



## 2010 CMAC Volleyball Rules (Updated 3/8/2010)

**CMAC follows normal FHSAA rules. The league makes some changes that benefit our young athletes, and increase competition for their age level.**

### GAME SITE PREPARATION

1. All teams need to come prepared with the following:
  - a. Roster and line-up sheets.
  - b. Scorebook or score sheets.
  - c. A white good quality game ball.
  - d. Someone who is capable of keeping the written score. (Referees will help with questions.)
  - e. Someone who is capable of keeping the visual score and timing the time outs. (Referees will help with questions.)
  - f. Someone who is capable of being a line judge. (Referees will help with questions.)
  - g. If a Libero (varsity level only) is used, the team using the Libero is responsible for the tracking of the position.

### HOME TEAM/PRE-GAME CONFERENCE

1. Everyone needs to know who the "home" team is for each match since that is now a factor during the coin flip. This will be the first team listed on the schedule. Example SJ versus ACA, then SJ is the home team.
2. There will be a pre-game conference for at least 1 coach and 1 captain from each team.
  - a. After ground rules are explained the coin flip will be conducted.
    - i. Home team will have first choice of starting side of the net.
    - ii. The visiting team will call the flip.
    - iii. The winner of the flip will have the choice to serve or receive serve.
  - b. At the end of the first game both teams switch sides and the opposite team will have first serve.
  - c. If a third game is necessary a new coin flip will be conducted between 1 captain from each team from the floor.
    - i. Home team will call the flip.
    - ii. The winner of the flip will have the choice to choose the side of the net, to serve, or to receive the serve.

## WARMUPS

1. Warm-up time is 10 minutes total divided into “4-4-2.”
  - a. At the conclusion of the pre-game conference the visiting team will have the first 4 minutes to use the net and court alone, the home team will have the next 4 minutes for the same, and both teams will serve to each other for the last 2 minutes.

## SCORING

1. All games will now be using the “rally” scoring system.
2. A match will be the best 2 out of 3 games for all levels.
3. The scoring format will be as follows:
  - a. The first 2 games will go to 25 points, win by 2, with a cap at 27. (A final score could be 27-26.)
  - b. JJV games will score to 21, with a cap at 23. (A final score could be 23-22.)
  - c. If a third game is necessary it will go to 15 points, win by 2, with a cap at 17. (A final score could be 17-16.)

## LIVE BALLS

1. A served ball that touches the net and continues over is a live ball.
2. The ball may be legally played with any body part as long as there is not prolonged contact.

## TIME OUTS

1. Each team will be allotted 2 time outs per game.
2. The length of the time out will be 1 minute regardless of which team calls the time out.

## LIBERO (we are using only at the Varsity level this year again)

1. The home team provides the libero tracker unless they DO NOT use a libero player.
2. If your team does not have a separate jersey available for the libero player a mesh jersey worn over the team jersey (can be used so the player’s number is easily identified.)
3. Libero is allowed to serve as of this year in CMAC 2007. (Libero rules will be given to each Athletic Director to share with his/her coaches).
4. Team that has libero must have a person to track that libero.

## SUBSTITUTIONS

1. Substitute must be ready and maybe standing near the bench or below the 10 foot line. Only one sub may enter the substitution zone at a time. The substitution zone is the area between the net and the ten foot line.

## MISC.

- \* No jewelry is allowed.
- \* A bobby pin may be worn that is less than 2” in size.
- \* Uniforms are to be the same and make sure that numbers are on the front and back of jersey.
- \* Net height for middle school boys and girls as well as high school girls is 7’4”.
- \* Net height for high school boys is 8’0”.

## ***Guidelines for Libero Serving***

1. The libero and the replacement must enter or leave the court in the libero replacement zone, over the sideline between the attack line and the end line.
2. A team is assessed an unnecessary delay for improper libero replacement procedures.
3. In one rotation, the libero can replace the player in the service position and serve the next rally even if he/she is already on the court in replacement of another back row player.
4. In this situation, the libero does not have to exit the court before replacing the player in the service position.
5. The coach is not required to indicate on the lineup sheet the position where the libero will serve. At any point in the game, the coach can determine the position where the libero will serve by simply having the libero replace that server.
6. Once the libero serves in a particular position in a game that is the **only** position where the libero is allowed to serve.
  - However, the libero is not required to serve in that position for all subsequent rotations.
  - The starting player, a legal substitute, or the libero can serve any rally that takes place whenever that position is in the service position.
7. The scorer must record on the scoresheet when the libero serves during each game. The assistant scorer must record the position where the libero serves on the Libero Tracking Sheet as well.

