CSAA VOLLEYBALL SPECIAL RULES

CSAA Volleyball rules are the same as the National Federation of State High School Association rules with the following exceptions or interpretations:

MATCHES: (Exception to Rule 1, Sec. 2, Art. 1 & Sec. 4 & Sec. 5)
A match will shall consist of the best two-of-three sets. The first team to win two sets shall be the winner of the match. The first two sets shall be 25 points (no cap), and a team must win by at least two points. The third and deciding set shall be 15 points (no cap) and a team must win by at least two points. Rally scoring will be used for all sets played. If the same team wins the first two sets, and there is more than 20 minutes before the next match, a third practice set can be started. (Play must end to allow the next match to have 10 minutes to warm up).

COIN TOSS: (Exception to Rule 1-2, Art 4,a) Sets 1-3.
The official will designate which team is heads and tails. The winner shall choose to serve/receive or the playing area. The loser of the toss shall be given the remaining choice. We will not switch sides between sets, so the coin toss for the deciding 3rd set will only have the option of serve or receive.

WARM UP TIME BEFORE MATCHES: (1-4-4-1)
Normal warm-up time shall be ten (10) minutes:
10-9: Court is shared by both teams. Teams warm up on their side of the court only.
9-5: The team serving first, has the entire court for four (4) minutes (including serving).
5-1: The team receiving first will have the entire court for four (4) minutes (including serving).
1-0: Teams are at their bench for last instructions and line up from coach.

Interval between sets: (Exception to Rule 1, Sec. 2, Art. 2) The interval between sets is two minutes.

SERVING AREA: (Exception to Rule 2, Sec.1, Art. 6)
8th GRADE: The serving line shall be 30' from the net. A line will be located across the floor from sideline to sideline.
6TH GRADE: The serving line shall be 20' from the net. A line will be located across the floor from sideline to sideline.
4TH GRADE - The serving line shall be 15' from the net. A line will be located across the floor from sideline to sideline.

4TH GRADE SERVING: (Exception Rule 8, Sec. 1, Art. 5)
The 4th grade division, the serving team is required to rotate after 5 consecutive points won on a serve. This is not a side out, only a rotation.

Substitutions: (Rule 10) NFHS rules apply to all substitutions.

NET HEIGHT: (Exception to Rule 3, Sec. 1, Art. 4) 8TH: 7'-4-1/8" 6TH: 7'-1" 4TH: 6'-6"

PLAYERS: (Rule 6, Sec. 2, Art. 1 & 2).
8TH, 6TH and 4TH grade divisions: - A team must have 6 players to begin a match. A forfeit of the first set will be declared 10 minutes after the scheduled start time when a team has fewer than six (6) players. A forfeit of the second set will be declared 15 minutes after the scheduled start time when a team has fewer than six (6) players. If a team has fewer than 6 players after the start of a match, they can continue play. Example: if a player is hurt and removed from the game, and no substitutes are available, the game will continue with five players or less without forfeiture. When a team plays short an automatic side out applies each time the empty slot rotates to the serve position. Additionally, when the empty slot rotates to the front row, they are only allowed 2 front row players.

LEGAL CONTACT: (Rule 9, Sec. 4, Art. 5 - explanation).
Legal contact is a touch of the ball by any part of a player's body which does not allow the ball to visibly come to rest or involve prolonged contact with a player's body. (Kicking the ball is legal).

SPORTSMANSHIP: (Rule 12, Sec. 2, Art. 8 and 9).
Acts of unsportsmanlike conduct (as determined by the referee) could result in a red card (point being awarded to the opposing team). If a referee deems excessive unsportsmanlike conduct, the match will be forfeited and offending team, including all players and coaches, may be disqualified from further competition and/or ejected from the facility. League Managers or Referees can enforce this rule.
HEAD COACH (Exception Rule 12 Section 2 Article 6)
If a *yellow* card is issued for unsporting conduct to the head coach, assistant coach(es) or team bench, all coaches shall remain seated for the remainder of the match.
DISQUALIFICATION:
If a coach or player is ejected from a game, there will be a minimum suspension of one match. The coach or player must also be officially reinstated by the CSAA Executive Director before they will be allowed to coach, play or attend another match.

OFFICIAL BALL:
6th grade boys, 8th grade boys and girls: Any reputable indoor volleyball is approved as long as they are 65-67 centimeters (25.5 to 26.5 inches) in circumference and weigh 9.2-9.9 ounces (260-280 grams). (PSI 4.3-4.6)
6th grade girls, 4th grade boys and girls: Any reputable indoor volleyball is approved as long as they are 63-67 centimeters (25-26.5 inches) in circumference and weigh 7.0-8.1 ounces (198-230 grams). (PSI 4.3)

LINE UP CARDS:
CSAA Lineup cards are required for all matches and must remain at the scores table during play. The cards can be printed from the CSAA web site at **www.loucsaa.net**.

TOURNAMENT: The tournament will include all 6th and 8th grade teams, that played in their proper division during the regular season. There is no tournament for the 4th grade.

PROTEST: There will be no protest in league or tournament play.

PENALTY FOR IMPROPER UNIFORM: (Exception: Rule 4, Sec. 2, Art 7)
When a starting player(s) and/or substitute(s) is wearing an improper uniform, a one-time penalty point is awarded to the opponent for the match, regardless of the number of players. The offending player(s) will be allowed to play without correcting the uniform. Shorts are not considered part of the uniform and no penalty will be assessed. Logo on sleeve is not to exceed 1 ½ x 1 ½.

FACE OR BODY PAINT AND JEWELRY: (Rule 4, Sec. 1, Art. 7 and 8)
Face painting, temporary tattoos, glitter, or body painting of any kind, including paint or glitter in the hair is not allowed. All jewelry must be removed, except small, secured studs or posts worn above the chin. No jewelry is permitted below the chin, including string bracelets, commemorative bracelets and body jewelry. In addition, taping over jewelry is not permitted.

RULE CHANGES (2-1-9, 12-2-6 and 4-2-4B)
The coaching zone is the area from the libero replacement zone to the area beyond the end line and the sideline extended. One (1) assistant coach is allowed to stand within the coaching zone during dead-ball situations. The assistant

coach standing within the coaching zone may change throughout the match. All other assistant coaches and bench personal must remain seated.

Beginning in 2028, uniform numbers with a leading zero will not be permitted. This change eliminates confusion when signaling numbers and aligns NFHS rules with other rules codes.

Beginning in 2028, Number 69 is an illegal number and is NOT eligible to be used.