

**COMMONWEALTH COALITION OF PRIVATE SCHOOLS ASSOCIATION (CCOPSA)**  
**Volleyball Rules & Regulations**  
**2017 Revision**

**HISTORY**

The Commonwealth Coalition of Private Schools Association (CCOPSA) was formed in the late 1990s to provide athletic interscholastic sports competition amongst the private schools.

**MISSION STATEMENT**

The CCOPSA exists to provide opportunities for students to develop athletic skills and to promote sportsmanship in a healthy competitive environment through interscholastic competition.

**I. General Rules**

- a. All matches will begin at 3:30pm. A grace period of 15 minutes will be enforced. If a team does not arrive by 3:45pm, that team will forfeit unless prior and specific arrangements have been made. Please call opposing coach if you know you will be late.
- b. Junior Varsity (JV), which comprises grades 6<sup>th</sup> through 8<sup>th</sup>, (Grade 5 will be allowed if school does not have enough players) will play the first match followed by the Varsity (V), which comprises from grades 9 through 12.
- c. Everything possible should be done to reschedule games in the event of a rain out.
- d. Court size should be 29.5' by 59'; each playing area is 29.5' by 29.5'; the spike line should be 9'10" from the center line; the net height should be between 7' 4 3/8" and 7" 11 5/8"
- e. Each school will play each other twice, (unless otherwise scheduled) giving more playing opportunity and assuring each school has a home court advantage.\
- f. The CCOPSA Volleyball league is a co-ed league.
- g. There must be at least three (3) females on the court at all times with alternating boys and girls.
- h. If a school only has either a middle school or a high school team, then the first matching will be played at 3pm.
- i. When playing an away game, coaches must stay at the opposing school until **ALL** of their players have been picked up.

**II. Scoring**

- a. Each match will consist of the best out of three sets.
- b. The visiting team will call the toss of the coin. The winner of the coin toss will choose to serve first or side of the court. The loser of the coin toss will choose whichever the winner of the toss did not choose.

- c. Each set is rally scoring. The first team to 25 points with at least a two-point advantage wins the set.
- d. There is a scoring cap at 30.
  - i. Should a third set be necessary, a coin toss will again be needed to determine which team will serve first.
  - ii. The third set is rally scoring to 15 points. The first team to 15 points with at least a two-point advantage wins.
  - iii. On the third set, the teams switch courts at the 8 points.
  - iv. There is a scoring cap at 20.
- e. Visiting teams should send a person to help keep score to verify.

### **III. Substitutions**

- a. There are to be no more than six (6) substitutions in any given set.
- b. Substitutions are individual players – NOT sets of players.
- c. Substitution of one player for another will be frozen at three.
  - i. Ex. 2 for 1; 1 for 2; 2 for 1 – this is three (3) substitutions out of the six and is frozen as far these as two players are concerned.
- d. No substitute can be called to replace the server once a server has begun his/her serves; the substitution must be made before service begins or after a side-out has been called.
- e. EXCEPTIONAL SUBSTITUTION  
“An injured player who cannot continue playing should be substituted legally. If this is not possible, the team is entitled to make an exceptional substitution. An exceptional substitution means that any player who is not on the court at the time of the injury may substitute into the game for the injured player. The substituted injured player is not allowed to re-enter the match. An exceptional substitution cannot be counted in any case as a regular substitution.
- f. In the event that a team only has three (3) females on their team, a boy can play in the injured female’s place. This pertains only to injuries during the game. If a team only has three (3) females on their team and one of those females is sick or injured before the game, that team will either forfeit or ask for a rescheduling of the game, if rescheduling is possible.

### **IV. Time Outs**

- a. There are two (2) time outs per set and those time outs will last for a duration of 30 seconds.
- b. If a third time out is called by the serving team, a side-out will be declared and a point awarded to the receiving team.
- c. If a third time out is called by the receiving team, a point will be awarded to the serving team.

