

Metro Volleyball Conference Rules

1. WIAA Rules

All WIAA volleyball rules apply to all grades with the following exceptions/clarifications:

A. Serving

All players must serve from behind the end line and within the sidelines.

B. Players

- Four players are needed to start a set. When beginning the set with 4 players, they will occupy positions 1, 2, 3, and 4 on the court. When beginning the set with 5 players, they will occupy positions 1, 2, 3, 4, and 5 on the court. Once a 5th or 6th player becomes available, they must be put in at an open position in the lineup submitted by the coach prior to each set.
- There is a loss of serve but no penalty/point shall be assessed for the phantom server.
- All 7th and 8th grade teams may play with a Libero provided they have a minimum of 7 players present. Use of the Libero is optional.

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.
- During play, the Head Coach shall be no closer to the court than 6 feet from the sideline and *not in the substitution zone*. If there is not 6 feet available between the chairs and sideline, the head coach may stand directly in front of the chairs, *but not in the substitution zone*.

D. Player Uniforms

- Uniforms shall have a number on the upper front and back of the uniform top.
- Uniforms must be worn as manufacturer intended. Uniform tops cannot be tied off in front, on the side, in back, etc. unless the knot is completely tucked into the shorts.
- While it is recommended shorts be similar or alike in color, it is NOT required they match.
- The libero shall wear a uniform top that is immediately recognized from all angles as being in clear contrast to and distinct from other members of the team. Note: For Metro Volleyball Conference games this could be any opposing colored t-shirt or uniform shirt available. A contrasting color pinney may also be worn in place of a contrasting uniform. *The libero uniform does not require a number.*
- Visible garments (t-shirts, body suits, and other similar garments) of any color may be worn under the uniform top but must be tucked into the shorts.

E. Balls

- Game balls must be a WIAA regulation ball and bear the NFHS authenticating mark.
- Game balls may be either solid white or a maximum combination of 3 colors (with each panel being a solid color) and of which at least one third of the panels shall be solid white.
- The Molten VB-U12 will be used for 5th and 6th grade girls. The NFHS authenticating mark will not be found on the Molten VB-U12 balls.

2. PLAYING AREA

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.

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3. TEAM/PLAYERS

- A. Players must attend the school or Christian Formation program at the school which the team represents.
- B. **Players can only be listed on one roster for the season.**
- C. No player may be added to the roster without the consent of the League Director. Failure to do so will result in the forfeiture of all matches in which the added player participated.
- D. Team rosters are due **one week** before the first match. Rosters must be signed by the athletic director, coach, principal/pastor, and Director of Religious Education if applicable. Teams shall not play, but will forfeit matches until completed rosters are submitted to the League Director.
- E. **Teams are limited to playing in only one league during the season.**
- F. **Only teams comprised of players representing a single school/parish and in existence as a team during the entire sport season are eligible to participate in any school or parish sponsored tournaments.**
- G. If a school is combining two grades to make up one volleyball team, they will play at the upper grade level.
- H. In NO instance will more than two players will be allowed to play down, or more than one of the two be allowed on the playing floor at the same time. If a team is allowed to play a student(s) down, all opposing teams shall be advised of the names and numbers of the players. The request will be granted only as a last resort, specifically an inability of the student(s) to play up a grade or merge with a nearby program. The request should first be made to the League Director, who will forward the request to the Archdiocese Office for Schools with its recommendation. The Office for Schools will make the final determination.
- I. A parish/school entering more than one team in one grade must have an annual tryout to ensure the proper distribution of talent.

5 & 6 grades: a parish/school which enters more than one team in one grade must divide the talent *equally* based on an annual tryout. Standings will be monitored by the League Board to ascertain equality of teams from the same parish/school.

