

**Volleyball League Rules and Guidelines**  
**Cincinnati Volleyball Academy**

**Courts 4 Sports**

**3rd and 4th grade Division (6 vs 6)**

Net Height: 6'6  
Serving line: 15 feet in from end line  
Volleyball: Volley lite

**5th and 6th grade Division (lower division the net will be 6'6 height)**

Net Height: 7'0  
Serving Line: 6'6" feet om from the line  
Volleyball: Volley Lite

**7th and 8th grade Division**

Net Height: 7'4 1/8"  
Serving line: Behind the end line  
Volleyball: Regular weight ball

The match schedule will be posted on our website at [www.courts4sports.com](http://www.courts4sports.com). It is VERY IMPORTANT to attend your scheduled match time. If for any reason you cannot attend one of your scheduled matches for the league you need to notify someone within 48 hours of your scheduled match. If you forfeit a match you will not be able to make the match up at a later date. If you personally cannot make a match to coach your team please try to see if you can find another coach can step in and coach the players in your absence. Asking Parents to fill in is not permitted at any time. It is your responsibility to your team to find a coach to take your place.

Once the schedule is sent out you will be responsible for emailing your team their schedule. All teams will play 10 matches. All matches in regular season will be first two games to 25 points rally score and the third game 15 points rally score. All teams will play the three games no matter who wins the first two. There is no cap on the games, but teams must win by two points. For the 3rd, 4th, 5th and 6th grade divisions the server can only serve 4 in a row and than their team must rotate and a new server serves. If a player serves her/his fourth serve and his/her team wins the point, they must rotate. The team that just won the point still has the serve. The 7th/8th grade division players can serve as many in a row as they are able and the players do need to substitute in the set-in front of the ten foot line. Our 7th/8th grade division cannot just rotate players in the game. Any questions on this serving rule, please call me. For our fall league we will have an end of league tournament. Details about the tournament will be sent later in the season. The end of league tournament would be a single elimination tournament and would take place once the regular season matches are completed.

All teams will have a short time to warm-up before their matches, maybe 5 minutes. We will try and keep the games going. The refs will ask for a captain at the beginning of each match. We suggest having

your players take turns being captain for each match. Each team will have 4 balls for their team to warm-up. Balls are provided by Courts 4 Sports. Before the match begins all the balls must be collected and bagged.

The 3rd and 4th grade teams can still serve 15 feet in from the end line, while the 5th and 6th grade teams must serve 6'6" feet in from the end line. There are lines down on the courts for the 5th and 6th divisions. The 3rd/4th grade teams will serve from behind the three point basketball line extended. The officials will show you at the beginning of your first match so you can show your players. If the server steps on the line, they will be called for a foot fault.

Some basic rules that might be different from CYO leagues or other leagues are as follows: Let serves are legal – if the serve touches the net and goes over in bounds it is in play \*Libero's can serve (most of our teams do not have libero's) \*Players can touch the net if it does not interfere with the play they just cannot touch the top of the net \*Overhand passing is legal for the first contact on serve receive and defense. \*We will follow USA volleyball rules

There will be high school girls/boys and some adults refing the matches. We will not have official certified refs for our league matches. Each team is responsible for supplying one line judge per match. My suggestion is to rotate parents each match. We do not want to have any children line judging the matches, they need to be high school age or older to line judge. We will also need a volunteer parent to run the scoreboard. We will not keep an official book for each game. All the scores are recorded after each match and will be put on the website to keep track of wins/losses. The wins/losses will be used for seeding of the end of league tournament if we have one. Players are not required to have numbers on their shirts as we do not keep track of substitutions.

There will be absolutely no yelling at the refs or line judging. Please make sure you tell all your parents this rule. They will not be able to attend the matches if they yell at the ref and line judges. There will be calls that are made that you do not agree with as coaches or parents, but that is the sport of Volleyball. I will make sure that my oldest girls/boys ref the 7th and 8th grade division. I will go over the rules with the refs. Setting and net calls will be the most controversial calls. They will be a little more lenient with the 3rd, 4th, 5th and 6th graders than they will with the 7th and 8th . Coaches can substitute as many times as they want. For the 3rd, 4th, 5th and 6th graders, we suggest the players just rotate in the game as the team rotates. For the 7th and 8th grade league, teams will not be able to just rotate in, they will need to follow the substitution rule where players must go between the center line and the ten foot line to sub in and out of the match. We suggest that the 7th and 8th grade teams try to run an offense and defense. For the younger ages, we suggest everyone sets and hits. But if you have some better players, try and run a 6-2 or 4-2 offense and rover or perimeter defense.

Playing Time: We encourage all coaches to give everyone playing time. There might be some players in the 7th and 8th grade division that play more than others, but in the 3rd, 4th , 5th and 6th grade division everyone should play evenly.

We put emphasis on teaching players the correct technique for the skills, teaching them how to play the game. The emphasis should not be on winning at this young age. The number one priority should be to pass the ball to the setter all the time – never just pass the ball over the net on the first contact. You will

lose more games at an early age by having your players focus on three contacts per side, the first one going to the setter than you will if they just pass the ball over the net. But the players who learn the correct way to play at an early age will be better players when they are older.

Eight Volleyballs will be provided for the teams to warm-up before their matches. Four balls for each team. Before the match starts, all the volleyballs need to be picked up and put back in the bag. There is a gate charge on match days.