Northwest Catholic Conference

Volleyball League Rules

(Updated 9-3-26)

Current IESA/IHSA rules apply, except as noted below

All Archdiocese of Chicago and NWCC By-Laws will be observed

Fall 2026 volleyball ref fees: $52 per ref for multiple matches; $63 per ref if single match.

Conference Team Rules

1. Follow all OCS, IDPH, and Archdiocese Covid-19 guidelines.
2. No switching sides. An exception will be a gym such as QR that has an obvious serving side advantage. Switching sides will be allowed at this gym.
3. Procedure for canceling or postponing any given match.
    a. All changes must be made through the athletic directors. Changes cannot be made within 48 hours unless cleared by the Executive Committee and/or VB assignor. If a match is canceled within 48 hours without permission, the canceling team will pay the officials for the canceled match(es).
    b. Please notify the other team's AD/coach and then call **Jeff Schwarz** or email coachjeff1@aol.com
    c. If the Executive Committee and/or the Volleyball Assignor are unaware of a schedule change, your team will be given a forfeit because the score was not called in.
4. A student-athlete may play up a grade but may not play down a grade, unless approved by Athletic Directors prior to the season.
5. **Every player dressed on the bench must play in a league match. If a team does not play all their players, they will forfeit the match. Playoffs are included.**
    a. **At the 5th & 6th grade levels, effort should be given so that all players have equal playing time in the first two sets of every match throughout the season. Do not rely on the third set to make equal playing time as the third set is not guaranteed each match.**
    b. **At the 7th & 8th grade levels, playing time should reflect ability, effort, attendance at practices, and commitment to the team. However, playing time for all is expected at the 7th and 8th grade level during the first two sets of every match. Do not rely on the third set to make playing time as the third set is not guaranteed each match. A reasonable guideline is for each athlete to play for the equivalent of at least one quarter (25%) of each match. <u>This is an Archdiocesan rule.</u>**
    c. If a dressed player is not playing due to a school rule/policy, it must be reported to the officials/score table/opposing coach prior to the match starting.
6. Every team must carry a roster of all team members and numbers. The head coach must have a roster available for the first match.
7. Scores should be reported to John Collins at 847-867-9502 or email nwcgcscores@comcast.net . Please report all 6th, 7th, and 8th grade scores.
   REPORTING OF SCORES: Home team must report scores within 48 hours of the games.
   Note: Failure to report scores in 48 hours will result in a Forfeit for the home team.
8. Referees should arrive **no later than 20 minutes** before match time.
9. Chanting and cheering is ***<u>not allowed</u>*** after the referee blows the whistle for the serve.

Conference Court Rules

1. Home team shall
    a. Supply 2 good quality game balls, and clean balls between matches.
    b. Supply a volley lite ball for 5th grade matches ONLY.
    c. Supply an official scorekeeper with a score sheet and time clock.
    d. Have floor tape at the scorers table for the 25 ft serving line if you have 5th and 6th grade teams.
2. Padding on poles is required; no games can be played without padded poles or a referee stand.
3. **Referee fee is $52 per match. The home team pays the referee fee. Single matches will be $63. Schools may use vouchers to pay referees.**
4. All referees should be paid prior to leaving the gym.
5. Warm ups: 3 minutes passing; 3 minutes home team hits; 3 minutes visiting team hits; 2 minutes both teams serving.
6. The serving line for 5th/6th grade teams is 25 ft (overhand or underhand).
   Note: If an athlete is a strong overhand server, after 5 serves in a row the athlete must serve behind the end line (5th/6th teams only)**.**
   Note: No athlete will have a CAP on the number of points they serve.
7. Unnecessary 3rd sets can be played if time permits. All unnecessary 3rd sets will be stopped 15 minutes before the next scheduled game. If there is no match following, there is no time constraint on the 3rd game. All unnecessary 3rd games are played to 25 points if time permits.
8. A team must start with at least 5 players or forfeit. When a team starts or is playing with fewer than 6 players, a point shall be awarded to the opponent each time the vacant position is in the right back/serving position. Ghost rule shall be used.
9. No CAP score.

