

Metro Volleyball Conference Rules

1. WIAA Rules

All WIAA volleyball rules apply to all grades with the following exceptions/clarifications:

A. Serving

All players must serve from behind the end line and within the sidelines.

B. Players

Five players are needed to start a game. When the "ghost player" rotates to the serve, a side-out shall be awarded to the opposing team. A point is awarded for the side out but no other penalty shall be assessed for the phantom server. Once a 6th player becomes available, they must be put in at the open position in the lineup submitted by the coach prior to each game.

C. Coaches

- All coaches must be in compliance with the Archdiocesan certification requirements.
- One coach may stand during a game. This privilege may be revoked. Additional coaches must remain seated except: during a time out, attending to an injured player, spontaneously reacting to an outstanding play by a player on their team, or requesting a substitution or a time out.
- During play, the Head Coach shall be no closer to the court than 6 feet from the sideline and not in the substitution zone. If there is not 6 feet available between the chairs and sideline, the head coach may stand directly in front of the chairs, but not in the substitution zone.

D. Player Uniforms

Uniforms should have a number on the upper front and back of the uniform top.

E. Game Play

The Libero will not be allowed.

F. Balls

- Game balls must be a WIAA regulation ball and bear the NFHS authenticating mark.
- Game balls may be either solid white or a maximum combination of 3 colors (with each panel being a solid color) and of which at least one third of the panels shall be solid white.
- The volleylite ball will be used for 5th and 6th grade girls.

2. PLAYING AREA

Players are allowed to play a ball over the bench, bleachers or similar areas that have been deemed out of bounds in prior years as long as they have 1 foot in contact with the floor when playing the ball. They are allowed to follow through into the bench or bleachers after the play.



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3. TEAM/PLAYERS

- A. Players must attend the school or Christian Formation program at the school which the team represents.
- B. Team rosters are due the weekend before the first match. Rosters must be signed by the principal/athletic director and coach.
- C. No player may be added to the roster without the consent of the League Director. Failure to do so will result in the forfeiture of all games in which the added player participated.
- D. If a school is combining two grades to make up one volleyball team, they will play at the upper grade level.
- E. A team may have only one player from the next higher grade level, provided the next higher grade does not have a team due to an insufficient number of players.
- F. Parishes entering multiple teams in one grade:
 - 5 & 6 grades: a parish which enters more than one team in one grade must divide the talent equally.
 - 7 & 8 grades: a parish which enters more than one team in one grade may divide the talent into an "A" team and "B" team(s). The "A" team must clearly have superior talent when compared to the "B" team(s). A parish, which enters more than one team in one grade, must have an annual tryout to ensure the proper distribution of talent. The division of talent must be easily recognizable.
- G. **The league may use its discretion to place a team in the "A" or "B" division using standings from the previous year.**

4. CONDUCT

- A. Coaches and players will not interfere with play. This includes berating officials, line judges, scorekeepers, and other players. The referee's ruling on all judgment calls is final. Violation of this rule will result in a yellow card warning, red card penalty point, and/or red and yellow cards together which are immediate disqualification for the match and an ejection from the gym could result thereafter. Referees have total authority on game conduct.
- B. If the entire team or an individual player is found guilty of unsportsmanlike conduct, whether committed on the floor or in the building, the team or player will be penalized. If the infraction is severe enough, the team may be dropped from the league.