## ***Directions for Scorer and Libero Tracker (Assistant Scorer)***

1. The libero can serve in one rotation by replacing the player who is in the service position and who would serve the next ball.
2. When the libero serves, a triangle is placed around each point scored by the libero in the running score
3. On the scoresheet, the scorer shall place a triangle around the position within the serving order to identify where the libero can serve.
4. This assists scorer to make sure the libero is not attempting to serve in two positions.

A. Scoresheet Running Score

<del>1</del>	16
<del>2</del>	17
<del>3</del>	18
4	19
5	20
6	21
7	22
8	23
9	24
10	25
11	26
12	27
13	28
14	29
15	30

B. Scoresheet

Game No.		TIME-OUTS							
Serve Order	Player No.	Team: L5 Wildcats							
1	13	1	2	3	-				
2	14	4	-						
3	2	5	6	7	8				
4	8								
5	3								
6	7								

C. Libero Tracking Sheet

Team:		L: 5	
Game	Serving Order	SP	
	I	13	
	II	14	
	III	<del>2</del>	<del>1 2 3 4 5</del> 2
	IV	8	
	V	3	
	VI	<del>7</del>	<del>1 2 3 4 5 6</del> L

TEAM: \_\_\_\_\_

COACH: \_\_\_\_\_



# FHSAA VOLLEYBALL LINE-UP SHEET

GAME 1

LIBERO #: \_\_\_\_\_

SERVE ORDER	PLAYER NUMBER
I	_____
II	_____
III	_____
IV	_____
V	_____
VI	_____

SERVE

RECEIVE

GAME 2

LIBERO #: \_\_\_\_\_

SERVE ORDER	PLAYER NUMBER
I	_____
II	_____
III	_____
IV	_____
V	_____
VI	_____

SERVE

RECEIVE

GAME 3

LIBERO #: \_\_\_\_\_

SERVE ORDER	PLAYER NUMBER
I	_____
II	_____
III	_____
IV	_____
V	_____
VI	_____

SERVE

RECEIVE

GAME 4

LIBERO #: \_\_\_\_\_

SERVE ORDER	PLAYER NUMBER
I	_____
II	_____
III	_____
IV	_____
V	_____
VI	_____

SERVE

RECEIVE

GAME 5

LIBERO #: \_\_\_\_\_

SERVE ORDER	PLAYER NUMBER
I	_____
II	_____
III	_____
IV	_____
V	_____
VI	_____

SERVE

RECEIVE

## **LIBERO TRACKING INSTRUCTIONS**

(Tracking instructions can also be found at the bottom of the tracking sheet.)

1. Enter Home and Visiting team on Tracking Sheet
2. Next to L: put the # of the Libero being used for that game. If no Libero is being used, no tracking will take place.
3. Enter in the "SP" column the starting players for each team. This should be an exact match of the line-up entry in the scorebook.
4. When a Libero enters the game as a replacement, cross off the number of the player the Libero is replacing and put "L" on the line next to the number.
5. Caution: Only the same player's number crossed out before the "L" can be the number after. The player the Libero came into the game for can only be the Libero replacement.
6. When the Libero is replaced (again, by the same player) the "L" is crossed out and the number of the player is next entered on the line.
7. The Libero Tracker also records all substitutions. When a player (not a Libero) is substituted out of the game, their number is crossed off and the player's number entering the game is written on the line.
8. There are unlimited Libero replacements but only 18 substitutions per game.
9. Note: A different Libero can be designated for each game, but the designation must be made on the lineup sheet when it is submitted before the game.

# LIBERO TRACKING SHEET

TEAM:		L:	
GAME	Serving Order	SP	
<b>1</b>	I		
	II		
	III		
	IV		
	V		
	VI		

TEAM:		L:	
Serving Order	SP		
I			
II			
III			
IV			
V			
VI			

TEAM:		L:	
GAME	Serving Order	SP	
<b>2</b>	I		
	II		
	III		
	IV		
	V		
	VI		

TEAM:		L:	
Serving Order	SP		
I			
II			
III			
IV			
V			
VI			

TEAM:		L:	
GAME	Serving Order	SP	
<b>3</b>	I		
	II		
	III		
	IV		
	V		
	VI		

TEAM:		L:	
Serving Order	SP		
I			
II			
III			
IV			
V			
VI			

TEAM:		L:	
GAME	Serving Order	SP	
<b>4</b>	I		
	II		
	III		
	IV		
	V		
	VI		

TEAM:		L:	
Serving Order	SP		
I			
II			
III			
IV			
V			
VI			

TEAM:		L:	
GAME	Serving Order	SP	
<b>5</b>	I		
	II		
	III		
	IV		
	V		
	VI		

TEAM:		L:	
Serving Order	SP		
I			
II			
III			
IV			
V			
VI			