7 & 8 grades: a parish/school which enters more than one team in one grade must 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). The division of talent must be based on the annual tryout and easily recognizable.
- J. **The league will use its discretion to place a team in the "A" or "B" division using standings from the previous year.**

4. CONDUCT

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



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- B. The use of artificial noisemakers including bells, whistles, horns, etc. is prohibited from being used at any time.
- C. If the entire team or an individual player is found guilty of unsportsmanlike conduct, whether committed on the court 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.
- D. Only rostered players and assigned coaches may occupy the team's benches.

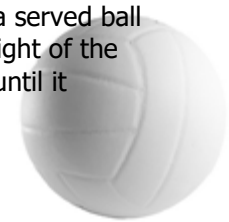
5. THE MATCH

- A. Teams must be ready to play within five minutes after the scheduled time for the first set and another five minutes for the second set, or the team will forfeit the match. If a team arrives after the forfeit time has expired, it will be up to the referee to determine if the time remaining allows for any or all of the missed sets to be played. If the decision is made to allow part or all missed sets to be played, it is then up to the opposing team to determine if the sets will be played or forfeited. Both coaches must sign the scoresheet for the approval. If a team forfeits the match, they will be charged \$25 for the first instance, \$50.00 for the second forfeit, and \$100.00 for each additional forfeit thereafter for the duration of the season.
- B. Written **Metro Volleyball Conference** line-up sheets must be submitted to scorer's table prior to each set and remain at the scorer's table. **The Metro Volleyball line up sheet is required.** Players must be listed in their proper serving order, the first person to serve on the team being listed as #1.
- C. Teams in all grades will play up to 25 points rally scoring for sets 1 & 2. Set 3 will be played to 15 points even if a team wins sets 1 and 2. There must be a two point difference to win a set with no cap. A match will consist of three sets. 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.
- E. 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.
- F. The referee shall conduct a pre-match conference prior to each match with a player and a coach from each team. 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 set two. A coin toss for set 3 will only take place if set three is a deciding set with the home team calling the toss. The winner of the coin toss then has the choice of serve or receive, or side. If set three is not a deciding set, the team losing the first two sets will serve the third set and teams will remain at the benches they occupied during set two. There will be NO switching of sides at 8 points in set 3.
- G. Warm ups: Each team is given 3 minutes of court time alone. This includes time for serving. There will be no shared serving. Coaches may use their own court time as they desire. If time allows, teams may use their half of the court prior to the timed warm up period. Ball handling is not permitted during time-outs or between sets.
- H. Each team is responsible to provide one Line Judge. These should be 7th or 8th grade school or club volleyball players, high school students, or adults. Referees are expected to review MVC rules (signals, position on the court, etc.) with both line judges before each match. While it is preferable that the same person(s) line judge the entire match, is acceptable for a new line judge(s) to enter prior to beginning of each set.