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5. THE GAME

- A.** Teams must be ready to play within five minutes after the scheduled time for the first game and another five minutes for the second game, or the team will forfeit the match. If a team arrives after the forfeit time has expired, it will be up to the opposing team to determine if the games will be played. Both coaches must sign the scoresheet for the approval. If a team forfeits the match, they will be charged \$25 for the first instance, \$50.00 for the second forfeit, and \$100.00 for each additional forfeit thereafter for the duration of the season.
- B.** Written line-up sheets must be submitted to scorer's table prior to each game and remain at the scorer's table. The Metro Volleyball line up sheet is required. Players must be listed in their starting floor positions.
- C.** Grades 5 through 8 will play up to 25 points rally scoring for games 1 & 2. Game 3 will be played to 15 points even if a team wins games 1 and 2. There must be a two point difference to win a game with no cap. A match will consist of three games. Standings will be kept by matches won. Ties in standings will be resolved by the following winner of the match between the two teams which are tied. If tie is not broken then the tie remains.
- D.** The home team can pick their bench prior to the start of the match. The referee will determine a home team in the event that both teams are away teams. A coin toss by the referee between the captains of each team with the visiting team calling the toss will determine which team serves first. Teams shall switch sides for game two. A coin toss for game 3 with the home team calling the toss will determine the serve and side for game three. There will be NO switching of sides at 8 points in game 3.
- E.** Warm ups: Each team is given 3 minutes of court time alone. Coaches may use their on court time as fit. (5th grade may not want to hit). At times, older teams (i.e. 7th and 8th grade) may request more court time. The referee should use discretion. If time permits, a referee may allow extra court time within reason and should have discussed this with each coach before warm ups.
- F.** Each team is responsible to provide one Line Judge. These should be adults. Referees are expected to review MVC rules (signals, position on the court, etc.) with both of them before each match.
- G.** Players may not wear any jewelry. Earrings cannot be taped. Exception: a religious or medical medal may be worn if taped to the body under the uniform. The penalty will be a time-out charged to the team.
- H.** Hair combs are not allowed. Unadorned bobby pins or flat clips not longer than 2 inches may be worn to control players' hair. Soft ribbons of any width, length, or number will be allowed. No glitter or face paint is allowed. The penalty will be a time-out charged to the team.



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- I.** Players may not chew gum on the court or on the bench. Water must be kept off the floor at all times, or a penalty time-out may be charged to wipe up the floor.
- J.** The pre game and end of game player back line lineup procedure will be followed.
- K.** All teams will rotate into the serve. Serving time after the whistle blows is 5 seconds. Players may either catch OR allow the ball to drop in order to obtain a reserve. This can only be done once per service rotation.
- L.** Setting or overhand passing a serve is allowed as long as it is not a lift. Blocking a served ball is not permitted. Attacking a served ball while the ball is completely above the height of the net is not permitted. However the contact is legal, and the ball is not out of play until it completely crosses the vertical plane of the net or is legally contacted by an opponent. If the ball drops lower than the top of the net before being hit, it's a legal hit. If hit when the ball was still completely higher than the net, it would be an illegal hit. If illegally hit but lands in the net, it can be legally played because it never crossed the vertical plane of the net before being hit the second time.
- M.** A double hit is allowed on any first team contact and ball is live and can be played off any part of the body. A double hit cannot be called on a serve or first ball over the net as long as it is one attempt to play the ball. You can however call a lift or held ball.
- N.** A ball is out of bounds and becomes dead when it touches the ceiling or overhead obstructions beyond the vertical plane of the net and its out-of-bounds extension. If the ball is hit over the net and hits the ceiling on the receiving court's side, it becomes a dead ball the minute it hits the ceiling. However, if the ball hits the ceiling prior to crossing the net it still is playable as long as the team had hits remaining.
- O.** If the referee is not on site 15 minutes after scheduled start time, is the responsibility of the teams to supply a referee until a substitute arrives.
- P.** Protests should be made in writing at the time of the protest and signed by both coaches and the referee prior to completing the game. This written protest should be forwarded to the Referee Coordinators or League Director within 24 hours.
- Q.** The referee shall have the power to make decisions on any point not specifically covered in these rules. The decision of the referee shall be final.

6. TIME-OUTS

Each team is limited to two time-outs per game. You will not get an additional time-out if the score is tied at 24-24 or 13-13 for Game 3. If the team who calls the time out returns to the floor prior to 60 seconds, the other team doesn't have to return to the floor immediately. They can use all 60 seconds if they wish.



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7. SUBSTITUTIONS

- A. Player must report to the referee before entering the playing area.
- B. There are unlimited entries per player in a game.
- C. There is a maximum of 18 substitutions per game.

8. EQUIPMENT PROVIDED BY HOST GYM:

- A. An official volleyball either leather or composite with the NFHS logo, air pressure being 4.3-4.6 pounds.
- B. Net antennas are required. The net height is 7 feet, 4 and 1/8 inch. Please have a tape measure or measuring device available.
- C. Padded Referee stands, standards, and net wires.
- D. A first aid kit and ice. A gym supervisor must be readily available in case of injury.
- E. A copy of the most recent Metro Volleyball Conference rules is to be kept at the scorers' table. A National Federation of High School rulebook is also recommended.