**V. Uniforms**

- a. Uniforms must meet these minimum requirements:
  - i. All uniform tops must match.
  - ii. All uniform tops must be printed in a professional manner (no hand-writing or tape allowed).
  - iii. All uniform tops must have a number on the back.
  - iv. Each player must have a different number not exceeding two digits.
  - v. There is no minimum standard for uniform bottoms.
- b. If anything does not meet the above criteria, that team will forfeit until criteria is met.
  - i. Games should still be played even though a forfeit has been called.
  - ii. If only one or two players are in violation of the uniform rule, the coach of the team with the uniform violation can choose not to play the players in violation without consequence to the team.
  - iii. The coach of the team with the uniform violation can choose not to play the game.

**VI. Equipment**

- a. Volleyballs
  - i. The home team is responsible for providing two adequate balls for the game.
    - 1. If the visiting coach or referee does not feel the ball is adequate, the visiting team may provide the ball.
    - 2. All coaches and referees must agree on the ball being used.
    - 3. The referee will have the final word on which ball will be used.
- b. Scoreboard
  - i. The home team is responsible for providing a scoreboard which displays the correct score at all times throughout the whole game and a responsible - person to operate it.
  - ii. If neither team can provide it, the home team must forfeit.

**VII. Rosters and Fees**

- a. Each school is required to submit a roster and rules acknowledgement form via e-mail or fax for each team in the CCOPSA standard form no later than two (2) days before the start of the season.
- b. If a roster and rules acknowledgement form is not submitted by the deadline, the team will play but forfeit the first game and any subsequent games until a completed roster is submitted.
- c. Roster must include (in number order):
  - i. Names of the players
  - ii. Uniform numbers of the players
  - iii. Grade Year of each player
  - iv. Birthdates of players

- d. Any player for the middle school team will be deemed ineligible if he/she is turning 15 years old on or before August 1<sup>st</sup> of the current school year.
- e. Any player for the high school team will be deemed ineligible if he/she is turning 19 years old on or before August 1<sup>st</sup> of the current school year.
- f. Players on the middle school team must be in the 6<sup>th</sup>, 7<sup>th</sup>, or 8<sup>th</sup> grades.
- g. A player must be on the roster for at least half the season to be eligible for the playoff.
- h. Fees for playoffs will be announced

**VIII. Coaches**

- a. The head coach must be at least 21 years of age.
- b. The coach of any team must attend the required coaches meeting.
- c. All coaches will be responsible for knowing the rules and decisions made at the meetings, regardless if the coach attended the meeting or not.
- d. The coach is responsible for the behavior of his/her team.
- e. The coach must arrive at any away game before his/her team may warm up.
- f. Any team that fails to show up 20 minutes after tip-off is subject to forfeiture.
  - i. Ex: 3:30 tip off, 3:50 forfeit. (PHONE the school if you are having transportation problems!)
- g. The coach must practice and encourage sportsmanship and be a model for the players.
- h. The coach is responsible for addressing the entire CCOPSA committee with any concerns or complaints within 24 hours of the incident happening. An exception to the 24 hours' rule will be given if the incident happens on a Friday or the weekend. In this instance, the 24-hour notification period will begin on Monday morning at 8am.
- i. Only coaches and players may sit on team bench during the game.

**IX. Referees**

- a. Each school is responsible for providing one referee for each game.
- b. Schools are responsible for obtaining their own referees.
- c. The same person cannot be the referee and coach during the same game.
- d. Referee must know all the league rules.
- e. Referees are encouraged to attend all coaches' meetings as set forth by the CCOPSA sports committee.
- f. Referee must be at least 21 years old.
- g. Referees are expected to arrive on time to the games.
- h. The game may begin with one referee.
- i. Referees will be given a grace period of 20 minutes to show up to the game.
- j. If a referee has failed to show after the grace period, the team responsible for obtaining the referee will forfeit.

