

2022-2023 EBPL VOLLEYBALL RULES

Effective November 2022

All girls' EBPL volleyball matches will be played according to the rules of the Official High School Volleyball Rules from the 2022-2023 National Federation of State High School Associations ("NFHS"), as modified by the Oakland Diocese CYO Volleyball rules contained in the 2022-2023 CYO Handbook and website, and as modified by the following EBPL rules and modifications:

RECENT RULES CHANGES (INCLUDES 2009 – 2018 CHANGES)

EBPL RULES AND MODIFICATIONS APPLICABLE TO ALL GRADE LEVELS (4TH THROUGH 8TH GRADES)

1. **2009 - RETURN OF SERVE**: CYO eliminated the prior special CYO rule prohibiting multiple contacts on return of serve if using an overhead passing or setting technique. Under NFHS and now CYO rules, multiple contact is allowed on any first contact (whether return of serve or defending an attack) regardless of whether by forearm pass, overhead pass, or otherwise.
2. **2009 - BALL COLOR**: The game ball must be official size and weight, but can now be white or multi-colored. The home team shall be responsible for providing the game ball if the facility does not provide one.
3. **2009 - NO CYO COACHES STANDING DURING MATCHES**: Although the NFHS modified the rule in 2009, CYO still adheres to the "No Standing" rule for volleyball coaches.
4. **2010 - PLAIN HAIRPINS AND FLAT CLIPS NOW ALLOWED**: The NFHS rule regarding "hair devices" was changed in 2009 to allow "unadorned bobby pins no longer than 2 inches" in addition to "soft hair devices" (i.e. hair ties, rubber bands, etc.). As a result, plain bobby pins are now ALLOWED in CYO and EBPL matches. In 2010, the rules allowed for unadorned, flat clips may be worn, no longer than 2 inches in length. For 2011, unadorned flat barrettes 2" or less in length are allowed. Any other clips are still NOT ALLOWED.
5. **2010 - BALL CONTACT ANYWHERE ON BODY**: The NFHS rules previously prohibited contact with the ball with any part of the body below the waist (typically a foot or leg). The NFHS changed its rule to allow contact with ANY part of the body (including foot), just like the NCAA and USAV (club) rules. As a result, ball contact anywhere on the body will now be allowed in CYO and EBPL matches.
6. **2012 – RALLY SCORING**: Matches in the 4th - 8th grades shall use rally scoring in all sets
7. **2013 – MAXIMUM NUMBER OF COACHES ON BENCH**: No more than three coaches should sit on the bench during the game. Any coach who sits on the bench must have a current certification card and must sign the score sheet at the beginning of the game.

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8. **2014- SERVING LINE:** The serving line is moved up 6 feet from the back line for 4th and 5th grades.
 9. **2014- NET HEIGHT:** The net height for all grades (4th–8th) is 7 feet. The net is not lowered for younger divisions.
 10. **2018- OFFICIALS FEE:** Officials must be paid in cash prior to the match. The fee for the 4th and 5th grades is \$25 and for the 6th through 8th grades, it is \$27.00
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EPBL RULES AND MODIFICATIONS APPLICABLE TO ALL GRADE LEVELS (4th THROUGH 8th GRADES)

1. **LENGTH OF MATCH:** The match will consist of the best two (2) of three (3) sets. The first two (2) sets shall go to 25 points and the third (3rd) set (if played) shall go to 15 points. A team that has scored 25 or 15 points and is at least 2 points ahead is the winner. If the leading team does not have a 2 point advantage, play shall continue until one team has a 2 point advantage (no cap point).
2. **RALLY SCORING:** Matches in the 4th - 8th grades shall use rally scoring in all sets. In rally scoring, a point is awarded to the winner of each rally, without regard to who served, and the winner of each rally is awarded service.
3. **LET SERVE:** The let serve shall be allowed, and play shall continue provided net contact is entirely within the net antennas.
4. **SERVE ROTATION:** Each server may serve up to five (5) points maximum, then rotation must occur to the next server. **NOTE:** Unlike the Diocese CYO rule, in EBPL League matches this rule is **applicable to 8th grade matches as well.**
5. **SUBSTITUTIONS:** Substitutions may be made on any dead ball. A substitute or re-entering starter may enter (or re-enter) into only one spot in the rotation per set.
 - a. **Example 1:** Starting lineup of ABCDEF. After minimum play, Player G substitutes for Player F. Player F can only re-enter the set by re-entering for Player G.
 - b. **Example 2:** Starting lineup of ABCDEF. After minimum play, Player G substitutes for Player F. Player H then substitutes for Player G. Player F can then re-enter, but must only enter into Player H's spot in the rotation.

