

Volleyball Manual



SY26



Introduction

The Office of Sports Administration (OSA) is excited to welcome you to another season of CPS SCORE!

Please review the included Terms and Conditions document for key program information and requirements.

Non-compliance with any of the following information may result in the forfeiture of coaches' season stipend.

Any and all questions can be directed to the Athletic Program Administrator (APA) or Commissioner of your Network.

Thank you for your support of our student-athletes and programs across the District!

Contact Information

A CPS Elementary Athletic Program Administrator (APA) is assigned to assist each of the 13 networks across the District. Please send any general questions regarding this document or the CPS SCORE! Program to sportsad@cps.edu or contact the Office of Sports Administration at 773-534-0700.

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OSA Mission Statement

The Office of Sports Administration (OSA) oversees the equitable implementation of sports programs across all elementary schools (CPS SCORE!) and high schools within the Chicago Public School District (CPS) and Chicago Public League (CPL). Through effective sports policy creation and program management, OSA helps create an environment for schools to provide essential athletic and academic development for each student-athlete. It is the goal of OSA to promote sportsmanship, teamwork, integrity and a sense of community as we prepare students for the next level in athletics and in life. Our students will be able to learn the importance of **Academic, Athletic, and Social Awareness** as they advance through our program and become leaders in their communities.

2025-2026 Points of Emphasis

Prior to the start of each season, the Office of Sports Administration will prepare a form to collect anticipated/interest sports for each school.

This interest form will generate a spreadsheet based on teams interested in participating that season. Any team that does NOT complete an interest form/submit a principal/asst principal signed Aspen Roster by the communicated deadlines, are subject to non-approval and may not be included in the league schedule.

Non-compliance with any of the following may result in a coach/liaison delay or forfeiture of their athletic stipend. Any of the following may also require the school to have a supervisory conference with OSA.

- A. Students, Officials, Coaches, Spectators and School Staff are expected to promote sportsmanship. Any unsportsmanlike behavior may result in immediate removal from the property, and further investigation may result in the potential suspension of SCORE! program at your school.
- B. Teams that opt-in are expected to participate in the program in its entirety. Teams that drop out will be subject to further consequences. More details can be found in the Forfeits and Penalties section. See Page 7 for details.
- C. All participating teams that have met roster minimums are required to upload rosters to Aspen, complete the Coaches Directory, complete column "D" of the Attestation Form, and upload this information into the correct school folder located in the Google Classroom, by the communicated deadlines. Updated, signed rosters by the principal must be turned in to the designated CPS admin weekly.
- D. A certified coach may receive up to four stipends each athletic season (fall, winter, spring) maximum of twelve for the entire SY26. *Please see payment criteria breakdown for more details.
- E. **Mandatory Certification**
 1. Sports Liaisons must keep certificates in a file pending OSA audit and can be found under the Extra Training Tab in SafeSchools.
 - a. PCA Workshop Completion - Separate Training Outside Of Safe Schools
 - b. Concussion Training *required every 2 years - Athletics Sub Tab In Safe Schools
 - c. CPR/AED Training - Health Sub Tab in [Safe Schools](#)

[Roster/Pre- attestation Upload Folder](#)
| [Athletic.net](#) | [Aspen Guide](#)



Coach Certification Statement

All individuals working in a coaching capacity must be formally hired as CPS Employees or CPS Level 1 Volunteers, as well as hold the following certification/training for the current year prior to coaching:

- A. Complete the SafeSchools Concussion Training
- B. Complete PCA Training Workshop
- C. Complete SafeSchools CPR/AED Training

Sportsmanship Statement & Guidelines

The Chicago Public League asks all of its students, officials, coaches, spectators and school staff to promote sportsmanship before, during and after every game. Offensive language, including profanity and/or derogatory or intimidating remarks of any kind, directed at officials, event staff, student-athletes, coaches or team representatives will not be tolerated. In order for sportsmanship to prevail, all coaches, students, staff, and spectators must display respect and civility in an effort to enthusiastically support our student-athletes to create a safe and inclusive environment.

[Click Here For Full Sportsmanship Policy](#)

Forfeits, No Contest Penalties

- A. If a team is not present for a contest, OR is not ready to play within 10 minutes of the assigned start time, the Office of Sports Administration will record the contest as a forfeit.
- B. Two forfeits will result in your school being dropped from the remaining schedule and the coach may NOT be paid.
- C. A No Contest is considered a game not completed due to extenuating circumstances, not to include postponements or cancellations initiated by the Office of Sports Administration.
 1. No Contest Results: A game that is neither won nor lost

Payment Criteria

- A. **CPS SCORE! Coaching stipends are determined by the CTU / CPS Contract and are subject to change. Please contact your CTU representative for more information.**
- B. A certified coach may receive no more than four stipends during each athletic season (fall, winter, spring) maximum of twelve for the entire SY25. Each athletic season will consist of 2 parts separated by grade level.
 1. Teams must meet the minimum number of student-athletes to participate in SCORE!
 2. Any team sport with over 40 athletes must add a second certified coach
 3. Cross-Country does NOT have a SCORE! And SCORE!+ team, there are NO MAXIMUM numbers for this sport
- B. **Multiple Sport Coaches**
 1. An individual may receive one stipend per team with a maximum of two per grade level. Coaching more than one sport at any given time may result in the forfeiture of the lesser stipend of the two in cases of competition conflict.
 2. Cross Country coaches may **NOT** coach multiple sports as it will run through both sessions.



