****

**New Albany Deanery**

**Catholic Youth Ministries**

**2017-18**

**5/6 NADCYM Volleyball**

**Rules and Regulations**

**Appendix 15**

**Updated 7/24/17**

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13. **Purpose -** NADCYM 5/6 Volleyball is a competitive league intended to introduce participants to healthy competition while promoting shared Catholic values.
14. **Eligibility of Participants**
	1. **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.
		1. Participants may play for a different parish in the event that their home parish is not fielding a team.
	2. **Grade Restriction**
		1. Youth in (3) grade and under are not eligible to participate in this league.
		2. Teams will combined grade levels and distribute talent equally between multiple teams.
	3. **Minimum Participation Rule and “Playing Up”**
		1. (4) graders will be permitted to play on a 5/6 grade team if a parish does not have enough participants to field a 5/6 grade team or if the players skill level warrants.
			1. Teams are limited to (3) players participating under the minimum participation rule.
	4. **Dual play -** Participants may not play for a public school team and a parish team at the same time.
		1. If a participant is cut from his public school team before Deanery games begin the Coordinator of Athletics may reclassify that participant’s eligibility.
		2. 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.
		3. Participants may play for only (1) parish team during the season.
15. **Coaches -** All NADCYM coaches will be appointment at the sole discretion of their respective parish.
	1. **Age Restriction**
		1. Head coaches must be (21) years or older.
		2. Assistant coaches must be (17) years or older.
	2. **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.
	3. Coaches will receive no compensation.
	4. Coaches may not exceed a spending limit of $10 per participant for coach sponsored awards and recognition.
	5. **Training Requirements**
		* Background Check
		* Safe and Sacred online training
		* Coaches Orientation
		* Concussion Awareness online training
	6. **Policy Violations** - Violations of Deanery Policy and of the “NADCYM Coach’s Code of Conduct “can result in penalty, suspension, or expulsion from league play by the Coordinator of Athletics.
16. **Practice and Contest Guidelines**
	1. **Liturgical Exclusions**
		1. Practices and contests may NOT be scheduled that conflict with Sunday Mass times for a parish team.
		2. Practices and contests may NOT be scheduled during the Easter Triduum: *Holy Thursday, Good Friday, Holy Saturday and Easter Sunday*
		3. Practices and contests should be limited 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.*
	2. **Practice Guidelines** - Practices will not exceed (3) per week for (2) hours for each practice session, totaling (6) hours weekly.
		1. Practices are defined as chalk talks, film viewings, practice games, inter-parish/public school scrimmages, regularly scheduled practice time, or scheduled games, meets, or matches.
		2. Practices will conclude no later than 8:30 pm.
	3. **Contest Guidelines -** The season will consist of (8) regular season games.
		1. Game start times will be scheduled as follows:
* Saturdays 8:00 am – 8:30 pm
* Sundays 1:30 pm – 8:30 pm
* Weekdays 5:30 pm - 8:30 pm
	+ 1. Teams may participate in outside games and scrimmages with other area schools up to a total of (16) additional games during the season.
			1. These games may NOT conflict with Deanery games or be scheduled after the end of the Deanery season.
			2. Teams may NOT use their parish uniforms to participate in games outside of the Deanery season.
1. **Team Structure**
	1. **Team Size -** Parishes may submit 6 – 13 participants per team.
		1. A parish may submit multiple teams.
	2. **Cuts -** No cuts may be made.
	3. **Rosters** - Rosters (complete with participant’s first name, last name, and jersey number) need to be submitted to the Coordinator of Athletics the Thursday before games begin or teams will forfeit scheduled contest until information is submitted.
	4. **Stand in players** - A stand in player rostered to another parish team may be used during game play if the following conditions are meet:
* 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 Coordinator of Athletics either by text or email prior to conclusion of the game.
	1. **Organizational issues** – Organizational issues must be brought to the Deanery Athletic Committee prior to the start of the season for approval.
	2. **League Assignment**
		1. **Parishes with only (1) team submitted**
			1. Parishes submitting only (1) team will be placed in the “A” league unless notification has been made to the Coordinator of Athletics for a waiver to participate in the “B” league only.
				1. All waiver requests require a vote by the Deanery Athletic Committee for approval.
		2. **Parishes with multiple teams submitted**
			1. The first team submitted by a parish will be assigned to the “A” league unless notification has been made to the Coordinator of Athletics for a waiver to participate in the “B” league only.
				1. All waiver requests require a vote by the Deanery Athletic Committee for approval.
			2. All additional teams will be assigned to the “B” league.
			3. Parishes may request all submitted teams to be assigned to the “A’” league without Deanery Athletic Committee approval.
1. **Match Specifics**
	1. **Match Play** - Teams will play (6) versus (6)
		1. All (3) sets will be played. First team to win (2) sets wins the match.
	2. **Ball Size** – Volleyball – Lite
	3. **Equipment** - Net Height **-** 7”
	4. **Uniforms** – Numbered uniforms with parish logo are required for all participants.
	5. **Team Assignment**
		1. **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.
		2. **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.
	6. **Coin Toss –** Winner of a coin toss before the first and third set will determine whether to serve or receive first.
		1. First set called by home team.
		2. Third set called by away team.
	7. **Libero Position** - The libero position may **NOT** be utilized in the 5/6 grade league.
2. **Match Protocol**
	1. **Prayer** – All matches will begin with prayer by the announcer or assigned volunteers.
	2. **Playing Time –** Matches will be allotted (1) hour for playing time.
		1. **Warm Ups** – (10) minutes of warm up time will be allotted to each team 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.
		2. **Time Between Sets** – (3) minutes will be allotted between sets.
	3. **Timeouts** – Each team will receive (2) 60 second time outs per set. No carry over.
	4. **Fair Play Rule** – Participants that were not starters of the first set must start in either the second or the third set.
		* 1. A minimum of (20) plays will be allotted to all participants during an individual match.
			2. The fair play rule could be affected by participant injury or disqualification of participant by officials.
			3. 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.
	5. **Scoring** – Scores will be kept in all games and transmitted to the Coordinator of Athletics by the hosting Gym Manager after games end to discourage score running and team stacking.
		1. Rally scoring will be used.
			1. Set one and two will be played to (21) points.
				1. Winner determined by (2) points.
				2. Set will be capped at (25) points.
			2. Set three will be played to (15) points.
				1. Winner determined by (1) point.
	6. **Substitutions** - Participants have unlimited re-entries into the same position in the rotation up to (18) substitutions per team per set.
	7. **Standings –** Standings will be kept and communicated to Parish Athletic Directors and Coaches after game scores have been reported to the Coordinator of Athletics.
	8. **Mercy Rule –** No mercy rule has been established for the 5/6 league.
	9. **Forfeiture** – If a teamis unable to start a match due to the lack of players, coaching staff, or other reasons the game will be deemed a forfeit.
		1. A minimum of (6) players must be available to start a game but games may be finished with less.
		2. A team will be awarded a (15) minute grace period from the scheduled start time of the game before a forfeit is declared.
		3. Scores for the match will be recorded as a loss for the forfeiting team and as a win for the aggrieved team.
		4. The forfeiting team’s parish will be assessed a $50 penalty fee to cover officiating and administrative costs.
3. **Post-Season Tournament Play** -
	1. **Scoring Modification** - Only sets to determine winner will be played.
		1. First team to win (2) sets wins the match.
	2. **Fair Play Rule Modification -** Fair play rules do not need to be observed during post-season tournament play.
	3. **Seeding -** Tournament seeding will be completed on the Sunday after regular season play ends and all games are completed.
		1. Teams will be seeded in the following order:
			* Overall win/loss record
			* In event of a tie, head to head match up between the tied teams.
			* In event of a tie, RPI standing
			* In event of a tie, coin toss.
	4. **Awards and Recognition**
		1. Awards will be distributed as follows:
			1. **Team Trophy:**