- k. After a team has forfeited, the game may elect to continue to allow the players to play the game.
- l. Each team must provide one capable line judge for each set. The referee will call for line judges prior to each set and each team must have that line judge ready long before the game begins.

**X. Serving**

- a. Legal – Must serve within the sideline boundaries. The referee does not have to remind the players.
- b. Only one toss or release of the ball is allowed. Dribbling or moving the ball in the hands is permitted.
  - i. Legal – Spinning the toss on a serve.
  - ii. Illegal – Throwing an underhand serve. A good way to avoid this is to toss or release the ball from the non-serving hand.
- c. On an underhanded serve, the ball has to be tossed or released from the non-serving hand. The player cannot hit the ball directly off the hand.
- d. After the first team serves and a side-out is called, the opposing team will immediately rotate for their first serve.

**XI. Receiving a Serve**

- a. Legal – The ball can be returned and put into play using any part of the body.
  - i. The ball can be returned on the first hit but that hit must be defensive in nature. The cannot be attacked (see illegal below). Hands must be together when receiving.
  - ii. A served ball can touch a receiving player multiple times and will only be counted as one hit. This is on the serve only. During a volley, a ball touching a player more than once is considered a double hit and side out unless it is an attack. See Double Contact section.
  - iii. Two players touching a served ball at the same time counts as one hit; during any volley, two players touching the ball at the same time counts as two hits.
- b. Illegal – Blocking, spiking, or attacking a serve.
  - i. Intentional spike
  - ii. Hatchet style hand movement
  - iii. Deliberately returning the serve in an attacking manner.
  - iv. Jumping up and blocking the serve

**XII. Re-serve**

- a. A re-serve will be called when the ball bounces off a basketball rim or goes into the trees and a player is there to cover the ball. However, if no one is there to cover the ball then it is out and the point goes to the opposing team.

- b. When players or fans interfere with a playable ball within the free zone.
  - 1. MCS – special considerations
    - a. When JV plays and the ball hits the wall, it is out and side out is called.
    - b. When varsity plays and the ball hits the wall, it is up to the discretion of the referee if it's playable and a re-serve or it is side-out.
    - c. When the ball hits the cross bar or ceiling, it's a re-serve any time during the volley.

**XIII. Foot Fault**

- a. Illegal – If it is obvious that a player stepped on the boundary line when serving.

**XIV. Setting**

- a. Legal – A clean set with no or minimal spin. One continuous motion.
- b. Illegal – Setting a hard-driven ball and it goes backwards.
  - i. Too much spin on a set.
  - ii. Catching the ball and it rests in the setter's hands.
    - 1. For JV, if a setter continuously has bad sets, the referee can give a warning to the setter.
    - 2. If after the warning the setter continues to set poorly, the referee can call a bad set and award a side-out and point to the opposing team.

**XV. Lift**

- a. Legal – Palm up and the ball is slapped, not pushed or resting.
- b. Illegal – Palm up and the ball rests in the palm.

**XVI. Spiking**

- a. Legal – While the spiker is in the air, he/she can change the direction of the ball.
  - i. It's a clean spike if you hear the snap on the ball.
- b. Illegal – Throwing a spike.
- c. Illegal – To break the plane of the net if the ball is completely on the opponents' side of the net.

**\*\*Tip\*\***

During an attack, tipping is permitted only if the ball is cleanly hit, and not caught or thrown.

**XVII. Receiving a Spike**

- a. Legal – Intentionally returning the ball with any part of the body.

- i. Note: During a play, a ball can bounce off of a foot or a hand that is on the ground. (Legal) however a player cannot kick a ball.
- b. Illegal – Intentionally kicking the ball.

