

**NORTHSIDE CATHOLIC ATHLETIC LEAGUE
VOLLEYBALL 2009
ZONE RULES AND REGULATIONS**

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ZONE REGULATIONS

1. The Federation Volleyball Rules for 2009-2010 will govern play in Zone VI, except as changed the CYO Sports Program handbook and in this schedule as addressed below. The Libero position as defined in the Federation Rule Book is not recognized in CYO play. **New federation rule for 2009: it will be considered a legal hit if the ball strikes any part of the body without prolonged contact, i.e., a lift.** All official zone notifications regarding scheduling and standings for Volleyball will be posted on the Zone Website – www.nscal.org
2. The scheduled starting time is game time. NO GRACE PERIOD allowed for any team.

A team may start and finish the entire match with five (5) players. The coach of a team with five (5) players must designate which spot on the court will be open. This spot must remain open during the entire match. This open spot will be considered a side-out (loss of serve and point) when it gets to the serving position. At any time during the course of the match, if the sixth player arrives, that said player must immediately go to the open spot and a substitution will be charged to the team.

Teams not ready to play at scheduled game time will forfeit that game. After a ten (10) minute waiting period, the second game of the match will begin; if the losing team is again not ready, they will forfeit the match.

Two (2) ten (10) minute scrimmage games will be allowed for forfeited matches.

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3. Coaches/team captains will meet with officials ten (10) minutes before game time.

Lineups are due five (5) minutes before game time. Once presented to the scorekeeper, changes to the lineup will not be allowed. If a change is made, it will be considered as a substitution. Once the scorekeeper has received the lineups, coaches/opponents will not be allowed to retrieve it. Player number may be obtained from the court. Warm up times on the court will vary from five (5) to fifteen (15) minutes, depending on game time and at the discretion of the court official.

4. Each team will provide a lines person, **14 years or older (preferably an adult)**. Please remember that the Court official has authority to overrule line person's calls.
5. NSCAL scorekeepers will be used in each gym.

6. **Rally Point Games:**

All three (3) games of every match will be played. All games are to be scored using the rally point system. See Rule 9 for further scoring instructions.

7. **Player Participation Rules:**

Every player that is attending a match, must play at least one complete game of the first two games within the match. Failure to do so will result in the forfeiture of the match.

Absent/Late Players:

If a player is marked absent at the start of a match, and the player arrives during the first game, said player must play the entire second game of the match.

If a player is marked absent at the start of a match, and the player arrives during the second or third game, the head coach has two (2) options:

- Head Coach may put the late player in the game without a penalty, even though the player may not be able to play the entire game.
- Head Coach may choose to keep the player out of the entire match without a penalty.

8. **UNIFORM RULES:**

There will be a two week grace period on CYO patches and uniforms. **All uniforms must have a CYO patch sewn on uniform (front of shorts or left side of jersey) by September 25, 2009. Penalty: Removal from game. Offending player will receive credit for game played.**

Uniform numbers will be three inches or larger will be placed in front and back of the shirt.

Players will not wear jewelry of any kind except for Religious Medallions which must be taped to the chest. **NOTE: Ear studs may not be worn, even if taped.**

Players will not be allowed to wear hairpieces made of hard substances such as plastic barrettes, metal combs, etc. Knee pads are mandatory for the Tiny through **CUB** age groups. **A player wearing a cast (hard and/or soft) is ineligible for play.**

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9. TINY 2 & PEEWEE DIVISION:

For the first two games of a match, the winner of said game will be the first team to reach 25 points. The third game will be decided by the first team to score 15 points while sustaining a two point margin, no cap. **Service Line** for the **Tiny 2 and PeeWee 1** division will be at the 20 foot line and their court size will be 25' by 30'. Tiny 2's and PeeWees will use the Volley-Lite volleyball. PeeWee 2's will serve from the 25 foot line and their court size will be 30' by 30'.

MITES and CUBS:

For the first two games of a match, the winner of said game will be the first team to reach 25 points. The third game will be decided by the first team to score 15 points while sustaining a two point margin, no cap. Court size will be 30' by 30'. Mites will use the Volley-Lite volleyball.

10. Let serves are legal. A ball striking the net on the serve and falling on the opponent's court is playable provided all other aspects of the serve are legal.
11. Only certified coaches listed on the roster and their scorekeepers (with a limit of four (4) individuals) will be allowed on a team bench. Scorekeepers cannot coach. As of September 25, 2009, all coaches on the bench will be required to visibly display their own certification badge while coaching on the bench. Penalty: Removal from the bench.
12. Recital of Prayer (as found in the CYO handbook – or ad lib.) must be done at the beginning of each match. After turning in lineup of first game to scorekeeper, teams will meet in center court and recite prayer. After prayer, players shall return to their benches.

REMEMBER – IT IS UP TO EACH HOME TEAM TO INITIATE THE PRAYER AT THE BEGINNING OF THE MATCH. NO GAME WILL START WITHOUT PRAYER.

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13. **CYO coaches must remain seated during play. Coaches may stand to cheer a good play or give instructions.**
14. Outlaw (or illegal) teams consist of children playing in age groups younger than specified or mixed (coed teams). Outlaw teams will be allowed to play in the league and Zone, however, will not be allowed to advance to City.
15. Only six (6) substitutions will be allowed per game. A starting player may leave a game and re-enter only once, to the previous position in the lineup. A substitute may enter only once per game. Only 2 players per position per game.
16. Nets will be set at 6'4" for the Tiny/PeeWee Divisions. Nets will be set for 7'4" for Mites and Cubs.
17. There are only two (2) 30 second time outs per team per game. There are no other situations where teams are awarded additional timeouts.

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18. Admission fees are set at \$2.00 per match for fans 16 years and older. This is to help offset the cost of officials, scorekeepers and the necessary renting of Northside ISD facilities. While volleyball teams can play multiple matches on any given day, the matches may not be consecutive. If there is a lapse in match times and if a parent/fan leaves the gym between matches, that parent/fan will be required to pay an admission fee on their return.
19. First Servers will now begin in the right front position. Coaches will list their service order on the lineup sheet as in the past. The first server for both teams will align to the right front. When the first serve of the game is recognized for your team, you will be asked to rotate into the service position. For example, if your lineup sheet looks like this:

| Server | Name |
|--------|--------|
| 1 | Suzy |
| 2 | Amy |
| 3 | Mary |
| 4 | Jackie |
| 5 | Casey |
| 6 | Brenda |

On the court, at the start of the game they would be lined up like this:

| NET | NET | NET |
|--------|-------|--------|
| Mary | Amy | Suzy |
| Jackie | Casey | Brenda |

When your team is awarded the serve, Suzy would rotate into the server's position. **If there are any questions about this, ask the game official.**

COURT COURTESY

Please do not allow bench players to bounce the ball while games are being played.

Returning the ball to the opponent's court shall be done by rolling the ball underneath the net.

NO open containers or drinks from the concession stands will be allowed on the team bench before, during or after the game. Only sports bottles with lids can be used in the bench area. NO EXCEPTIONS!!!

NOTE: No outside food or drinks will be allowed into the gym while games are being played. Please help support our individual programs by patronizing the concession stands.