

### COMMITTEE MEMBERS:

**Craig Kittelson—Principal Liaison** (St. Gregory School), Rebecca Brewer (Blessed Cardinal Newman), Steve Carston (Msgr. JJ O'Brien), Michelle Cornish (St. Timothy), Sean Craig (Madeleine d'Houet), Peter Dvorak (St. Martha), Bryce Gillis (Prince of Peace), Cory Gunther (St. Brigid), Michael Hagar (St. Stephen), Trevor Kuran (St. Gregory), Carlo Lucente (Monsignor Smith), Timothy Lukie (St. Basil), Norm Nicolet (St. Bonaventure), Allescia Pedersen (St. Albert), Darren Perizzolo (Msgr. JJ O'Brien), Tye Silbernagel (St. Elizabeth Seton), Courtney Thompson (Our Lady Queen of Peace), Brent Wandler (St. Martha)



### IMPORTANT NOTES

**NEW  
NEW**

1. Games will begin Monday, September 17<sup>th</sup>. For that week, teams will play 2 games. \* **GIRLS** will play first for both games.
2. Please note new 1<sup>st</sup> contact rule on page 2.
3. Please Note: Year round Schools (St. Joseph, Father Scollen) and their opponents have adjusted schedules. This affects NORTH and EAST Divisions. Home schools to reschedule these games before September 7<sup>th</sup>.
4. **Please ensure that players, spectators and teams follow the "Quiet on Serve Rule".**
5. Junior teams **MUST** mirror the seniors schedule with the exception of Week One.  
NOTE: Junior Teams – it is understood that Junior Teams will "mirror" Senior Team Schedule. Junior games will begin Sept. 19<sup>th</sup>. If you are not having Junior Teams, you must notify ALL teams in your league by Sept. 14<sup>th</sup> so that other junior coaches may make other arrangements.
6. **TRIPLE BALL SYSTEM** for Junior Teams (\***PACKAGE ATTACHED**)  
<http://members.shaw.ca/glenn.johnston/TripleBallSystem/>
7. **NET RULE:** Any net infraction will be called in the front court near the play.
8. **City Championships** – Friday, October 26 – Finals locations will be determined by the Principal Liaison and the Athletic Coordinator – all decisions are final.
9. a) **League Games** - As always - home teams, please call or email to confirm.  
b) **Schools are encouraged to play all 3 games of set, if agreeable to both coaches. 4:00 Games should not extend beyond 4:50 to allow warm-ups for next game. Exception: When teams are tied at one game apiece, third game to 15 points must be completed.**
10. **VERY IMPORTANT – COACHES MUST REMAIN AT ALL SITES UNTIL ALL PLAYERS HAVE BEEN PICKED UP!**
11. All uniforms must meet district dress code guidelines. No SHORT Shorts.
12. **Tachikara** is the preferred ball. Please consider buying a **Tachikara Gold** for your game ball.
13. Scores will be reported through the **Junior High Athletics BlogSpot**  
<http://www.juniorhighathleticsports.blogspot.ca/> and results updated daily.
14. Seeding information will be due by Monday, October 15, 2018.
15. Blowout scores are unacceptable, coaches **MUST** be prepared to make adjustments. Please consider substitutions, underhand serves, starting weaker players in the second and third games, minimum 3 touches and placing the ball.

# Rules and Regulations

## 1. NET HEIGHT

- Girls 2.14m (7')
- Boys 2.21m (7' 3")

## 2. SERVES

- A maximum of 5 consecutive serves/player. Serving team will rotate one position following the 5<sup>th</sup> point.
- Junior Teams – overhand or underhand serves.
- Senior Teams – overhand OR underhand serves.
- Service from anywhere along the baseline.
- Server must return to regular line up once the serve has been lost.
- 8 seconds to serve.
- When you toss, the ball must be hit or else side-out / point occurs.
- When there is insufficient space, teams will agree before the game to allow one step into the court over the back one.

## 3. LIBERO (DEFENSIVE SPECIALIST) MAY BE USED: <http://www.volleyball.org/rules/libero.html> or <http://www.fivb.ch/TheGame/Rules.htm>

The specific rules for a Libero player are as follows:

- He/she is restricted to performing as a back row player and has no right at all to complete an attack hit when the ball is above the height of the top of the net.
- The Libero may not serve, block or attempt to block.
- The Libero must wear a different colour shirt from the other members of the team.
- Substitutions involving a Libero are not counted as regular and their number is unlimited. A Libero cannot take part in normal substitutions and may only enter or leave the game while the ball is out of play and before the whistle for service.
- It is necessary to have a rally between replacements of two different players involving a Libero. With the previous approval of the first referee, an injured Libero may be substituted during the match by any registered player within the normal line-up list of the score sheet.
- The designated replacement of a Libero will be limited to performing as a Libero for the rest of the match and the subsequent matches. Nevertheless, this player will be allowed to be registered again in the normal line-up of later matches once the initially registered Libero is officially re-instituted.
- No other player will be authorised to perform as a Libero and in the case of further injury of the originally registered Libero, he/she will be replaced by the same player under the same conditions as stated in previous points.