C. Multiple Sport Players

1. Players who want to participate in more than one sport may do so with the understanding that schedules created will NOT accommodate for game time conflicts.

D. Season One: 7th & 8th Grade Boys and Girls

1. Maximum 2 stipends can be awarded per coach for 7th/8th grade season
 - a. Boys and Girls Teams **or** SCORE!+ and SCORE! Teams.

E. Season Two: 5th & 6th Grade Boys and Girls

1. Maximum 2 stipends can be awarded per coach for 5th/6th grade season
 - a. Boys and Girls Teams **or** SCORE!+ and SCORE! Teams.

Calendar

CPS Regular Season Information

Interest Form Registration Open	Aug 4, 2025
Interest Form Registration Closed (deadline)	Aug 25, 2025
First Official Practice	Aug 25, 2025
Aspen Roster/Coaches Directory Deadline	Aug 29, 2025
SCORE! 7th/8th Regular Season Competition Starts	Sep 13, 2025
SCORE! 7th/8th Regular Season Competition Ends	Oct 25, 2025
SCORE! 5th/6th Back to the Basics Starts	Oct 4, 2025
SCORE! 5th/6th Back to the Basics Ends	Oct 25, 2025

CPS Calendar—Post Season & Championship Information

SCORE! 7th/8th Playoffs Starts	Oct 27, 2025
SCORE! 7th/8th Playoffs City Championship	Nov 13, 2025
No Post Season or Championship for 5th/6th Grade	

League Terms and Conditions

Section One: Forming A Team

This section identifies general program rules and requirements associated with the SCORE! Elementary School Sports Program. The rules and requirements contained in this section apply to all CPS SCORE! Elementary school sport offerings.

A. CPS SCORE!+

1. The CPS SCORE!+ program is the official interscholastic athletics league for 5th-8th graders. Students will participate in practices during the week and gameplay each Saturday at a select site, featuring other schools from within their network. Teams are broken up into respective grade level teams and leagues (Cross Country 5-8) and will compete in a regular season, playoffs and CPS SCORE!+ City Championship. 15 players are eligible to be on the roster for Saturday games for indoor events and 20 players are eligible to be on the roster for outdoor events. Coaches may rotate players should they have 15+/20+ students in the program or CPS SCORE! intramural teams below. Schools may choose to participate in additional non-conference gameplay at their discretion.
- B. CPS SCORE! IntraSchool Play (Weekday Games)
1. The CPS SCORE! Program follows a “no-cut” policy. Accordingly, all eligible students who register to participate shall be permitted to participate, assuming a sufficient number of students register to allow for the formation of a team at the students’ gender and grade level. If an elementary school has enough registered students to form multiple teams, said elementary school may participate in the CPS SCORE! program that will be held during the week. It is the school’s responsibility to provide a location/gym, coach, schedule games, and pay officials for all SCORE! competitions. You must share your competition and intramural schedule with the APA and Commissioner.
- C. Participation Time
1. The CPS SCORE! Program strongly encourages that all student-athletes have an opportunity to participate during game competitions. Students who register to participate in a sport will be provided the opportunity to participate during both practices and games. Coaches are encouraged to provide each athlete with the opportunity to learn and compete in different positions during the practices and games.
- D. Student-Athlete Eligibility
1. Students must satisfy several criteria to be eligible to participate in the CPS SCORE! Program. The student criteria is as follows:
 - a. Age / Grade
 - i. CPS SCORE! Sports are for 5th, 6th, 7th, or 8th grade students only. Students must be registered at the school in which they are participating
 - b. 5th/6th Grade Level
 - i. All 5/6th grade students are eligible for CPS SCORE! Sports.
 - ii. 5th grade students are not allowed to play up on the 7/8th grade level during the regular season and conference playoffs.
 - iii. EXCEPTION: 6th graders are allowed to participate on the 7th/8th grade level. But they cannot go back down a level once they come up.
 - iv. Any student that starts the academic school year at the age of 13 has “aged out” of participating at the 5/6th grade level and must be enrolled and participate on the 7/8th level.
 - v. If there are not enough 5/6th grade registrants at a particular school, this does not permit a school to allow 5th grade students to play up on the 7/8th grade level. EXCEPTION: 6th graders are allowed to participate on the 7th/8th grade level. But they cannot go back down a level once they come up.
 - c. 7th/8th Grade Level
 - i. Any student that starts the academic school year at the age of 15 has “aged out” of participating in CPS SCORE! Sports.
 - ii. All current 7/8th grade students registered at the school in which they are participating.
 - iii. All 7/8th grade students are prohibited from playing down on the 5/6th grade level.