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- I.** Players may not wear any jewelry. Earrings cannot be taped. Fish line may be used in place of earrings and taped if needed. Exception: a religious or medical medal may be worn if taped to the body under the uniform. The penalty will be an unnecessary delay of game (administrative yellow card) warning on the first offense. Any subsequent delay during the same set results in an administrative red card with a loss of rally/point awarded to the opponent. Cards do not carry over from set to set but if a team has unnecessary delays in multiple sets, the referee may consider this unsporting conduct and penalize accordingly.
- J.** Hair combs are not allowed. Unadorned flat barrettes, unadorned bobby pins, or flat clips all no longer than 2 inches may be worn to control players' hair. Hair devices to control hair such as headbands may be up to three inches wide. Soft ribbons of any width, length, or number will be allowed. The MVC does allow a hair feather or hair wrap (yarn wrapped or woven into the hair) as long as it is secured, tied back, and without beading. Beads may not be worn in the hair. No glitter or face paint is allowed. The penalty will be an unnecessary delay of game (administrative yellow card) warning on the first offense. Any subsequent delay during the same set results in an administrative red card with a loss of rally/point awarded to the opponent. Cards do not carry over from set to set but if a team has unnecessary delays in multiple sets, the referee may consider this unsporting conduct and penalize accordingly.
- J.** Players may not chew gum on the court or on the bench. Water must be kept off the floor at all times, or an unnecessary delay of game warning/penalty point may be charged to wipe up the floor.
- K.** Pre-match back line lineup procedure will be followed. **Note:** When a Libero is used, they may line up with the other 6 starters on the end line at the start of the match.
- End of set 1: Players on the court DO NOT go back to the end line but around the standards. If the gym is too small, they go under the net. Those on the benches switch benches.
 - End of set 2: all players return to benches. A coin toss for set 3 will only take place if set three is a deciding set with the home team calling the toss. The winner of the coin toss then has the choice of serve or receive, or side. If set three is not a deciding set, the team losing the first two sets will serve the third set and teams will remain at the benches they occupied during set two.
 - End of set 3: Referee blows his whistle signaling the end of the match. Players on the court proceed to the net (NOT the end line) and shake hands with the opposing team and the players on the bench follow behind them.
- L.** All teams will rotate into the serve. Serving time after the whistle blows is 5 seconds. Players may either catch OR allow the ball to drop in order to obtain a re-serve. This can only be done once per service rotation.
- M.** A tossed ball for serve coming in contact with or hitting an overhead obstruction above the service area is a fault, and is not eligible for a re-serve (i.e. basketball hoop or backboard).
- N.** If a ball contacts a vertical backboard or it's supports over a playable area, the referee will stop play. If in the referee's judgement a player would have been able to play the ball had the backboard not been there, a replay will be called. If the ball would have landed out of play, a point-side-out will be awarded the opponent. Raised backboards are considered part of the ceiling and remain in play.
- O.** Setting or overhand passing a serve is allowed as long as it is not a lift. Blocking a served ball is not permitted. Attacking a served ball while the ball is completely above the height of the net is not permitted. However the contact is legal, and the ball is not out of play until it



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completely crosses the vertical plane of the net or is legally contacted by an opponent. If the ball drops lower than the top of the net before being hit, it's a legal hit.

- P.** A double hit is allowed on any first team contact and ball is live and can be played off any part of the body. A double hit cannot be called on a serve or first ball over the net as long as it is one attempt to play the ball. However, a lift or held ball may be called by the referee.
- Q.** During the match, a player can play the ball with any part of their body including the head and feet.
- R.** A ball is out of bounds and becomes dead when it touches the ceiling or overhead obstructions beyond the vertical plane of the net and its out-of-bounds extension. If the ball is hit over the net and hits the ceiling on the receiving court's side, it becomes a dead ball as soon as it hits the ceiling. However, if the ball hits the ceiling prior to crossing the net, it is still playable as long as the team has hits remaining.
- S.** If the referee is not on site 15 minutes after scheduled start time, it is the responsibility of the teams to supply a referee until a substitute arrives.
- T.** Protests must be made in writing at the time of the disagreement prior to the signaling of the next service. If the final point is disputed, the protest must be made before the referee leaves the playing area. Protests are recorded on the official score sheet and signed by both coaches and the referee prior to completing the game. This written protest should be forwarded to the Referee Coordinators within 24 hours for review. Referee judgment calls cannot be protested.
- U.** The referee shall have the power to make decisions on any point not specifically covered in these rules. The decision of the referee shall be final.

6. TIME-OUTS

- A.** Each team is limited to two 60 second time-outs per set.
- B.** If the team calling 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. However, teams must be on the floor ready to play at the end of the 60 seconds. Failure to do so will result in an unnecessary delay of game (administrative yellow card) warning on the first offense. Any subsequent delay during the same set results in an administrative red card with a loss of rally/point awarded to the opponent. Cards do not carry over from set to set but if a team has unnecessary delays in multiple sets, the referee may consider this unsporting conduct and penalize accordingly.

Exception: A special time-out may be called by the referee when a team has an injured player, no time-outs remaining and no legal/exceptional substitutes available.

7. SUBSTITUTIONS

- A.** Player must report to the referee before entering the playing area.
- B.** There are unlimited entries per player in a set.
- C.** There is a maximum of 18 substitutions per set. Libero replacements do not count as substitutions and are unlimited.

