

# Metro Volleyball Conference Rules

## 1. WIAA Rules

All WIAA volleyball rules apply to all grades except for the following:

### 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. Once a 6 player becomes available, they must be put in at the open position in the lineup submitted by the coach prior to each game. When the "ghost player" rotates to serve, a side-out shall be awarded to the opposing team. Insert them at the next side out. No time out will be charged. A point will be awarded for the side out but otherwise, no Penalty shall be assessed for the phantom server.

### 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.

### D. 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

The volleylite ball will be used for 5th and 6th grade girls.

## 2. PLAYING AREA

- A. 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.

## 3. TEAM/PLAYERS

- A. Players must attend the school or CCD program at the school, which the team represents.
- B. Team roster is due weekend before the first match. Rosters must be signed by the Principal/athletic director and coach.



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- C. No player may be added to the roster without 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 for one volleyball team, they will be playing 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 insufficient number of players.
- F. Parishes entering multiple teams in one grade:
  - a. 5 & 6 - a parish, which enters more than one team in one grade, must divide the talent equally.
- G. 7 & 8 - 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.  
**The league may use its discretion to place a team in the "A" or "B" using standings from the previous year.**

## 4. CONDUCT

- A. Coaches and players will not interfere with play. This includes berating officials and other players. The official's ruling on all judgment calls is final. Violation of this rule will result in a yellow card warning, red card penalty point, 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.

## 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 score sheet for the approval. If a team forfeits the match, they will be charged \$25 for the penalty. Any subsequent forfeits during the season, the penalty will be \$50.



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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.

- B.** 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.
- C.** 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.
- D.** Players may not wear any jewelry, combs or clips. No glitter or face paint is allowed. Earrings cannot be taped. The exception is a religious or medical medal. In this case, it shall be taped to the body under the uniform. The penalty will be a time-out charged to the team. 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.
- E.** The referee shall have the power to make decisions on any point not specifically covered in these rules.
- F.** 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 league director within 24 hours.
- G.** Setting or overhand passing a serve is allowed as long as it is not a lift. A double hit is allowed on any first team contact and ball is live and can be played off any part of the body.
- H.** All teams will rotate into the serve. The pre game and end of game player back line lineup procedure will be followed.
- H.** Warm up time for each team will be 3 minutes on the court  
Coaches may use their on-court time as fit. (5 grade may not want to hit).
- I.** 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.



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## 6. TIME-OUTS

- A. Each team is limited to two time-outs per game. You will not get an additional timeout 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.

## 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 HOST GYM:

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