NOTE: Schools violating any student-eligibility rules shall receive a forfeit for that game and all games in which the rules were violated (violation of the spirit of the rules may result in removal from playoffs per the discretion of OSA). Teams will be removed from the remainder of the schedule upon their 2nd forfeiture.

- d. School
 - i. Be a full-time student or registered as a homeschooled student at the registered CPS elementary school.
- e. Academic Standing
 - i. Be academically eligible based on their school's eligibility standards. NOTE: Each participating elementary school principal shall set academic eligibility standards for their school.
- f. Medical Requirement
 - i. According to school records, student-athletes must have approval by a physician to participate in physical education to participate in SCORE! Sports.

E. Student Registration

1. Participating elementary schools are responsible for registering participating students using the method(s) designated by the Office of Sports Administration:
 - a. Schools are required to submit students and coach registration information in ASPEN.
2. Each participating school's final roster must be signed by the school principal and submitted to their assigned CPS Conference Commissioner prior to the start of the season. Signed rosters are also required on a weekly basis. The liaison shall make team rosters available to the assigned coach(es).

F. Team Rosters

1. The sports liaison shall be solely responsible for the formation of team rosters.
2. In order for a school team to be recognized for participation in SCORE!+ Conference league play, that school must field a team consisting of at least nine (9) participants and a maximum of twenty (20) *Only 15 can dress on game day and rotate on Saturday competition at the discretion of the head coach. ASPEN Rosters must be signed by the principal and submitted to the Office of Sports Administration prior to the start of each game
3. Score! Intraschool Play: Coaches must have more than (21) student-athletes participating to receive an additional SCORE! team.
4. Once all interested participants are entered in ASPEN and an Official Roster has been submitted, a coach may begin conditioning and practice. Conversely, if an Official Roster has not been submitted, students are not insured by the Chicago Public Schools insurance policy and coaches are not allowed to begin conditioning and practices until above stated requirements have been completed.
5. Students must be added prior to the second game of the season
6. The coach is responsible for bringing the most recent ASPEN team roster to each contest. The roster must be signed by the school principal. Any athlete whose name does not appear on the game day roster, is not permitted to participate.

G. 5th/6th Grade Back To The Basics SportsEDTV

1. SportsED TV will be collaborating with Score! to host a volleyball coaches clinic. The clinic will focus on skill development, gameplay, and social and emotional learning (SEL) components for students in 5th and 6th grade with strategic partnerships with sports professionals and Chicago Public School SEL experts. SportsED TV will also provide a 10-week program, where teams will be able to focus on school-based skill development, practice techniques, and gameplay, including four district-wide OSA game days.
 - a. SportsEDTV would like to: simplify and teach the game of Volleyball, which will allow students to grow and most importantly, have fun!



- b. Simplify: SportsEd TV would like to simplify the game so that every player is able to compete, regardless of their ability.
- c. Teach: The curriculums that have been built by SportsED TV aim to teach coaches AND students the rules, and technical fundamentals of the game.
- d. SEL: The Social and Emotional criteria has been developed by Chicago Public Schools, and added to weekly practice plans, as a way to tie into the very mental, and emotional aspect of playing, learning, and having fun.
- e. Positive Coaching: Coaches are expected to create a positive experience for every player, and to instruct without condemning. Some coaching tips include staying in the coaching area, remaining quiet, and letting the kids play.
- f. Good Sportsmanship: SCORE! and its athletic partners, aim to create a positive environment based on mutual respect, rather than a win-at-all-costs attitude. Some examples of good sportsmanship include losing graciously, improving through practice, and acknowledging good play by teammates and opponents.
- g. Player Development: SCORE! and its athletic partners have designed programming to help players develop their skills and knowledge of the game in all aspects.

NOTE: Schools violating any roster rules shall receive a forfeit for that game and all games in which the rules were violated. Teams will be removed from the remainder of the schedule upon their 2nd forfeiture.

Section Two: Program Regulations

A. Regular Season Dates:

1. No practices will be permitted before the official start date of each season or after the official end date of each season, as communicated by the Office of Sports Administration.
2. The Office of Sports Administration will establish and communicate the girls' and boys' volleyball season dates each year.
 - a. Game times and opponents will be determined at random prior to the creation of the official schedule.
 - b. Note - It is the responsibility of the coach/school to read the schedule each week; if you miss a double-header game, you will be issued a forfeit.