Regular Season Champion and Runner Up

Tournament Champion and Runner Up

* + - 1. **Medals:**

Tournament Champion and Runner Up

1. **Officiating**
	1. **Officials** - Games will be assigned (1) sanctioned official.
		1. Scheduling of officials will be done by the Coordinator of Athletics
		2. If an official has not arrived by (15) minutes prior to game time, please call Jenn Murphy at 812-989-1691.
	2. **Line Judges** – Each team should provide on a volunteer line judge to assist with officiating.
2. **NADCYM Policies**
	1. **Weather Policy**
		1. **I**ndoor practices and games may be conducted at a hosting parish/school during adverse weather conditions.
		2. Inquiries about adverse conditions and possible cancellation should be directed to the NADCYM athletics website at [www.nadcymathletics.weebly.com](http://www.nadcymathletics.weebly.com) or by contacting Jenn Murphy at 812-989-1691.
	2. **Cancellation Policy**
		1. Game cancellations, **prior to the beginning of games,** will be at the sole discretion of the Coordinator of Athletics.
			1. Cancellations will be announced (1.5) hours prior to game start time and publicized to Parish Athletic Directors.
		2. Game cancellations, **after games** **are in progress,** will be determined by the Coordinator of Athletics, Officials, and Gym Managers.
		3. Games **may or may not be cancelled** in the event that school is cancelled due to weather.
	3. **Rescheduling Policy –** Every attempt to reschedule games cancelled due to weather will be made but cannot be guaranteed.
		1. Forfeited games will not be rescheduled**.**
3. **Rules and Regulations**
	1. All matches will be played according to IHSAA/NFHS Rules unless noted in item (12) Exemption and Modifications.
	2. Copies of IHSAA/Rules and the NADCYM Policy Manual may be obtained by contacting the New Albany Deanery Catholic Youth Ministries at 812-923-8355.
	3. Jenn Murphy, the NADCYM Coordinator of Athletics, can determine additional procedural questions or rules interpretation and can be contacted at 812-989-1691.
4. **Exemptions and Modifications**

**5/6 “B League ONLY”**

* Players may serve from a line (5’) in front of the end line.
* A server is limited to (5) consecutive successful serves before rotating to new positions.