## 4. SERVE RECEPTION

- NEW** ○ Senior Teams – forearm pass or overhead pass. NOTE: Overhead pass is subject to the same interpretations as 2<sup>nd</sup> and 3<sup>rd</sup> contact.
- Junior Teams forearm pass.
- Junior Teams will follow the net serve rule as will Senior Teams.

## 5. CONTACT WITH THE NET

- Contact with the net by a player between the antennae, during the action of playing the ball, is a fault. The action of playing the ball includes (among others) take-off, hit (or attempt) and landing.
- Players may touch the post, ropes, or any other object outside the antennae, including the net itself, provided that it does not interfere with play.
- When the ball is driven into the net and causes it to touch an opponent, no fault is committed.

6. No intentional or unnecessary ball contact (with the ball) below the waist.
7. No screening the serve – front row players must stand 1 meter apart.
8. SUBSTITUTIONS
  - o Up to six at a time for a total of 12 subs per game.
  - o It is expected that all team members be afforded an opportunity to participate in each match.
  - o If you sub back on, it must be for a player who you replaced (in theory one player could sub on and off up to six times).
9. SCORING
  - o Rally point games to 25 - third game to 15 (rally point, if necessary).
  - o Must win by two, however scoring cap at 27 – third game cap at 17.
  - o Servers will serve no more than 5 consecutive serves, at the completion of that point scored by the serving team, the serving team will rotate.
10. TIMEOUTS
  - o Each team will be allowed 2 timeouts per game.
  - o Third or fifth game – two timeouts are also allowed.

## Considerations

- o Home Team – please confirm with visiting team 1 week in advance
- o Boys and Girls play at the same site **unless otherwise arranged**  
**GIRLS** Play at 4:00 on Weeks 1, 3, 5 (**BOYS** play @ 5:00)  
 Calgary Jewish Academy cannot play games on Friday pm or Saturday.
- o Matches must finish by 6:00 pm (Aim: First Match 4:00 – 5:00 pm; Second Match 5:00 – 6:00 pm).
- o Score Sheets – on website (to be used for all games).
- o Position Sheets – on website (must be filled out and given to scorekeeper prior to game).
- o If possible, please arrange for 2 school based referees for all home games (Ref / Umpire).
- o Linespersons are greatly appreciated.
- o Winning team will submit scores on-line through **Junior High Athletic BlogSpot:**  
<http://juniorhighathleticssports.blogspot.ca/>
- o If you are hosting a tournament, please post on BlogSpot and keep email to update.
- o Following the tournament, please advise of champion for seeding information / finalists.
- o Committee suggests the “Volleyball Light” ball at the Junior level – game ball will be the home teams’ choice.

### IMPORTANT NOTE FOR JUNIOR COACHES:

- Triple Ball Systems **MUST** be used
- All games will be arranged by schools (mirror Senior Schedule with the exception of **Week One**)
- Gyms are usually available when senior teams away
- Please always confirm with coaches during the week prior to the planned match. Give at least **ONE WEEK** notice to the opposing team if you wish to cancel so that the opposing team can reschedule with other teams.

Calgary Catholic Junior High School Athletic Association  
**Volleyball Score Sheet**

Away Team \_\_\_\_\_ vs Home Team \_\_\_\_\_ Date \_\_\_\_\_

**GAME 1**

TIMEOUT

TIMEOUT


- 1. Sub \_\_\_\_ for \_\_\_\_.
- 2. Sub \_\_\_\_ for \_\_\_\_.
- 3. Sub \_\_\_\_ for \_\_\_\_.
- 4. Sub \_\_\_\_ for \_\_\_\_.
- 5. Sub \_\_\_\_ for \_\_\_\_.
- 6. Sub \_\_\_\_ for \_\_\_\_.
- 7. Sub \_\_\_\_ for \_\_\_\_.
- 8. Sub \_\_\_\_ for \_\_\_\_.
- 9. Sub \_\_\_\_ for \_\_\_\_.
- 10. Sub \_\_\_\_ for \_\_\_\_.
- 11. Sub \_\_\_\_ for \_\_\_\_.
- 12. Sub \_\_\_\_ for \_\_\_\_.