B. Equipment

1. Gym Shoes: Eligible players without appropriate shoes will not be allowed to play (e.g. Dress or casual shoes)
2. Knee pads are encouraged, but not required
3. Sportswear glasses/goggles are recommended to participate if you wear eyeglasses

C. Net

1. The net shall be 3 feet wide overall and at least 32 feet in length when stretched.
2. It shall consist of 4-inch-square mesh, dark, natural, or synthetic cord.
3. The net shall be attached to upright standards, which are three (3) feet outside the court or from its four (4) corners to walls, which are at least six (6) feet from the sidelines.
4. Net antennas shall be attached to the net in line with the outside edge of the sideline and extend upward at least 2-1/2 feet, but no more than 3-1/2 feet above the net.
5. Net placement shall be such that the net crosses the court midway between and parallel to the end lines.
6. The height of the net shall be 7 feet, 4 ¼ inches measured at the center of the net.
7. The net measured at the ends shall not exceed these heights by more than ¾ of an inch.



D. Ball

1. The ball shall be spherical with a lace-less molded cover of 12 or more panels (all of which shall be white or if a colored ball is used, at least one third of the panels must be white) of genuine or simulated smooth leather (not suede).
2. It should measure at least 25 inches, but no more than 27 inches in circumference, with a weight of 9-10 ounces when inflated.

E. Uniforms

1. During scheduled volleyball games, all team members are recommended to wear matching jerseys / t-shirts with numbers on the back and front. Student-athletes can not wear non athletic bottoms (e.g they can not wear jeans, Khakis)
2. Teams are permitted to wear school issued uniforms:
 - a. Each player must have an identical jersey top and similar bottoms
3. All jewelry shall be removed, except small, secured jewelry (studs or post). Jewelry below the chin is NOT permitted. If religious or medical medals are worn, they shall be taped to the body under the uniform.
4. Prohibited attire/accessories: Players are NOT allowed to wear bracelets (may not be taped); head rags, hair jewelry (metal), and hoods.
 - a. Per CPS, teams have to allow uniform modifications for the purpose of cultural value, religion and modesty preference.
5. IHSA Officials are responsible for enforcing these uniform rules.

F. Forfeits / No Contests

1. All reasonable efforts should be made to avoid forfeits.
2. If a team is not ready to compete at the scheduled time of the volleyball game with all of their players present, the team will play the game as long as the minimum number of five (5) players is present.
 - a. The game IHSA Official or court monitor may make special allowances for weather or other special circumstances, if necessary.
 - b. The "Ghost Rule" will be used, if one team only has five (5) players to start. The "Ghost Rule" means the team with five (5) players will lose the serve and the opposing team gets the rally point when that missing/ghost person would normally have served.
 - c. If the minimum is not present at the start of the game, the team has ten (10) minutes to show up. The game should be started promptly when the team shows up. If the team does not show up within the ten-minute window, the game will be forfeited.
 - d. No coach or liaison is permitted to cancel a game or refuse to play the scheduled game.
3. If the team and/or the team's coach is not present at the officially scheduled start time, the APA will use discretion in the event of inclement weather or other appropriate circumstances, such as having been notified of a team's anticipated arrival.
4. A No Contest is considered a contest not completed due to extenuating circumstances, not to include postponements or cancellations initiated by the Office of Sports Administration. No Contest Results: A game that is neither won nor lost

During the ten (10) minute grace period, only a CPS cleared staff member or volunteer can step in to serve as the coach (CPS ID Required). No parent or non-approved board volunteer can step in.

5. In the absence of a CPS "cleared" coach, the school principal must submit the substitute's information to our Office so that we can provide the clearance to the coach prior to game day.
6. Should a team be delayed, they should contact their assigned CPS Network Commissioner and Opposing team Coach who will inform the Site Manager. *coaches can be found on the SCORE! Master Directory
7. A contest forfeiture will be treated as a loss in the season standings



8. Student-Eligibility and team roster infractions are considered forfeitures and will count towards your total number of forfeits during the season.

Teams who forfeit two (2) games during a single sports season will be removed from participation for the remainder of the season.

G. Advanced Contest Cancellations

1. The Office of Sports Administration will administer all advanced cancellations.
2. All participating schools are responsible for developing a communication policy and procedures for all participants and their families regarding notifying them of a cancellation.
3. Coaches, elementary school liaisons, conference commissioners, and/or principals may not cancel or reschedule games.
4. Schools must notify the Office of Sports Administration by close of business (4:00pm) on the Thursday before that game for any school-sanctioned cancellations.
5. Weather cancellations will be determined by the Office of Sports Administration and communicated to the Site Manager.