IHSA Game Rules

IHSA rules will apply unless otherwise noted

All IHSA rules can be found on the NFHS website at www.nfhs.org

1. No libero will be used.
2. Rally scoring will be used
    - 5th & 6th level: 2 out of 3 sets to win. Win by 2. No cap score. 1st and 2nd set are to 25. **Necessary 3rd set will be to 15**.
    - 7th & 8th level: 2 out of 3 sets to win. Win by 2. No cap score. **All necessary sets are to 25**.
3. 2 timeouts per set. There is no 3rd timeout with rally score. Time outs do not carry over set to set. Timeouts will be full 60 seconds, even if the team who called the timeout is ready to begin play before 60 seconds. If both teams are ready to play before 60 seconds have run off, the game can begin at that time. An audible signal will sound at 45 seconds.
4. Stud/post earrings will be allowed, but **no other type of earring or any other jewelry** can be worn. Soft barrettes/ribbons are legal.
5. The net height is 7 feet 4.25 inches for both girls and boys games for all grade levels.
6. Team rosters should be brought with coaches to the prematch meeting with the officials prior to match. Before each set, a written line up shall be submitted to the scorer. You may circle your first server. The first server of the game is the player in the right back position for the serving team. The first server of the game for the receiving team is the right front player. Coaches should submit their lineup in column form, with the first server being written on the top. Official(s)

will penalize the offending team if the lineup on the court does not match the lineup at the score table.

7. Upon entering the gym, the home team selects the team bench/side. Visiting team calls a coin toss (serve or receive). If a third set is required, the home team calls the coin toss (serve or receive, or side if in an applicable gym). Coin tosses should be conducted in front of the table.
8. Let ball on serve is legal. Thus, a ball that hits the net and goes over is legal.
9. Proper game protocol will be used. Teams will start the match on the end lines and finish all games on the end lines.
10. Substitution Rules: Each team is allowed 18 subs per set. Starting the set does not count as a sub. Each player is allowed unlimited entries within the team limit. Subs should enter the sub zone one at a time. Other subs should wait just behind the 10 foot line.
11. Multiple contacts are allowed on any first ball over the net. This includes serves and during rallies. The IHSA rule 9-4-8 reads as follows:
    - Multiple contacts are more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted only:
        - When the first ball over the net rebounds from one part of the player's body to one or more other legal parts in one attempt to block on any first team hit, whether the ball is touched by the block.
12. Players may legally contact the ball with any part of their body.
13. Players may not block a serve. The ball must go back over the net for it to be a completed block.
14. On the second team hit, the ball may contact various parts of the body consecutively, provided that the contacts occur during one action and the ball is next contacted by a teammate. If the ball completely crosses the net or is first touched by the opponent after multiple contacts on the second team hit, a double hit fault will be called. For example: if any court player sets the second ball (terms used- spins, comes out of the players hands ugly) and a third player makes contact, this is legal now. However, if the second contact is set over the net and/or the third contact is set over the net and in the judgement of the official they deem it to be multiple contacts this is a fault. If the second or third contact is deemed to be a lift or carry by any player, in the judgement of the official, it is a fault and sideout.
15. The serving team may not raise their hands/arms during the serve. Previously this was "screening" if the ball passes over a player with their arms raised on the serve, now no one on the serving team can raise their arms no matter where they are while their team is serving. The offending team will lose the serve if arms are raised/the other team will side out.
16. No props on the bench (signs, noisemakers, pom poms, etc).
17. Referees may stand on the floor if the ref stand is unsafe

Northwest Catholic Conference
Volleyball Playoff Rules
(7th & 8th grade teams only)

- All teams must bring money for refs, the host school is not responsible for paying the refs; Schools are allowed to pay referees by vouchers.
  Note: All schools paying by vouchers must have it filled out prior to the start of the match.
- Teams will pay the officials $52 for all playoff matches (except the championship). If it ever turns out to be a single match, for whatever reason, it is an extra $15.
- The host school will run the clock/scoreboard for all matches.
- The NWCC Finals are separate from the regular season standings.
- Matches will be the best 2 out of 3 sets. **No 3rd set unless necessary**.
- 2 timeouts per set. Time outs do not carry over.
- The higher seeded team (i.e., lowest #) for each match must provide an adult to keep the book. They will also be considered the home team.

Current NWCC rules should be followed for playoffs unless noted below.

1. NWCC will pay the officials for the championship matches.
2. Two officials will be used for all playoff matches. Two officials will be used for the championship as well.
3. **Team rosters need to be brought with coaches to the prematch meeting with the officials. Lineups should be at the score table 2 minutes before the match starts and 1 minute between sets. Official(s) will penalize the offending team if the lineup on the court does not match the lineup at the score table.**
4. Games are not guaranteed to start on the hour. Teams need to be ready to play ½ hour before the scheduled time.
5. Winners of the first matches may play a second time the same night.
6. Conduct the coin toss immediately after the previous match and start the warm-ups right after the toss.
7. The home team will be the team with the better seed (i.e., the lower #).
8. The home team chooses the bench for the first game and the visiting team calls the toss.
9. If a third set is necessary, the home team calls the toss.
10. There will be individual trophies given for 1st and 2nd place for the end of regular season standings for 7th & 8th grade level teams.
11. The traveling trophy will be awarded to the winning team of the championship match. Medals will be awarded to both teams playing in the championship match.