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- c. **Example 3:** Starting lineup of ABCDEF. After minimum play, Player G substitutes for Player F, then Player F reenters the set in Player G's spot in the rotation. Player G can NOT substitute into any other spot in the rotation other than Player F's spot.
6. **TIME-OUTS:** Teams will be limited to two (2) 60-second time-outs per set. **One additional time out** will be awarded each team when the score is tied 24-24, except for the third set of a match where the additional time out will be awarded when the score is tied at 14-14.
 7. **PRAYER:** Each match will begin with a prayer. The home team will lead the prayer.
 8. **BLOCKING or ATTACKING A SERVED BALL:** Any blocking or attacking of a served ball shall be a violation and a point shall be awarded to the serving team.
 9. **UNIFORMS:** Players must have a clearly visible number on the front and back of their uniform jersey.
 10. **OFFICIALS FEE:** Officials must be paid in cash prior to the match. The fee for the 4th and 5th grades is \$25 and for the 6th through 8th grades, it is \$27.00
 11. **FORFEIT:** Scheduled match time is forfeit time for the first set of the match; the entire match will be forfeited twenty minutes after match time. Volleyball teams may play with five (5) players.
 12. **GAME BALL:** The home team shall be responsible for providing the game ball if the facility does not provide one. The game ball must be official size and weight, but may be solid white or multicolored.
 13. **OFFICIAL VOLLEYBALL:** The official volleyball for grades 7 and 8 shall be a volleyball meeting the NFHS specifications, such as Molten Super Touch IV58L-U or Tachikara SV5W GOLD. The official volleyball for grades 4th - 6th shall be the official size but lighter weight (appx. 8 oz.) volleyball, such as Molten VB Lite IV58XL-3, Wilson 4900 Light H4910XDEF or Tachikara Volley-LiteSV-MNC.
 14. **ALL PLAY RULE:** NOTE: As of 2011, CYO has now adopted the EBPL (more strict) all-play rule. SEE NOTES RE: APPLICATION OF THE ALL-PLAY RULE, below.
 1. At the beginning of the first set, no team shall substitute until one team scores 12 points.

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When either team reaches 12 points, the referee shall inform the coaches that they may substitute any eligible player until the end of the set.

2. At the beginning of the second set, any players (up to 6) who did NOT start in the first set and play until one team scored 12 points, MUST start the second set and MUST play in the second set until one team scores 12 points. At that point, the referee shall inform the coaches that they may substitute any eligible player until the end of the set.
3. There is no restriction as to which player or players start and finish a third set of any match.
4. For teams with more than 12 players, those players who did not start in either the first or second set are expected to play a substantial amount during the first and/or second sets of the match.
5. The EBPL All-Play rule does not alter the existing substitution rule that provides that a substitute or re-entering starter may enter (or re-enter) into only one spot in the lineup per set.

6. Latecomers:

- If a girl arrives late for a match but before the start of set #2, (and the team has 12 or fewer girls, counting the latecomer), then the latecomer must START set #2 (along with the other girls who did not start set #1).
- If the team has 13 or more girls (counting the latecomer), then the team can start any 6 girls who did not start set #1, and the remaining girls must play a substantial amount of time during set #1 and/or set
- If a latecomer girl arrives after the start of set #2, no all play requirement shall apply to the latecomer. The coach (in his or her discretion) can play or not play the girl.
- Failure to abide by EBPL all play rules may result in forfeiture of the match.
 - **Example 1:** Team with 9 girls: A,B,C,D,E,F,G,H and I. If ABCDEF start set #1, then girls GHI must start set #2, even if they also were substitutes after 12 points into set #1.
 - **Example 2:** Team with 14 girls: A,B,C,D,E,F,G,H,I,J,K,L,M and N. If ABCDEF start set #1 (and therefore play the first 12 points), they CANNOT start set #2. Assuming GHIJKL start set #2 (and therefore play the first 12 points), then M and N are expected to play a substantial portion during

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the 1st and/or 2nd sets of the match.

15. **MAXIMUM NUMBER OF COACHES ON BENCH:** No more than three coaches should sit on the bench during the game. Any coach who sits on the bench must have a certification card and must sign the score sheet at the beginning of the game.
16. **NET HEIGHT:** The net height for all grades (4th–8th) is 7 feet. The net is not lowered for younger divisions.

EBPL RULES AND MODIFICATIONS APPLICABLE TO 4TH AND 5TH GRADES ONLY:

1. **OFFICIAL VOLLEYBALL:** The official volleyball for grades 4th - 6th shall be the official size but lighter weight (appx. 8 oz.) volleyball, such as Molten VB Lite IV58XL-3, Wilson 4900 Light H4910XDEForTachikaraVolley-LiteSV-MNC.
2. **STANDINGS:** There are no standings or scores reported for 4th and 5th grade volleyball.
3. **SERVING LINE:** The serving line is moved up 6 feet from the back line for 4th and 5th grades.