H. CPS SCORE!+ Playoff Format * 2 forfeits and your team will be dropped from the schedule

1. The top 7/8th grade team from each site will qualify for the 13 Network SCORE! City Championship Tournament.
 - a. If there are multiple sites in a Network those teams will play each other for the Network Championship.
 - b. If there are multiple gyms at 1 Site the top team from each gym will play each other for the Network Championship or they will play to advance to the Network Championship because there are other sites in their Network.
2. A single forfeit may disrupt your seeding in tournament play
3. On the 7/8th grade level, the Network Champions from each network will advance to the SCORE! City Championship Tournament.
4. Seeding for the 7th/8th grade SCORE! City Championship will be a random draw.

I. Contest Outcomes Tracking & Reporting

1. The Officials must complete and sign the contest score sheet provided by the Office of Sports Administration.
2. Each coach must sign the scoresheet which indicates their agreement with the final score of the contest.
3. The Site Manager is responsible for collecting and reporting all final contest scores to the Office of Sports Administration within 48 hours after the scheduled contest date.

J. Coach Responsibilities

1. Prior to the start of the sports season:
 - a. Attend the Coaches Meeting.
 - b. Provide proof that the Concussion Certification training has been completed within the last two (2) years. (Must be on file with the school principal/liaison).
 - c. Complete the Protecting Chicago Children training (PCC)
 - d. Complete the mandatory PCA training workshop(Positive Coaching Alliance)
 - e. Complete the KIPP training (highly recommended)
2. During the course of the sport season
 - a. Prepare your student-athletes through daily practice sessions during the season.



- b. Monitor your student-athletes progress on the field and in the classroom.
- c. Accompany your team to all games.
- d. Monitor the conduct of your athletes for the duration of each game.
- e. Always have in your possession:
 - i. A copy of your official roster
 - ii. A copy of the terms and conditions
 - iii. Emergency contact information for each student-athlete completed within the last two (2) years. (Must be on file with the school principal).

K. Coaches Stipend Criteria

- 1. Coaches can receive up to a maximum of 4 stipends per season
 - a. 5/6th Level: CTU Negotiated Rate
 - i. Coaches may not receive payment/stipend if all mandatory requirements are not complete.
 - b. 7/8th Level: CTU Negotiated Rate
 - i. Coaches may not receive payment/stipend if all mandatory requirements are not complete.
- 2. Mandatory requirements include;
 - a. 5th/6th Grade Coaches must attend coaches clinic for the respective sport they are coaching
 - b. 5th/6th Grade Coaches must attend ALL 4 “Back to the Basics” clinic/game dates for their sport
 - c. 7th/8th Grade Coaches must complete the season without their team being dropped
 - i. If a team is dropped at any point during the season, the coach will forfeit their stipend. (Please refer to the Forfeit Section)

***Coaches/liasons that are on a leave of absence at any time during a SCORE! season will NOT receive payment**

Each Sports Liaisons must complete the Staff & Coaches Directory via Google Classroom before the start of the season. Please confirm the coaches/sports are correct prior to docuSign completion.

Section Three: Game Rules

This section identifies rules and requirements that are specific in nature to the CPS SCORE! Volleyball Program.

- A. National Federation of High Schools and the Illinois High School Association
 - 1. The official rules of the National Federation of High Schools (NFHS) in conjunction with the Illinois High School Association (IHSA) rulebook govern all athletics rules and regulations at Chicago Public Schools.
 - 2. This rulebook communicates additional rules and regulations that are specific to Chicago Public Schools’ athletics programs and activities.
 - 3. The rules and regulations in this rulebook supersede NFHS and/or IHSA rules and regulations where applicable.

4. The CPS SCORE! Program is not a member of the Illinois Elementary School Association (IESA).
 - a. <http://www.nfhs.org/articles/rules-books-and-case-books-available-as-e-books/>

B. Contest Officials

1. The Office of Sports Administration will assign an IHSA Official and a Court Monitor to each scheduled contest.
2. There will be one (1) IHSA Official assigned to each game.
 - a. The IHSA Official shall examine and approve the court and game equipment.
 - b. At the end of games, the IHSA Official shall write the final score, sign and return the CPS official score sheet to the court monitor or CPS Conference Commissioner on site.
 - c. The IHSA Official shall be the sole judge of play, conduct of players, coaches, spectators, and other factors affecting the game.
 - d. The IHSA Official keeps the official score and time of the game
3. There will be a Court Monitor assigned to each court.
 - a. The Court Monitor is a person designated by the Office of Sports Administration to ensure rosters are present for each team playing, the ages and grade restrictions are being followed, students are playing at their appropriate grade level, and ensure that pinnies are distributed and collected when necessary, etc.
4. During a situation when the assigned IHSA Official is not present at game time, the coach from each team will be expected to officiate the game.

C. Game Times

1. All matches are scheduled 45 mins apart.
2. If a team is late by ten (10) minutes or more, they will forfeit the game.
 - a. If a team is not ready to compete at the scheduled time of the volleyball game with all of their players present, the team will play the game as long as the minimum number of five (5) players is present.