8. LIBERO (7TH and 8TH grade only)



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NOTE: Teams failing to follow all Libero rules will automatically forfeit the match.

- A.** The libero is a back-row player who is a defensive specialist. Only one libero may be designated per set.
- B.** The libero when used:
- Must be designated on the lineup sheet prior to each set.
 - May be the team captain.
 - May be used as an exceptional substitution for an injured player if no other legal substitutes are available.
 - Shall not replace a disqualified teammate.
 - Shall be allowed to serve in one position in the serving order.
- C.** The libero shall not:
- Complete an attack from anywhere if, at the moment of contact, the ball is entirely above the height of the net.
 - Set the ball using overhand finger action while on or in front of the attack line extended, resulting in a completed attack above the height of the net.
 - Block or attempt to block.
 - Rotate to the front row.
- D.** Procedures for libero replacement:
- Is allowed to replace any player in a back-row position.
 - May serve in one position in the serve order.
 - May only be replaced by the player whom he/she replaced.
 - One libero replacement may be exercised per dead ball/rally unless the libero is replacing the player in the right back position and will serve the next rally.
 - Must take place between the attack line and the end line in front of that team's bench.
 - Must be completed during a dead ball prior to the whistle and signal for serve.
- E.** Replacements may only take place:
- At the start of each set after the starting lineup has been checked.
 - After the end of a rally.
 - While the ball is out of play and prior to the whistle and signal for serve.
 - After a time-out, once all players have returned to the court, provided the replacement sits out one rally/dead ball.
- F.** Libero Serving:
- Allowed to serve in one rotation.
 - When serving, the libero would not be required to leave the playing area or be out of the set for one rally/dead ball before replacing the incoming player in the right back position.

9. EQUIPMENT PROVIDED BY HOST GYM:

- A.** An official volleyball either leather or composite with the NFHS logo, air pressure being 4.3-4.6 pounds for 7th and 8th grade teams.
- B.** The Molten VB-U12 for 5th and 6th grade girls' teams, air pressure being 4.3-4.6 pounds
- C.** Net antennas are required. The net height is 7 feet, 4 and 1/8 inches. Please have a tape measure or measuring device available.



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- D. All lines on the court must be clearly marked including the side, end, attack (10 foot), and center lines.
- E. Padded Referee stands, standards, and net wires.
- F. A first aid kit and ice. A gym supervisor must be readily available in case of injury.
- G. A copy of the most recent Metro Volleyball Conference rules is to be kept at the scorers' table. A National Federation of High School rulebook is also recommended.

10. SCORER'S TABLE

- A. Scorekeepers are a part of the referee team, but the responsibility of the gym supervisor. Only official scorekeepers should be at the scorers' table. The referee may ask others not directly involved in keeping score to leave the table.
- B. Libero Tracker: **(Teams failing to provide a Libero Tracker shall not use a libero.)**
 - 7th or 8th grade teams using a Libero are required to provide an experienced Libero tracker. This could be the parent of a player or a high school aged volleyball player with knowledge of the game, a club player, or an *assistant* coach. **It shall not be a player on one of the two teams.** Exception: an injured player, unable to play, may libero track if sitting at the scorers' table.
 - **All Libero trackers will sit at the scorers' table.** Exception: If the libero tracker is an assistant coach for a team playing, they may libero track from the bench.
 - If both teams are using a libero, it is suggested they agree on one libero tracker to track for both teams. It is not necessary in this case to have one libero tracker for each team.
 - Exception: If a school chooses to provide a Libero tracker at the scorer's table, the team(s) using the libero does not have to provide one.
 - **NOTE: The Libero tracking sheet shall be retained by the host school along with the scoresheet for the duration of the season.**
- C. Electronic devices (i.e. cell phones, IPODS, etc.) are NOT allowed at the scorers' table during game time, including time outs. If noted, referees will ask that the device be put away. They may also report such activity to the gym supervisor who will take appropriate action in assuring these devices are not being used.