**XVIII. Double Contact**

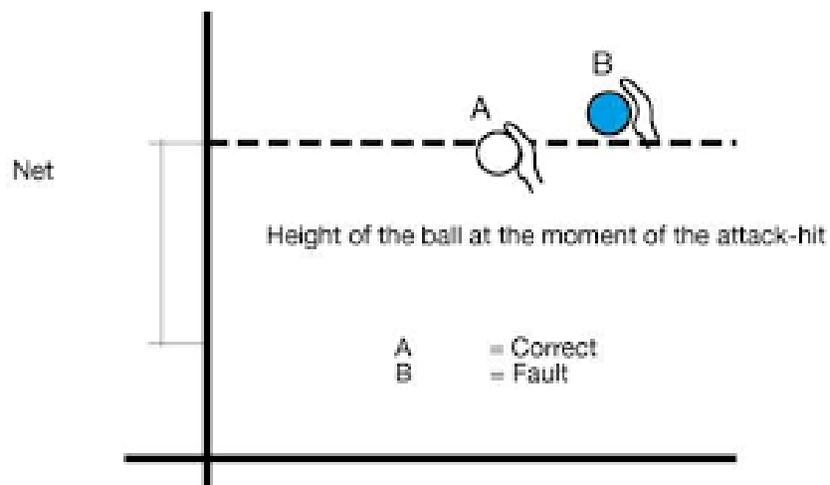
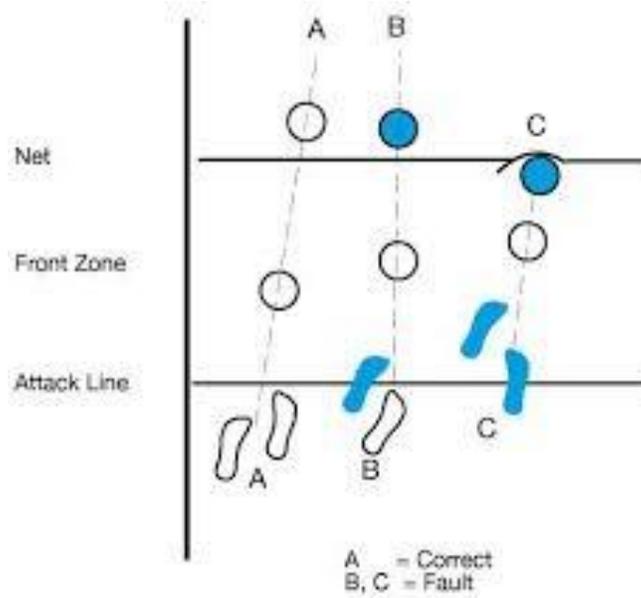
- a. The ball may touch various parts of the body, provided that the contacts take place simultaneously.
  - i. Exceptions:
    - 1. Blocking, consecutive contacts may be made by one or more blockers provided that the contacts occur during one action; The first hit of the team, the ball may contact various parts of the body consecutively provided that the contacts occur during one action.
    - 2. Faults in playing the ball – Double Contact (while ball is in play): a player hits the ball twice in succession or the ball contacts various parts of his/her body in succession.

**XIX. Blocking**

- a. Legal – When the player is air and can cross the plane one foot completely over.
- b. Legal – One-handed block as long as the player is close to the net.
- c. Legal – After a block, a player can put a touch or bass on the ball and it counts as one hit.
- d. Legal – A block does not count as one contact. Three contacts after the block is permitted even if the contact is by the blocker.
- e. Illegal – If the player is off the net or too far back and puts a touch on the ball but it's not a legal block, it counts as one hit.

**XX. 10ft. Spike Line (Back Row Attacks)**

- a. If a school has no 10' line, then cones should be placed on the boundary lines as a guide.
- b. Legal – Spiking from a backrow player if he/she takes off from behind the 10' line and lands on or outside the 10' line.
- c. Legal – A back row player can walk across the 10' line and spike and both feet stay on the ground.
- d. Legal – Backrow player can attack from front zone if at the moment of contact part of the ball is lower than the top of the net.
- e. Illegal – Hand cannot go above the net on a block from a backrow player.
- f. Illegal – Backrow player walks across the line then jumps and spikes.