D. Rally Scoring

1. Game Length Regular Season:
 - a. 7/8th grade level will play two (2) 21-point rally score sets.
 - i. A set ends when one team reaches 21 points and is ahead by two (2) or more points.
 - ii. Subsequently, there is a 25-point cap for each set. The first team to score 25 points wins, regardless of the scoring margin.
 - iii. If a 3rd set is needed to decide a match, the set will be played to 15 points. The first team to score 15 points wins, regardless of the scoring margin. The 3rd set will NEVER be stopped due to time.
 - b. 5/6th grade level will play three (3) 15-point rally score sets.
 - i. A set ends when one team reaches 15 points or when the 45 minute match time expires
 - ii. A CPS approved coach may stand along their bench between the service line and centerline during the match, as in-match coaching will be allowed only for 5th/6th grade levels.
 - c. When the official signals, the teams proceed to the appropriate team bench.
 - d. There will be a two (2) minute intermission between sets.
 - e. Play can commence if both teams and officials are ready for play prior to the end of the 2 minute intermission.
 - f. In the 3rd set, the winner of a coin toss will decide if they want to serve or receive or decide which side of the court they want to start on.

E. Team Configuration

1. Team Captain
 - a. Each team shall designate a team captain.
 - b. This player is the team representative.
 - c. May address an official to obtain essential information
 - d. May address an official on matters of interpretation
2. Each team must have a minimum of five (5) players to start a game.



- a. If a team has fewer than five (5) eligible players on the court, the opponent will be declared the winner by forfeit.
- b. All eligible players participating in the game must appear on the team's Official Game Roster. This roster shall be given to the CPS Conference Commissioner prior to the start of the season. The roster must be signed by the school's principal. Teams not adhering to this rule shall forfeit the game.

F. Timeouts

1. Two (2) 60-second timeouts are allowed per match.
 - a. Play can commence if both teams are ready for play prior to the end of the 60 seconds.

G. Libero

1. The Libero position may be utilized. The libero must be identified before the game starts and have a different color jersey on. The referee and scoring table will keep track of the Libero.
 - a. Libero can serve
 - b. Libero cannot play the front line
 - c. The Libero may only be replaced by the player whom the libero replaced
 - d. It will be the responsible of the team coaches to keep track of the Libero, with assistance from the officials

H. Net Serves

1. Net serves are considered live balls.
 - a. If a served ball hits the net, but goes over, it is live and playable.
 - b. Serves that hit the net, but do not go over will result in a point and service switches to the other team.

I. Serving

1. After official whistles to serve, players have five (5) seconds to serve.

J. Serving Lines

1. 7/8th Grade Levels: end line (30 feet)
2. 5/6th Grade Levels: Inside end line (25 feet)

K. Blocking

1. Back row players shall not participate in a completed block.
2. Blocking a served ball is not permitted.

L. Kicking

1. Kicking the ball is legal.
2. A player may intentionally kick the ball.

M. Multiple Contacts

1. Multiple contacts are more than one (1) contact by a player during one (1) attempt to play the ball.
 - a. Multiple contacts are permitted only when:
 - i. The first ball over the net rebounds from one (1) part of the player's body to one (1) or more other legal parts in one (1) attempt to block.
 - ii. On any first team hit, whether or not the ball is touched by a block.

N. Attacking a Served Ball

1. Attacking a served ball while the ball is completely above the height of the net is not permitted.
 - a. However the contact is legal and the ball is not out of play until it completely crosses the vertical plane of the net or is legally contacted by an opponent.

O. Pregame Warmups

1. Each team is allowed a 2 minute Warm-up.
 - a. The team warming up is allowed to use both sides of the court, while the opposing team waits for their turn to warm-up.

P. Lineup Card

1. Coaches must submit a lineup card to the contest official prior to the start of each set in the match. The official lineup card is available at the scorer's table.



- a. The first server is listed first on both receiving and serving team's lineups.
- b. Receiving teams will "back up one" so the server starts right front.

Q. Substitutions

1. A team is allowed unlimited legal substitutions per game. The subbing player must sub in for the player that went in/out for.
 - a. Coaches must stand and signal for a substitution.

R. Unsportsmanlike Conduct

1. Red and Yellow cards will be used for players and coaches.
2. Yellow Card: warning for a minor offense.
3. Red Card: Penalty, a point/side out is awarded to the opponent.
4. Red and Yellow Card: Disqualification – if both cards are given at the same time, that person receiving the cards is disqualified from further participation in the match.
 - a. A point/side out will be awarded to the opponents.
5. When any card is given, it will be recorded on the score sheet.
6. If any one person (player or coach) received the following during the season:
 - a. Two (2) yellow cards: One (1) game suspension
 - b. Two (2) red cards: Two (2) game suspension
 - c. Three (3) red cards: Suspended for remainder of season
7. If a coach or parent, in the opinion of the official, is verbally abusive to that official after the game is completed the official may assess the equivalent of two (2) red cards on that person by reporting the incident to the league.
 - a. This would result in an automatic two (2) game suspension that is not subject to review.
8. If a coach or parent, in the opinion of the official, is verbally abusive to that official beyond the confines of the gym building then that official may assess the equivalent of two (2) red cards on that person by reporting the incident to the league.
 - a. This would result in an automatic two (2) game suspension that is not subject to review.
 - i. The Office of Sports Administration will determine if that person will be dismissed from coaching or if that parent will be allowed to attend any more games.
 - ii. In addition, the coach or parent is subjected to being removed by security personnel.

