



CATALYST

C A T H O L I C

3-8 VOLLEYBALL

Rules and Regulations

Updated 8/03/2023

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1. Purpose – Catalyst Catholic is an instructional league and is intended to teach the fundamentals of the game while promoting shared Catholic values.

2. Eligibility of Participants

a. Affiliation Restriction - All participants will be either or both: A registered member of the parish in which they are participating or an attendee of a parish school.

- i. Participants may play for a different parish in the event that their home parish is not fielding a team.

b. Grade Restrictions

c. Minimum Participation Rule and “Playing Up”

- i. Players are allowed to play up one grade level.

- 1. Teams are limited to (3) players participating under the minimum participation rule.

d. Dual play –

- i. Participants may play for a club team and their parish team at the same time with the understanding that their Deanery team is first priority.

- ii. Participants may play for a public-school team and a parish team at the same time.

- iii. Participants may play for only (1) parish team during the season.

3. Coaches - All Catalyst Catholic coaches will be appointed at the sole discretion of their respective parish.

a. Age Restriction

- i. Head coaches must be (18) years or older.
- ii. Assistant coaches must be (17) years or older.

b. Gender Restriction – Coaches of teams with participants of the opposite gender will be allowed to coach only if an additional adult of the same gender as participants will be present at all practices and contests and in the locker room before and after

c. Training Requirements

- Background Check
- Safe and Sacred online training
- Coaches Orientation
- Concussion Awareness online training

d. Policy Violations - Violations of Deanery Policy and of the “Catalyst Catholic Coach’s Code of Conduct” can result in penalty, suspension, or expulsion from league play by the Director of Athletics.

4. Practice/Contest Guidelines

a. Practice Guidelines

3/4- 3 practices a week

- No practice may be longer than 90 minutes.

- may not exceed 4.5 hours a week

5/6 - 3 practices a week

No practice may be longer than 2 hours

May not exceed 6 hours a week

7/8- 4 practices a week

- No practice may be longer than 2 hours

- may not exceed 8 hours a week

i. Practices are defined as chalk talks, film viewings, practice games, inter-parish/public school scrimmages, and regularly scheduled practice time.

ii. Practices will conclude no later than 9:30 pm.

b. Contest Guidelines - The season will consist of (8) regular season games.

i. Game start times will be scheduled as follows:

- Saturdays 8:00 am – 8:30 pm
- Sundays 1:00 pm – 8:30 pm
- Weekdays 5:30 pm - 8:30 pm

c. Liturgical Exclusions

i. There should be no practices and contests for observation of the following Holy Days: *The Feast of Mary, Ash Wednesday, Ascension Thursday, The Assumption of Mary, All Saint's Day, The Feast of the Immaculate Conception, and Christmas.*

5. Team Structure

- a. **Team Size** - Parishes may submit 6 – 13 participants per team.
 - i. A parish may submit multiple teams balanced by skill level.
- b. **Cuts** – Cuts are highly discouraged in all leagues
 - i. **Rosters** - Rosters (complete with participant's first and last name) need to be submitted to the Director of Athletics **a week before games begin.**
 - ii. No participants may be added to a roster after games begin without approval of the Director of Athletics.
- c. **Stand in players** - A stand in player rostered to another parish team may be used during game play if the following conditions are met, but the game will be forfeited:
 - The game will be delayed if a stand in player is not used.
 - Both head coaches have been notified that a stand in player will be used.
 - Officials have been notified that a stand in player is being used.
 - Notification has been provided to the Director of Athletics either by text or email prior to conclusion of the game.

6. Match Specifics

- a. **Match Play** - Teams will play (6) versus (6)
 - i. All (3) sets will be played. First team to win (2) sets wins the match.
- b. **Ball Size** – Volleyball
 - 3/4 - Lite
 - 5/6 - Lite
 - 7/8 - Regulation
- c. **Net height**
 - 3/4 - 6'6
 - 5/6 - 7'
 - 7/8 – 7' 4 1/8"
- d. **Uniforms** – Numbered uniforms with parish logo are required for all participants.
- e. **Team Assignment**
 - i. **Home Team** –
 - 1. The home team will be listed first on the schedule.

2. The home team will have first selection of bench.
3. The home team will provide a volunteer to keep the book during game play.

ii. **Away Team** –

1. The away team will be listed second on the schedule.
2. The away team will provide a volunteer to run the clock during game play.

f. **Coin Toss** – Winner of a coin toss before the first and third set will determine whether to serve or receive first.

- i. First set called by home team.
- ii. Third set called by away team.

g. **Libero Position** – The Libero position is not used in 3-6 grade. The libero position may be utilized in the 7/8 grade league. Teams using the libero position MUST provide a tracker at the scorer's table.

