Grade 7 Volleyball (Triple Ball)

General Rules:

1. Roster sizes must be a minimum of 10 athletes.
2. Games will be played best of 3.
3. Games will be played on Tuesday's and Thursday's.
4. Start times 4:00pm & 5:15pm or earlier if possible. The second game will begin 10 minutes at the conclusion of the first game.
5. Match officials and minor officials to be provided by the host school.
6. The first contact off the serve must be played with the forearm pass. Any attempt to play the ball with the fingers in a setting/volleying motion is not permitted. The referee will stop play and indicate a double contact infraction.
7. Three points will be awarded each round
8. Overhand serve is permitted as rotation occurs after a round of 3 balls is completed.
9. Protocol for each round;
    a. Team A serves to Team B - rally is completed.
    b. Coach of Team B who is standing on Team A's court must throw a ball to his/her player in position 6 - rally is completed.
    c. Coach of Team A who is standing on Team B's court must throw a ball to his/her player in position 6 - rally is completed.
    d. Team B then rotates and serves which initiates the beginning of the next round.
10. During the regular season of play, a free ball will be allowed to be returned to the opponent on first contact. For the year end tournament if a tossed free ball is returned directly to the opponent, the referee will stop play and a re-toss will be allowed. However, if the second tossed free ball is again returned directly to the opponent a point will be awarded to the opposing team.
11. Volleyball net heights as follows:
    a. Gr. 7 Girls - 2.15m
    b. Gr. 7 boys - 2.20m
12. Substitution Rules:
    a. All players listed on the scoresheet must start the first or second set
    b. Substitutions are not permitted in the first or second set:
        i. If a team has a roster greater than 12 then substitutions may be made in the second set after 12 points.
    c. In the case of injury, an Exceptional Substitution may be made
    d. The injured/ill player may not return to the same set but may return to play in subsequent sets

e. If a player is expelled or disqualified, there must be a legal substitution for the set to continue.
f. Any line-up can be used at the start of the third set

*Refer to page 9 in the CISAA Policy Handbook for playoff format.