

2025-26 “CHEAT SHEET” FOR SPECIAL CSAA VOLLEYBALL RULES

(5th – 8th GRADERS)

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Only registered coaches and players, officials and line judges are permitted in the playing area during a match. The playing area includes the team bench area. **Non-players will NOT be allowed on court, especially during warm-ups!**

Only the head coach may stand in the libero replacement zone to coach his/her players. The head coach shall be no closer to the court than 6 feet from the sideline. ALL OTHERS (ASST COACHES, PLAYERS, LIBERO) MUST REMAIN SEATED AT ALL TIMES EXCEPT FOR TIME-OUTS, END OF SET, AND/OR APPLAUD A GOOD PLAY.

If a card (yellow and/or red other than an administrative yellow or red card assessed for unnecessary delay) is issued for unsporting conduct to the head coach, assistant coach/s or team bench; the head coach shall **remain seated for the remainder of the match** except to request a time-out or substitution during a dead ball; confer with official during specifically requested time-outs; or check on injured player. The privilege of standing during play shall not be designated to an assistant coach.

WARM-UP TIME FOR ALL MATCHES:

The official shall conduct the coin toss IMMEDIATELY after the conclusion of the previous match with HEAD COACH and TEAM CAPTAIN. The VISITING team shall call the coin toss. The HOME team shall call the coin toss if the 3rd set is played.

Pre-Match Warm-up:

After the site supervisor has cleared the court, the clock operator will set the game clock at (7) seven minutes and start the clock as soon as the official has completed the coin toss. (This is the minimum amount of warm-up time allowed between matches.) Note: If more time is available before the scheduled starting time of the next match, this time may be adjusted to the amount available.

The **SERVING** team will have the first 3 minutes to warm-up using the entire court.

When the clock reaches (4) four minutes remaining mark, the clock operator will sound the horn to have the **RECEIVING** team to start their 3-minute warm-up time.

When the clock reaches (1) one-minute remaining mark, the clock operator will sound the horn to have both teams **SHARE** serving.

When the clock reaches (0) zero remaining mark, the clock operator will sound the horn for the entire team to immediately line up on the end line to begin play.

FORFEIT AND TIME ALLOWANCES:

Six (6) players will compete on each team. See Exception Below. A team may continue to play with less than six (6) players if no substitute is available to replace injured or disqualified players.

If a team cannot field 6 players at match time, the match will begin with **five [5] players** with the following conditions:

- **All players are on that team's roster. Coaches are not allowed “to pick up” players from other teams.**
- The sixth spot that is vacated will cause a side-out/point to the opposing team each time it comes up.

Note: If a 6th player arrives late, that player must enter the match in the vacated spot during the first dead ball. Lineups may not be switched.

If there are less than five players after the maximum fifteen-minute grace time, the match will be forfeited and no play will be staged at the site for that grade division. Officials will not be allowed to officiate a practice or scrimmage session. Officials receive match pay for forfeited matches.

Failure to play a scheduled match will result in a forfeit. A forfeit fee EQUAL TO THE COST OF THE HOME SITE IN OFFICIALS' FEES shall be assessed each visiting team not appearing for a scheduled match. The fee shall be paid to the league office prior to the next scheduled playing date to be eligible to continue playing.

A team will be allowed a maximum of FIFTEEN (15) minutes grace time after the match time shown on the schedule to field an official team to avoid a forfeit. Note: If the team arrives FIVE (5) minutes or less after the scheduled start time, the event will proceed as scheduled. If the team arrives FIVE TO FIFTEEN (5-15) minutes after the scheduled start time, the match will be reduced from (25-25-15) point games to (20-20-15). The site supervisor will mark the time and make the final decision.

PLAYING RULES:

- To begin the match, all players must line up on end lines and will shack hands with opponent – the 6 starters immediately get in starting positions on court (and subs return to bench). Official will check line up and then blow whistle to begin play!
- No match will start prior to its scheduled time. Game official cannot waive this guideline.
- The net height for all matches will be (7'4 1/4"). High school regulation height. All net standards must be padded.
- Official game volleyballs will be provided by the CSAA and furnished by the home school.
- ALL 5th & 6th grade teams will play with the VOLLEY-LITE volleyballs and ALL 7th & 8th grade teams will play with regular volleyballs.
- Once the official's whistle is sounded for the serve to begin, there will be no chanting/screaming by players from either team who are on the court or seated on the team bench. This includes players on the court talking to each other. The official will give one warning per team during the match. Following said warning, each violation results in either a point scored for the team with serve or a side out call.

TEAM BENCHES:

Home team chooses bench and teams remain there for entire match. They do not change benches during match.

ROSTER AND LINE-UP:

Team rosters must be submitted to the scorekeeper prior to start of match and remain at scorer's table throughout the match. Lineups must be submitted to referee prior to beginning of each set and remain at scorer's table.

SCORING:

- ALL 5th-7th grade matches will consist of (3) three sets regardless of the outcome of the first two sets. You do not have to win by 2 points! First team reach 25 points in sets 1 & 2 wins and reach 15 points in set 3 wins.
- ALL 8th grade matches will be the best two (2) of three (3) sets. (25 points, sets 1 & 2; and 15 points, set 3) and must be won by 2 points (25, 25, 15), except for tourney play. The tournament director may set own rules for play.

LIBERO:

A libero player may be used in 7th and 8th grade matches only. home team must supply libero tracker (high school age or adult only) and must sit at scorer's table. If home team does not play with a libero, then visiting team must supply the libero tracker. If teams cannot supply libero tracker – then they are NOT allowed to use a libero in the match. Scorekeepers are NOT allowed to track libero!

FIVE CONSECUTIVE SERVES/CHANGE SERVE RULE: (5TH GRADE MATCHES ONLY)

The official will make a CHANGE\SERVE call after 5 consecutive serves by any team. This action is not to be considered a side-out, no point is scored by the opposing team that gains the serve by this rule.

SERVING AREA:

5th Grade Matches ONLY - may begin the serve with a foot in contact with the 3-foot serving line and may take one step forward prior to contacting the ball for serve. They must also remain within the 10 foot serving area. They may not use entire width of end line.

ALL 6th, 7th and 8th Grade Matches - may use entire width of end line and must remain behind end line. May not cross on or over end line before contacting ball for serve.

LINE JUDGES: Must be high school or adults only. This is the responsibility of the **HOME** team. However, if home team cannot provide both, then the visiting team may be asked to provide 1 line judge

END OF MATCH: Teams should shake hands at mid-court and then clear benches (including trash) IMMEDIATELY after conclusion of match, to allow next match to begin on time.

MANDATORY PLAY: ALL 5th-7th grade matches have mandatory play, and teams must fulfill it in first 2 sets unless they have more than 12 players. 8th grade matches do not use mandatory play. The scorekeeper is responsible for mandatory play.

JEWELRY: All jewelry must be removed except small, secured STUD OR POSTS EARRINGS. No jewelry will be allowed below the chin and no hoop earrings are allowed. String bracelets, bracelets, and any body jewelry are considered illegal and not permitted. Taping over other jewelry is not permitted.

PARENTS: It is the coach's responsibility to refrain parents from entering the playing area for any reason. Ex: approaching score table to discuss the score or arguing with official about a call during the match. The official has the right to ask the site supervisor to remove parent from gym immediately. Remember, the score book is the official score and not the visual scoreboard.