Note: Existing rules already address conduct during the contest. Additional

Note: Physically abusive behavior is addressed by the State Penal Code.

Sports-Specific Definitions & Key Terms

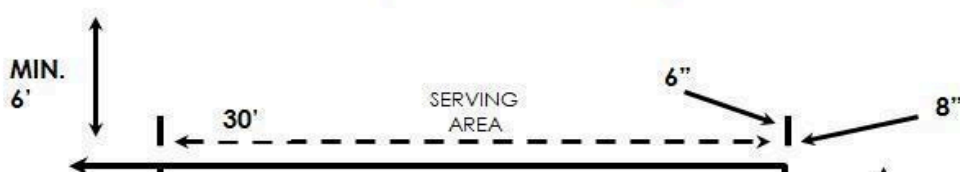
- A. Antenna: a flexible red and white rod that is attached to the net marking the out-of-bounds. This out-of-bounds extends all the way up to the ceiling and down to the floor.
- B. Attack Line: the line that is ten (10) feet from the net and runs parallel on each side of the court. If the attacker is taking a volleyball attack approach from the back row, the player must jump from behind this attack line if they attack the ball when it's completely above the height of the net.
- C. Backcourt: the area of the court behind the attack line that is in front of the baseline and between the sidelines.
- D. Baseline/Service Line: also called the end line, is the line at the end of the court.

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- E. **Center Line:** the line that runs underneath the net. This line is the width of the court and divides the volleyball court into two equal halves. Players can legally cross the centerline with part of the hand or foot. If the entire hand or foot crosses the centerline then it's a line violation.
- F. **Dead Ball:** a ball that has gone out of play or is deemed temporarily unplayable by the official
- G. **Excessive/Prolonged Contact:** any contact beyond 5-yards of the current line of scrimmage or any over aggressive contact (hard push or shove, throwing punches, intentional tripping or any contact to the face)
- H. **Foot Fault:** when a server steps on or over the end line while serving. The server may step on or over the line after the ball has been contacted.
- I. **Free Zone:** the area outside the boundary lines of the court where players sometimes make plays.
- J. **Legal Contact:** is a touch of the ball by any part of a player's body, which does not allow the ball to visibly come to rest or involve prolonged contact with a player's body.
- K. **Net:** the volleyball net that goes down the middle of the court and divides each team's playing area in half.
- L. **Rally:** An exchange of strokes in a court game ending when one side fails to make a good return resulting in a point and/or the loss of service.
- M. **Rally Scoring:** is a scoring system in volleyball in which a point is scored on every single rally, regardless of which team is serving the ball. Thus, in rally scoring, points can be scored by either the serving or receiving team.
- N. **Rotation:** the clockwise movement of a team each time it wins the serve.
- O. **Serving line:** the line dividing the out of bounds line from the court.
- P. **Setter:** the player making the second contact on the ball who decides whether to play the ball over the net or setting up his or her teammate.
- Q. **Substitution Zone:** the area between the attack line and the centerline along the sideline where substitutes sub into the game.

Court Diagram

- A. Court Length: 60 feet end line to end line.
- B. Court Width: 30 feet sideline to sideline
- C. 5th/6th Serving line: 25 feet
- D. Net Height: 7'4¼"





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Section Four: Safety and Sportsmanship

Coaches are expected to act in the best interest of the health and safety of the injured child. That means exercising reasonable caution, particularly as it relates to loss of consciousness, tears, strains, or suspected breaks or fractures.

According to school records, student-athletes must have approval by a physician to participate in physical education in order to participate in the CPS SCORE! Soccer Program.