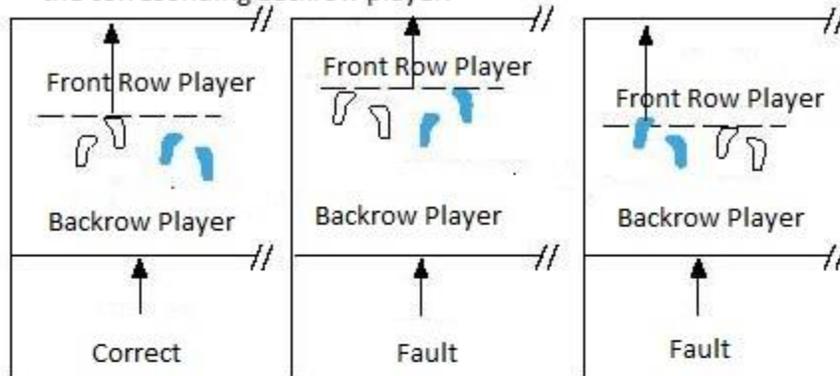


**XXI. Out of Rotation**

- a. Illegal – To be out of rotation. If the ball has been played and the referee calls it a side-out and a point is awarded to the opposing team.
- b. Illegal – Setters who switch before the server hits the ball will be called for out of rotation.

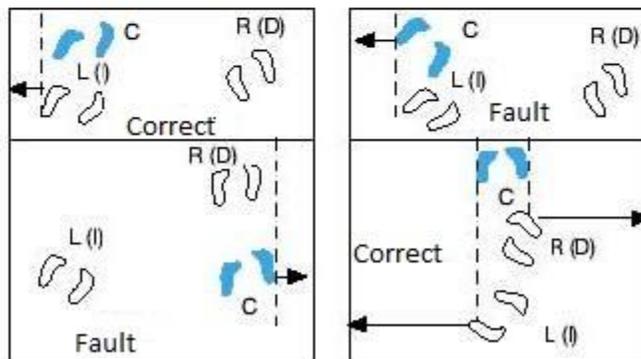
Example A:

Determination of the positions between a frontrow player and the corresponding backrow player.



Example B:

Determination of the positions between players of the same row.



