
Northside Catholic Academy League Volleyball 2026 Rules and Regulations Grades 4, 5, and 6

COST

League fees are \$250/team (excluding ref fees). All fees must be mailed to NCA by September 1st, 2026.

Northside Catholic Academy
Attn: NCA Athletics – Volleyball League
6216 N. Glenwood Ave.
Chicago, IL 60660

**Electronic Payment Submission available via request on sign-up form.*

ROSTERS

Team rosters are to be uploaded online no later than **by the first game**. Please contact the league coordinator, Seamus McGowan, at SeamusMcgowan2000@yahoo.com with any questions.

ELIGIBILITY

4th grade players cannot be above the 4th grade level in school.

5th grade players cannot be above the 5th grade level in school.

6th grade players cannot be above the 6th grade level in school.

All players for the season must be submitted in writing on their team's roster prior to the first game.

UNIFORMS

Each player must have a unique number not duplicated on their roster.

JEWELRY

For safety reasons, all players in uniform are not allowed to wear jewelry of any kind while in a game or on the bench with the exception of **stud earrings** above the chin. Also, no hard hair clips please. *This is a mandatory rule that will be enforced by the officials.*

SCHEDULING

All schools are to register their teams including number of teams and no-play dates via the Google Form by August 1, 2026. *Please confirm with Seamus*

McGowan (SeamusMcGowan2000@yahoo.com) when you submit the Google Form as a double check.

The league will release the schedule to all school Athletic Directors prior to the first match. The home team is always listed on the left side of the schedule. The visiting team is listed on the right side of the schedule.

In the event a school must change a scheduled game, that school's Athletic Director must first notify their scheduled opponent and the league coordinator (DonnaHeidkamp@yahoo.com) at least 48 hours in advance. Due to very limited gym time, rescheduling will only be allowed in case of an emergency and dependent upon gym availability.

If a school cancels less than 24 hours in advance, the school that cancels is responsible for the official's fees for that match.

FORFEITS

Games must start on time and according to the official schedule. There is a 15 minute forfeit time after the scheduled start time. The exception is if a preceding game extends beyond the scheduled starting time of the next game. In this case the next game will begin immediately following the completion of the preceding game.

If a school is unable to field a team with five eligible players, they must forfeit their game. All teams that forfeit will be assigned a loss in the standings. The opposing team will be assigned a win in the standings.

In the event a player is injured after the game starts, the game can continue with a team of four without penalty other than a second 'ghost server' which means each time the non-existent player/position rotates into the serving position, the other team gets a point and the serve.

If a team does forfeit a game, the forfeiting team will be responsible for paying the official's fee for the match.

OFFICIALS

Officials will be scheduled for each game. Each official should wear official clothing and be current with the league rules. If a school has any issues with an official or officials, they are to contact Donna Heidkamp (DonnaHeidkamp@yahoo.com) with the name of the official and the issue at hand.

Fees are to be paid to the official by each school prior to the start of the game. This year's fees are \$40.00 total. Each team gives the ref \$20 (The league covers the cost of the Semi-Final and Championship Games Only).

DISPUTES

Disputed calls must be resolved on the court. The official's decision is final.

GOOD SPORTSMANSHIP

Good sportsmanship is expected at all times by all players, coaches, and fans. Officials will assess any penalties for behavior deemed outside of these boundaries.

SEASON DURATION AND GYM LOCATIONS

The fall volleyball season will run from Monday, August 24th - Saturday, October 17th. . All games are typically played Mondays, Wednesdays, and Fridays during the regular season and rounds 1 and 2 of the playoffs. We ask all participating schools to donate gym time to be used solely for your home games unless you have granted permission to host additional games in which your school is not playing during the regular season. When hosting games, please reserve your gym for 2, 3 or 4 45-minute time slots per evening. The league will diligently try to schedule home games during play-offs if possible to ensure that you are able to staff your gym with volunteers. *(We will send out the list of gyms when the schedule comes out.)*

5th and 6th grade seasons will conclude with a single elimination tournament. Championship game for 5th and 6th graders will be held Sat, Oct 17th.

THE MATCH

A regular season match will consist of the best two out of three games. The total match will have a 45-minute time limit.

Matches are played on a full-size court measuring 60' x 30' is used. Each team utilizes half of the court (30' X 30').

Coaches will meet with the official for a pre-game conference and coin flip five minutes prior to the scheduled start time.

All grades will use volleylites this year.

SCORING

Games will be played up to 21 with rally scoring. A team must win by two points or first team to reach 23.

If a third game is necessary, it is played to 15. A team must win by two points or first team to reach 17.

SUBSTITUTIONS

Substitutions are difficult to monitor at this level of play, however, we ask all teams to keep substitutions to no more than 12 subs per game. The league encourages equal playing time, yet at the same time wants to avoid delay of

games. Snake Style subbing is only allowed on the 4th grade level. The league also wants teams to avoid subbing in the best servers over and over as this does not promote good sportsmanship. Twelve **substitutions** is the maximum permitted per team per set. One or more players may be **substituted** at the same time. A **substitute** player may enter the game in place of a player of the starting line-up, and he/she can only be **substituted** by the same starting player.

TIME-OUTS

Two (2) time-outs per team per game. Time-outs shall not exceed 30 seconds.

SERVING

The server is a designated back row player.

The serving lines are:

- 4th grade, 22 feet
- 5th grade, 25 feet
- 6th grade, 30 feet

*****NEW***** On the 4th grade level. If a server gets 5 straight points, the team keeps the ball, but the team must rotate. This prevents a player from dominating most of the match and offers the other teammates more experiences.

*****NEW***** For the 4th and 5th graders, if a player serves overhand, they should serve from behind the regular serving line.

CEILING PLAY

If the ball hits the ceiling on a serve, it is out, and the point goes to the opposing team.

If the ball hits the ceiling on your side of the court, play can continue (provided it hits the ceiling on the first or second contact).

If the ball is hit over the net and hits the ceiling on the opposing side, it is out, and the point goes to the opposing team.

SCOREKEEPING

Scorekeeper will sit at the scorer's table with the scoreboard.

At the end of the match, the scorekeeper will take a picture of the score sheet and email the scores for the entire match to SeamusMcGowa2000@yahoo.com.

Please contact NCA AD Seamus McGowan
(SeamusMcGowan2000@yahoo.com) or league coordinator
donnaheidkamp@yahoo.com if you have any questions.