A. Injuries and Serious Incidents

1. The safety and security of students is always of paramount importance and cannot be over-emphasized.



2. In the case of student injury, it is the responsibility of each coach to seek appropriate care.
 3. If of a serious nature, the coach should call 911 immediately.
- B. Emergency Ambulance Transport**
1. Any student-athlete who is not accompanied by a parent/guardian on contest day and has to receive transport to the hospital due to a severe injury, the following must occur:
 - a. The Head Coach or Volunteer Coach must ride with the student-athlete to the hospital.
 - b. Site Manager, CPS or CPD Commissioner or Office of Sports Administration staff must supervise the remaining teammates at designated sites.
 - c. Above personnel must notify school officials and parent/guardian to arrange for student-athlete pick-up.
- C. Blood Protocol**
1. If blood is involved, it may endanger others as well as the injured.
 2. Individuals who have uncovered or open wounds or blood on themselves or clothing must leave the contest or practice immediately.
 3. A participant may return only when the bleeding has stopped, the wound is covered, and/or the clothing has been changed.
- D. Head Injuries**
1. In the event of a concussion, the coach must follow the appropriate procedures identified in the CPS Concussion Management Policy: <http://policy.cps.edu/download.aspx?ID=258>
- E. Reporting Incidents**
1. All serious incidents must be reported to the Office of Safety and Security by completing the appropriate Incident Reporting Form.
 - a. The coach of the athlete(s) involved in the incident is responsible for completing the Incident Reporting Form provided by the Office of Sports Administration.
 - b. The coach must provide the Incident Reporting Form to the appropriate elementary school liaison(s).
 - i. It is the responsibility of the elementary school liaison to report the incident within Verify, the CPS Incident Management System.
 2. All Incident Reporting Forms must be filed with the injured student's school liaison on the next business day.
- F. First Aid & Safety**
1. Coaches are responsible for hydrating their student athletes.
 2. All schools must travel with a first aid kit and emergency contact information for every student athlete.
- G. Sportsmanship**
1. All participating student-athletes, coaches, and staff are expected to exhibit good sportsmanship.
 2. To begin the match, the starting teams must line-up on the end lines. The official will call the teams together to shake hands before the match begins.
 3. A handshake at the end of each match is required.
 4. CPS enforces a zero tolerance policy as it relates to unsportsmanlike conduct related to fighting. Any participant who is involved in a fight or similar unruly or threatening behavior before, during, or after an activity may be barred from continued participation in the sport for the remainder of the season at the discretion of the Office of Sports Administration.
- H. Spectator Conduct**
1. Parents, guardians, and other spectators are expected to exhibit good behavior.
 2. If a spectator, in the opinion of a contest IHSA Official or site manager, exhibits inappropriate or unsportsmanlike behavior, they may ask the spectator to leave the contest location. The Coach, IHSA Official, or Site Manager should work with the assigned CPS security personnel to assist in these situations.
 3. The contest IHSA Official shall make the High School Site Manager aware of any issues regarding spectator conduct.
 4. The High School Site Manager, as appropriate, shall report issues concerning inappropriate spectator conduct to the Office of Sports Administration.



Section Five: Protests

- A. All protests must be written to Jenni Dant at jldant@cps.edu and include sportsad@cps.edu.
- B. Must be submitted within 24 hours of the contest.
- C. If the contest is on a Saturday, the protest must be submitted by close of business (4:00pm) on the following Monday.
- D. No protest will be considered regarding judgment calls made by the official.
- E. Protests will only be considered where there is a question of rules interpretation, which affects the outcome of the game.
- F. No protest will be considered if the coach could not immediately produce a copy of the league rules for the contest official at the time of the questioned call.
- G. The protest letter must include the following:
 1. School check (\$50.00) made out to the Office of Sports Administration.
 2. Reason and details of protest.
 3. Proof of protest.
 4. Signature of person protesting.

Media and Social Media Expectations

The Chicago Public League is proud to offer in-depth coverage of CPS teams and student-athletes across each sports season. In order to continue to publish these stories, the CPL Sports Communications team asks the following of all participating athletics staff members and student-athletes:

- A. Ensure all student media consent forms are signed via the standard CPS enrollment packet
- B. Ensure coaches and/or players are available as requested for pre- and post-game interviews
- C. Share accomplishments and milestones with the CPS Sports Communications team so your teams and athletes can be recognized
- D. Interact and follow all CPL athletics content via our website CPSAthletics.com or via [Social Media](#).

CPS Sports Communications Team:

- A. Communications Manager: Joey Gelman – jdgelman@cps.edu
- B. Communications Specialist: Dominic Scianna – dscianna@cps.edu
- C. Communications Specialist: Michael Wojtychiw – mmwojtychiw@cps.edu

Digital Citizenship Expectations

Being a good digital citizen means that athletics staff members and student-athletes are positively contributing to the digital space, respecting other people's views even if in disagreement, and reporting issues that disrupt a positive digital environment.

A digital footprint and reputation is left online when videos and pictures are uploaded, and when posts and comments are made on websites and social media. Athletics staff members and student-athletes must consider the temporary and/or permanent effect actions online can have for themselves and their community both in the digital space and in person.



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That is why the Chicago Public League asks all athletics staff members, coaches, and student-athletes to engage in respectful and positive social media interaction. Should there be any inappropriate social media being created or shared in your community, please report it to CPS administration within your school building so the situation can be properly assessed and appropriate action can be taken as necessary to ensure a safe environment for all those involved.