C = Center player

R(D) = Right player

L(I) = Left player

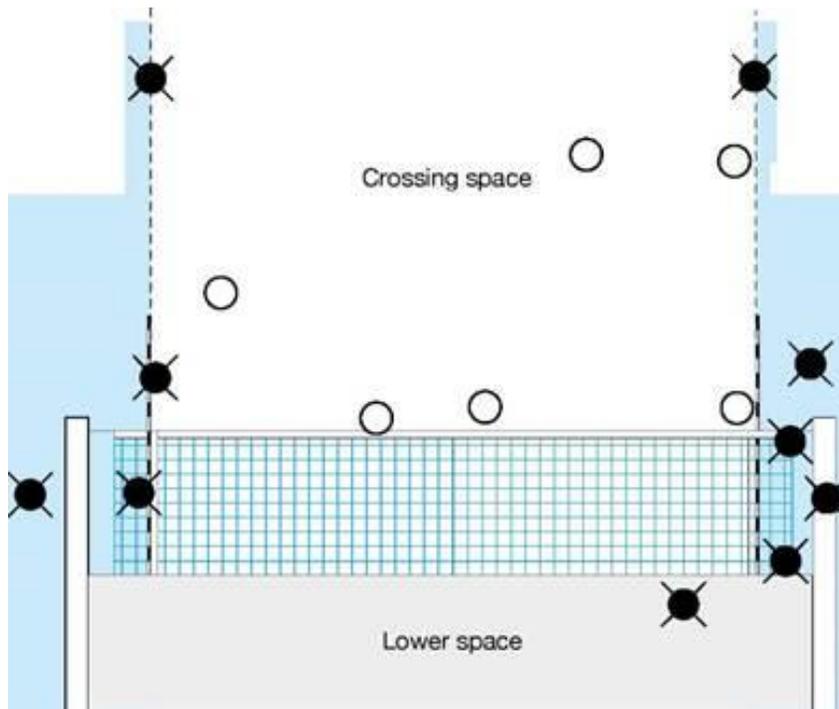
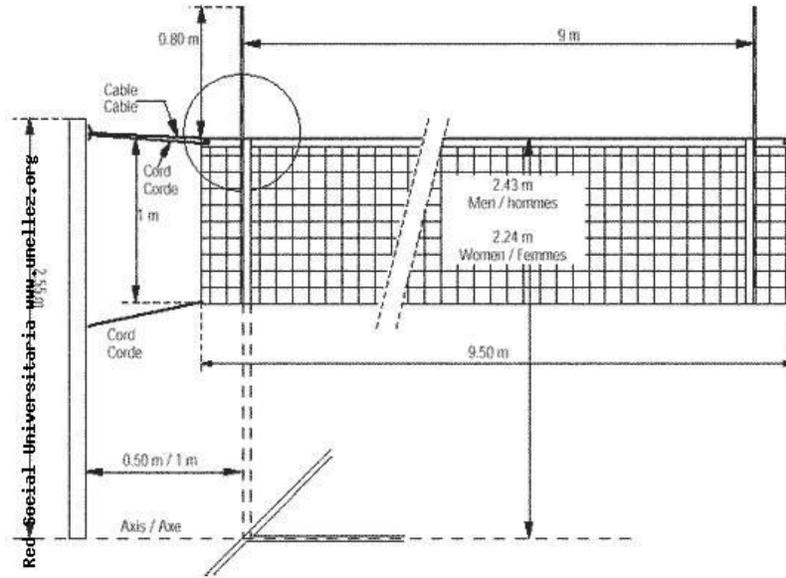
XXII. Center line

- Legal – “To touch the opponents’ court with a foot (feet) or hand(s) is permitted, provided that some part of the penetrating foot (feet) or hand(s) remains either in contact with or directly above the center line.” (FIVB pg. 31 11.2.2.1)
- Illegal – The foot completely crosses the line or interferes with the opponent at any time while the ball is in play.

XXIII. **Net** – Touching the net for any reason is a violation and will be cited as a fault.

XXIV. **Antenna**

- a. If a school is using antenna on its volleyball net both antenna must be located three (3) inches beyond the line. Antenna cannot be parallel to the sidelines.
- b. If the ball touches the antenna, it is a fault and side-out.



**XXV. Sportsmanship**

- a. As an interscholastic league, we aim to instill integrity, sportsmanship, and safe environment in which to participate in healthy competition. This encompasses coaches, players, referees, and spectators that represent our schools.
- b. Swearing
  - i. **FIRST OFFENSE:** If a player or coach swears for any reason, the referee should blow the whistle, and a turnover will be awarded without the loss of points. The entire team is given a warning.
  - ii. **SECOND OFFENSE:** If any player or coach of the team that has already been warned swears again, a technical foul will be given to the offending team.
- c. Talking to the Referees
  - i. The coach should be the only person on the team talking to the referees.
  - ii. The appropriate time to talk to the referees is during time outs or period breaks.
  - iii. Failure to follow the above the rules can result in a technical foul based on referee discretion.
- d. Other Sportsmanship Issues
  - i. In basketball, the CCOPSA encourages coaches to practice good sportsmanship by avoiding the following actions: cherry picking, purposefully running up the score, playing starters at inappropriate times, pressing immediately at half court line if your team is up by over 15 points.
- e. Make up games must be completed before the coaches meeting in deciding the end of the season playoff brackets.
- f. Know your own win-loss record at the end of the regular season so we can immediately set up the playoff brackets.

**XXVI. Awards – End of Season**

- a. Following the final championship game, team and individual awards will be formally announced at the trophy ceremony.

**Enjoy the Season**