7. **Match Protocol**

a. **Prayer** – All matches will begin with prayer by the announcer or assigned volunteers.

b. **Playing Time** – Matches will be allotted (1) hour for playing time.

i. **Warmups** – (10) minutes of warm up time will be allotted to teams with the team serving first warming up on the main court for the first (5) minutes and the team receiving first warming up on the main court for the last (5) minutes.

ii. **Time Between Sets** – (3) minutes will be allotted between sets.

c. **Timeouts** – Each team will receive (2) 60 second time outs per set. No carry over.

d. **Fair Play Rule** – Due to the increased competitiveness of volleyball, we are changing rules for each of the grade levels. Players that were not starters of the first set should start in either the second or the third set when possible.

1. 3 / 4 grade is fair play - each player will play each position and rotate to allow knowledge and skills of the game to increase.
2. 5 / 6 grade - players will be allowed at least 5 plays.
3. 7 / 8 grade - no fair play rule, but each player gets in to gain experience in game situations.
4. The fair play rule could be affected by participant injury or disqualification of participants by officials.

5. Parishes reserve the right to not play a participant that is at risk of injury, due to behavioral or academic issues, or due to lack of attendance at school/practice.

e. Scoring – Scores will be kept in all games and transmitted to the Director of Athletics by the hosting Gym Manager after games end to discourage score running and team stacking.

i. Rally scoring will be used

1. Set one and two will be played to (25) points.

a. Winner determined by (2) point (s)

B. Game is capped at 27.

2. Set three will be played to (15) points.

a. Winner determined by (2) point (s).

B. Game is capped at 17.

f. Substitutions – Participants have unlimited re-entries into the same position in the rotation up to (18) substitutions per team per set.

g. Standings – Standings for 5/6 and 7/8 will be kept and communicated to Parish Athletic Directors and Coaches after game scores have been reported to the Director of Athletics.

h. Mercy Rule – No mercy rule has been established for any of the leagues.

i. Forfeiture – If a team is unable to start a match due to the lack of players, coaching staff, or other reasons the game will be deemed a forfeit.

i. A minimum of (6) players must be available to start a game, but games may be finished with less.

ii. A team will be awarded a (15) minute grace period from the scheduled start time of the game before a forfeit is declared.

iii. Scores for the match will be recorded as a loss for the forfeiting team and as a win for the aggrieved team.

iv. The forfeiting team's parish may be assessed a \$50 penalty fee to cover officiating and administrative costs.

8. Championship Play – (5-8 grades only)

a. Scoring Modification – Only sets to determine winner will be played.

i. First team to win (2) sets wins the match.

b. Fair Play Rule Modification – Fair play rules do not need to be observed during post-season tournament play.

c. Seeding – Tournament seeding will be completed on the Monday after regular season play ends and all games are completed.

i. Teams will be seeded in the following order:

- Overall win/loss record

- In event of a tie, head-to-head matchup between the tied teams.
- In event of a tie, record vs. top-3 teams
- In event of a tie, coin toss

d. Awards and Recognition

i. Awards will be distributed as follows:

1. **Team Trophy:**
 - a. Regular Season Champion and Runner Up
 - b. Tournament Champion and Runner Up
2. **Medals:**
 - a. Tournament Champion and Runner Up

9. Officiating

a. Officials –Games will be assigned (1) sanctioned official.

i. Scheduling of officials will be done by the Director of Athletics

ii. If an official has not arrived by (15) minutes prior to game time, please call Raymond Zoeller at 502-649-2906.

b. Line Judges – Each team should provide a volunteer line judge to assist with officiating.

10. Catalyst Catholic Policies

a. Weather Policy

i. Indoor practices and games may be conducted at a hosting parish/school during adverse weather conditions.

ii. Inquiries about adverse conditions and possible cancellation should be directed to the Catalyst Catholic athletics website at www.catalystcatholic.org or by contacting your Parish Athletic Director.

b. Cancellation Policy

i. Game cancellations, **prior to the beginning of games**, will be at the sole discretion of the Director of Athletics.

1. Cancellations will be announced (1.5) hours prior to game start time and publicized to Parish Athletic Directors.

ii. Game cancellations, **after games are in progress**, will be determined by the Coaches, Officials, and Gym Managers.

iii. Games **may or may not be canceled** in the event that school is canceled due to weather.

c. Rescheduling Policy – Every attempt to reschedule games canceled due to weather will be made but cannot be guaranteed.

- i. Forfeited games will not be rescheduled.

11. Rules and Regulations

a. Catalyst Catholic Director of Athletics can determine additional procedural questions or rules interpretation and can be contacted at 812-923-8355.

12. Exemptions and Modifications

- 3/4 - Players may serve from a line 15 feet from the end line.
- 3/4 A player cannot serve again until all other players on team have served after them.
- 3/4 - The serving team is limited to 3 consecutive successful serves before the receiving team rotates and is allowed to serve. No point is given to the receiving team.
- 5/6 can serve at “25” feet line
- 5/6 - The serving team is limited to 5 consecutive successful serves before they rotate to a new server.