

CMSAA GRADE 7 VOLLEYBALL (Boys & Girls) SCHEDULE AND RULES FOR THE 2025 SEASON

ANY QUESTIONS:

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(Volleyball Coordinators)
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Grade 7 Games occur Tuesday's at 3:30pm

**Please make arrangements to be at the host school no later than
3:20pm to ensure a proper warm up and that games start promptly at
3:30pm**

West	Central	East
Banting Como Lake Maillard Monty Hillcrest	Summit Eagle Mountain Scott Creek Moody	Pitt River Minnekhada Kway Citadel Maple Creek

Rules for 2025 Season

****Please refer to CMSAA Mission Statement and guiding Principles******

- 1) League matches will be played on Tuesday immediately after school. Please make all attempts to be at the host school no later than 3:20 and be prepared to begin at 3:30 sharp.
- 2) Matches are 1 set then the home team should switch courts and play 1-2 more sets vs. the other away team based on time. Each set is up to 25 points but must win by 2 points. There is no cap (meaning a game could theoretically end up 29 - 27).
- 3) The Host school is responsible for supplying referees, umpires, line persons and scorekeepers as well as share the warm-up balls with the visiting school. Please make an attempt to have **adult referees or high school referees**.
- 4) Volley-lites are the preferred volleyballs to use but not mandatory.
- 5) Net height is 2.05 metres.
- 6) Schools should try to have volleyball antennae set up if at all possible.
- 7) Teams are not permitted to shorten benches. **All players must receive equal playing time.** When a new game begins, teams must start with the same line up which they finished the previous game. This does not apply to a *new match*. Every time a player enters position #6 (beside the server) they must go off and his or her substitute comes in. This applies to all players.
- 8) If teams are short players, a grade 6 may play with the grade 7 team. There is no longer a minimum number of players rule, so theoretically you may field a team of six players.
- 9) Teams may serve underhand only from any point behind the attack line. The players of the serving team must not prevent their opponent, through individual or collective screening, from seeing the server or the flight path of the ball. A player, or group of players, of the serving team makes a screen by raising or waiving hands above their head, jumping or moving sideways, or by standing grouped to hide the flight path of the ball during the execution of the service. **Players are allowed to stand at the net with their hands at face height and may not move until the serve.**

Grade 7 Modifications:

- Each server is permitted 1 mulligan if they are unable to serve the ball in play. If the serve goes out of play, a coach will toss the ball over the net to the receiving team player in the middle of the back row (similar to triple ball). This may happen on the 1st, 2nd or 3rd serve.

- 10) Players are allowed to return the serve directly over the net, without a second hit occurring.
- 11) The ball may contact various parts of the body consecutively (double hit) provided that the contacts occur during one action. However, the ball cannot be caught or thrown (You can double hit a free ball or a serve, as well as a hard driven ball as long as it is the first contact). You may also use your feet.

12) Returning a serve with a volley is **NOW** permitted.

13) Servers will serve a maximum of **3** times before rotating.

14) Players are allowed to use any part of their body to play the ball.

15) A service that contacts the net and continues over into the opponent's court will be considered in play.

16) Net Rule: **Players may not contact any part of the net. This is new!**

17) Center Line Rule: It is permitted to penetrate the opponent's space under the net if it does not interfere with the play.

- To touch the opponent's court with a foot is permitted provided that some part of the penetrating foot remains either in contact with or directly over the center line.
- To touch the opponent's court with any part of the body above the foot is permitted if it does not interfere with the opponent's play.

18) Formal league standings will not be kept. However, it may be appropriate to keep informal scores so that you are equipped to make the decision for the district championship.

19) The Tournament (District championship) locations are yet to be determined. Coaches may enter as many teams as they would like into the tournament. This equates to full participation and competition. If your school has only one team for the playoffs the coach will decide the appropriate pool (A or B) based on their team's skill level. This is at the coach's discretion. **Based on survey results we will determine if we run an A/B tournament or balanced teams this season for the championships.**

Obviously you need at least 6 players to have a team. We have a no cut policy at middle school and there is **no longer** a minimum number of players rule but please bring as many players as possible to all your games provided, they have shown the appropriate level of commitment to the team. Please keep in mind that *Middle school sport is not about winning championships.** ***

Tournament Dates & Locations TBD

20) The night of the championships will be round robin style at various Middle Schools across the district. Games are timed; the games will go to 25 points win by 2 unless the time runs out before one team reaches 25 points. This will avoid extremely lopsided scores as well as potentially help the night end earlier. **Please coach your players to play through the buzzer since the ball is in play until the point is over**

Grade 7 Volleyball Coach Contacts

School	Girls	Boys
Monty	vsievers@sd43.bc.ca egurney@sd43.bc.ca	msitter@sd43.bc.ca
Summit	Justin Mulholland Stephanie Jarvie	Karen Paul Amy Duplantis
Hillcrest	Veronika Kuba	Patrik Ingelman Eric Vandette
Maillard	Lawrence Mak Jennifer Toor	No Team
Kway	Erin Uchacz Karen Tse	Danielle Murdoch Jack Bale
Citadel	Kathy Berner Devon Dey	No Team
Scott Creek	Zewen Wang	Nasrin Kamali Nick Marzitelli
Minnekhada	Bart Vanstaalduinen Stephanie McKinlay	Anthony Verga
Maple Creek	Andrea Coupe	Jessica Eng Nathan Hardless
Moody	Derek Bennett	No Team
Banting	Nikki Glasser	No Team
Eagle Mountain	Anders Nordby	No Team
Como Lake	Justin Oui	Liam Arthur
Pitt River	Jeffrey Young	No Team

Grade 7 Schedule

	Girls	Boys
October 7 th	Summit at Eagle Mountain Scott Creek at Moody Como Lake at Banting Maillard at Hillcrest Monty at Citadel Maple Creek at Pitt River Kway at Minnekhada	Maple Creek at Summit Hillcrest at Scott Creek Monty at Como Lake Minnekhada at Kway
October 14 th	Eagle Mountain at Scott Creek Moody at Summit Maillard at Banting Monty at Como Lake Hillcrest at Citadel Kway at Pitt River Minnekhada at Maple Creek	Como Lake at Hillcrest Maple Creek at Minnekhada Summit at Kway Scott Creek at Monty
October 21 st	Scott Creek at Summit Moody at Eagle Mountain Hillcrest at Banting Maillard at Como Lake Pitt River at Monty Maple Creek at Kway Minnekhada at Citadel	Kway at Scott Creek Summit at Minnekhada Monty at Hillcrest Como Lake at Maple Creek
October 28 th	Summit at Minnekhada Hillcrest at Eagle Mountain Scott Creek at Maple Creek Como Lake at Moody Pitt River at Maillard Banting at Monty Citadel at Kway	Minnekhada at Scott Creek Monty at Summit Kway at Como Lake Maple Creek at Hillcrest