NWCC Sportsmanship

Appendix A:
Substitution Rules

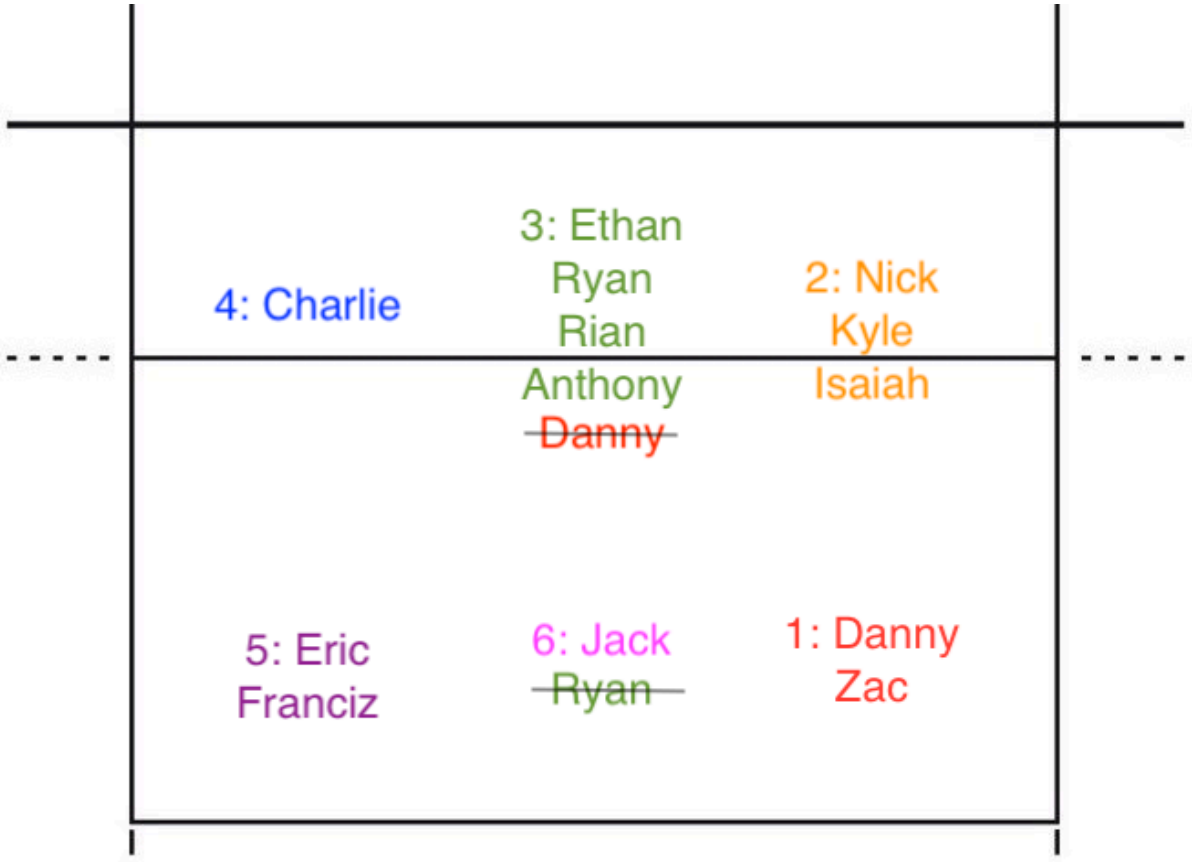
In a set, it is legal for multiple players to be subbed into a single numbered spot in the serving order, so long as they are subbed into only that numbered spot. For example:

Serve order:	*Starters:*	*Substitutions made:*
1	**Danny**	**Zac**
2	**Nick**	**Kyle, Isaiah**
3	**Ethan**	**Ryan, Rian, Anthony, Danny** ← illegal substitution, because Danny started in the **1** spot.
4	**Charlie**	
5	**Eric**	**Franciz**
6	**Jack**	**Ryan** ← illegal substitution, because Ryan already subbed into the **3** spot.

Any or all of the subs can sub in for **Danny** in this set, but once they go in for **Danny** they can not sub in for another spot in the serve order. So, as **Zac** is subbing in to spot **1**, he can not sub in to the **2**, **3**, **4**, **5**, **or** **6** spot later during this set.

Likewise, if any of the starters are subbed out, they can only be subbed back into their original position in the serve order. The starters in a set can not sub for each other in that same set.

All starting positions and substitutions are reset at the beginning of each set.


3: Ethan
Ryan
Rian
Anthony
~~Danny~~
4: Charlie
2: Nick
Kyle
Isaiah
5: Eric
Franciz
6: Jack
~~Ryan~~
1: Danny
Zac