the contest starts.
3. The B-Team serving line is 6 feet in front of the regulation service line.

## **Players**

1. Six players constitute an official team.
2. Teams may use a rotation of more than six players.
3. Players assume court positions of left forward, center forward, right forward, right back, center back, and left back.
4. Each player must remain in her own serving area until the ball is served.
5. The server is the only player allowed outside the playing area at the moment of service.
6. Players are not to wear jewelry or barrettes. Rubber bands should be used to hold hair in place.

## **Officials**

The home team shall supply an official to call the game and line judges at the official's discretion.

## **Game Structure**

1. Each match will consist of three games, the winner taking two out of three.
2. All games will be played to 25 points. Rally scoring will be used, and teams need to win by two points. Also, a serve that hits the net and goes over is considered a legal serve under rally scoring rules.

## **Substitutions**

WIAA-NFSHA substitution rules will be followed for all games and league tournaments. The “libero” position will not be allowed in CVLC games, however.

**Also, players may not be substituted into the serving position.**

## **Rules**

During play the following rules govern the game. If a member of the serving team violates a rule, the serve goes to the opposing team and a point is awarded. If a member of the receiving team is the offender a point is awarded to the serving team.

1. The serve must be legally executed.
2. During the serve, the ball may be tossed once in the air and caught. Then it may be re-tossed. If it is caught a second time it results in a side-out.
3. Any ball hit underhand with two open hands is considered a carry.
4. Any ball hit with hands that are not interlocked is considered a double hit. (example: two closed fists)
5. The ball may be volleyed three times on a side. A player may not have two successive hits.
6. If two players contact the ball simultaneously, it is considered one play and the players involved may participate in the next hit.
7. Following a block, any player may play the ball next and it is considered the first hit. A block is not a volley.
8. Any ball that strikes the net and crosses is still in play.
9. A ball in play may be recovered from the net if the player makes no contact with the net.
10. A player may not touch the net when the ball is in play.
11. If the ball is driven into the net by an opponent and causes the net to touch a player on the opposing team, play continues.
12. A player may not reach under the net to touch a ball or a player on the opposing team.
13. A player may step on the centerline but not past it. A violation occurs if the entire foot is over the center line.
14. A ball may be played as soon as any part of it crosses the net.
15. A ball touching any part of the boundary line is considered “in”.
16. A player may leave the court to play a ball.
17. A team is allowed two time-outs per game. They must be taken during a dead ball. If an additional time-out is called it results in a loss of point.
18. If a double foul occurs the play is repeated.

19. If a ball strikes a player anywhere above the waist, it is a legal hit as long as the same player does not hit it consecutively.
20. Multiple blocks are permitted.
21. On a spike, follow-through across the net is permitted.
22. Players may be disqualified from the game for unsportsmanlike conduct.
23. Serving is limited to 5 consecutive serves at the A and B level.