Southside Catholic Conference

Volleyball Rules

2023-24

IHSA volleyball rules will apply except for the following: number of games, time of games, the number of points to win and cap scoring. Rally scoring will be used for all divisions including the let serve. We will play to 21 with a cap of 23.

1. All divisions will play three 12-minute games or 21 points with a cap of 23. A game can end with a score of 23-22 because of the cap rule-otherwise you MUST always win by two.
2. A team must have 5 players and an adult supervisor (ASEP) certified to start a game. (Only 2 coaches and 1 scorekeeper are allowed on the bench at one time) Only 1 coach may stand. A Ghost server will be enforced when 5 players are used (Side-out – rally point opposing team).
3. All teams are expected to be at a site 20 minutes prior to game time. Warm-ups will begin upon completion of the previous game. A game can start prior to the scheduled time with the exception of coming from a previous site.
4. FORFEITS: Game time is forfeit time. The next game will be forfeited after 12 minutes. The match is forfeited 24 minutes after game time. Please use your judgment when teams are coming from another game or due to inclement weather or tight schedule. Referees will make all final decisions regarding forfeits. If a team does not have 5 eligible players, it will be declared a forfeit.
5. A coin flip will occur before the first game ONLY. The visiting team will call the flip. The winner of the toss will have the choice of serve or receive. The home team has the choice of side.
6. WARM-UPS – Every effort will be made to keep games on time, therefore warm-ups will be allowed only if time permits. There will be at least one minute of serving allowed before each match. On double courts, where a game is in process on an opposite court, please position a coach on the adjacent sideline to prevent warm up balls from entering the court of a game in progress. Have your girls stretch and be ready to go prior to getting on court if possible.
7. Each team is allowed a maximum of 18 substitutions per game. Each player is allowed unlimited entries within the team limit. Substitutions should be up and ready to go in or your team will be charged with an unnecessary delay.
8. We use a running clock. The clock will run for all substitutions except for the last two minutes of a game, then the clock will stop for substitutions. You will be given a two-minute warning so you will know when the clock will stop for substitutions.
9. Each team has two 30 second timeouts per game. This is the only time the clock will stop during play until the last two minutes.
10. SERVING LINE: The serving lines will be moved up 6 Feet for 4th grade and 3 Feet from the end lines for 5th. ALL TEAMS will have a 6-foot clearance for serving. Lines must be marked across the whole floor with gym tape. If a player plays up they still get the appropriate serving line.
11. Net Height for all grades is 7 feet.
12. Only IHSA certified volleyballs may be used. The game ball will be provided by the home site and approved by the head referee.
13. Stud earrings only are now allowed. Also, face paint, glitter or any foreign object that may cause a safety hazard is not allowed.
14. For unsportsmanlike behavior, the card system will be used.
15. Coaches (1) are allowed to stand only when space is available. They may now stand as far back as the end line.
16. Coaches are responsible for their players’ conduct before, during and after games. Please respect the rules of the school’s facilities. Also, please pick up any water/sport drink bottles around the benches when the match is over.
17. IHSA rules apply. The Libero is allowed to serve. The down official will be tracking this using a triangle around the position they served in. They are only allowed to serve in one serving position per game.
18. ROSTER: You may designate two substitutions to be on your roster (if you have less than 10 players) to play in case of an emergency. Only these two players are eligible to play in case of illness, vacations, family commitment, etc. Designated substitutions may only play on the court if you do not have enough players on your original team roster to play. Lower levels can play up-but must be same level or above. EX:. 6A can not be on roster for 6B**. Players may only play on one team for playoffs.**
19. Uniforms: Remember that if a player chooses to wear a shirt under their uniform it should be the SAME color as the majority color. For example: If my shirt is majority blue with a white strip the shirt underneath should be blue. Libero shirt is a contrasting color to the majority team uniform.

 20. There will be no switching of sides after each set. Teams will play all 3

 games on the same side they start on. We will return to congratulating

 each other at the end of the match.

 SSCC Commissioner-Nancy Frederick

 Referee Coordinator-Mary Beth Kulinski