- 1. Sub \_\_\_\_ for \_\_\_\_.
- 2. Sub \_\_\_\_ for \_\_\_\_.
- 3. Sub \_\_\_\_ for \_\_\_\_.
- 4. Sub \_\_\_\_ for \_\_\_\_.
- 5. Sub \_\_\_\_ for \_\_\_\_.
- 6. Sub \_\_\_\_ for \_\_\_\_.
- 7. Sub \_\_\_\_ for \_\_\_\_.
- 8. Sub \_\_\_\_ for \_\_\_\_.
- 9. Sub \_\_\_\_ for \_\_\_\_.
- 10. Sub \_\_\_\_ for \_\_\_\_.
- 11. Sub \_\_\_\_ for \_\_\_\_.
- 12. Sub \_\_\_\_ for \_\_\_\_.

Team \_\_\_\_\_ 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27

Team \_\_\_\_\_ 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27

**GAME 2**

TIMEOUT

TIMEOUT


- 1. Sub \_\_\_\_ for \_\_\_\_.
- 2. Sub \_\_\_\_ for \_\_\_\_.
- 3. Sub \_\_\_\_ for \_\_\_\_.
- 4. Sub \_\_\_\_ for \_\_\_\_.
- 5. Sub \_\_\_\_ for \_\_\_\_.
- 6. Sub \_\_\_\_ for \_\_\_\_.
- 7. Sub \_\_\_\_ for \_\_\_\_.
- 8. Sub \_\_\_\_ for \_\_\_\_.
- 9. Sub \_\_\_\_ for \_\_\_\_.
- 10. Sub \_\_\_\_ for \_\_\_\_.
- 11. Sub \_\_\_\_ for \_\_\_\_.
- 12. Sub \_\_\_\_ for \_\_\_\_.


- 1. Sub \_\_\_\_ for \_\_\_\_.
- 2. Sub \_\_\_\_ for \_\_\_\_.
- 3. Sub \_\_\_\_ for \_\_\_\_.
- 4. Sub \_\_\_\_ for \_\_\_\_.
- 5. Sub \_\_\_\_ for \_\_\_\_.
- 6. Sub \_\_\_\_ for \_\_\_\_.
- 7. Sub \_\_\_\_ for \_\_\_\_.
- 8. Sub \_\_\_\_ for \_\_\_\_.
- 9. Sub \_\_\_\_ for \_\_\_\_.
- 10. Sub \_\_\_\_ for \_\_\_\_.
- 11. Sub \_\_\_\_ for \_\_\_\_.
- 12. Sub \_\_\_\_ for \_\_\_\_.

Team \_\_\_\_\_ 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27

Team \_\_\_\_\_ 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27

**GAME 3**

TIMEOUT

TIMEOUT


- 1. Sub \_\_\_\_ for \_\_\_\_.
- 2. Sub \_\_\_\_ for \_\_\_\_.
- 3. Sub \_\_\_\_ for \_\_\_\_.
- 4. Sub \_\_\_\_ for \_\_\_\_.
- 5. Sub \_\_\_\_ for \_\_\_\_.
- 6. Sub \_\_\_\_ for \_\_\_\_.
- 7. Sub \_\_\_\_ for \_\_\_\_.
- 8. Sub \_\_\_\_ for \_\_\_\_.
- 9. Sub \_\_\_\_ for \_\_\_\_.
- 10. Sub \_\_\_\_ for \_\_\_\_.
- 11. Sub \_\_\_\_ for \_\_\_\_.
- 12. Sub \_\_\_\_ for \_\_\_\_.


- 1. Sub \_\_\_\_ for \_\_\_\_.
- 2. Sub \_\_\_\_ for \_\_\_\_.
- 3. Sub \_\_\_\_ for \_\_\_\_.
- 4. Sub \_\_\_\_ for \_\_\_\_.
- 5. Sub \_\_\_\_ for \_\_\_\_.
- 6. Sub \_\_\_\_ for \_\_\_\_.
- 7. Sub \_\_\_\_ for \_\_\_\_.
- 8. Sub \_\_\_\_ for \_\_\_\_.
- 9. Sub \_\_\_\_ for \_\_\_\_.
- 10. Sub \_\_\_\_ for \_\_\_\_.
- 11. Sub \_\_\_\_ for \_\_\_\_.
- 12. Sub \_\_\_\_ for \_\_\_\_.

Team \_\_\_\_\_ 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27

Team \_\_\_\_\_ 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27

Calgary Catholic Junior High School Athletic Association  
**Volleyball Position Sheet**

School \_\_\_\_\_ Date \_\_\_\_\_

vs \_\_\_\_\_ Home  Away   
 Boys  Girls

**Game 1**

4	3	2
5	6	1

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Winner \_\_\_\_\_ Score \_\_\_\_\_

**Game 2**

4	3	2
5	6	1

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Winner \_\_\_\_\_ Score \_\_\_\_\_

**Game 3**

4	3	2
5	6	1

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Winner \_\_\_\_\_ Score \_\_\_\_\_

**Position Sheet**

*Please detach and submit to:  
 Scorekeeper at start of game*

**Game 1**




**Game 2**




**Game 3**
