

CMSAA GRADE 8 BOYS AND GIRLS VOLLEYBALL SCHEDULE AND RULES FOR THE 2025 SEASON

ANY QUESTIONS:

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Grade 8 Games occur Wednesday's at 3:30pm

Please plan to be at the host school no later than 3:20pm to ensure a proper warm up as games start promptly at 3:30pm

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

Rules for 2025 Season

Please refer to CMSAA Mission Statement and Guiding Principles**

1) League matches will be played on Wednesday immediately after school. Please make all attempts to be at the host school by 3:20 and be prepared to begin at 3:30 sharp.

2) The first two regular season matches (October 8th and 15th) will be played with equal strength teams (no "A" and "B" designation). The third to fourth regular season matches (October 22nd, October 29th) will be played with a designated "A" and "B" team. The two stronger teams will play each other, and the two lesser experienced teams will play each other. The two matches will be played simultaneously, on game days.

- The first two regular season matches, when played as balanced squads, will be play as two sets vs. each group if time permits. Games to 25 points.
- The third-fourth games will be played best 3 out of 5. Games to 25 points. In the fifth set, the game will go to 15 points, you must win by two. There is no cap.
- If the other side is still playing when you are finished, you may play until the other match is complete.

3) The Host school is responsible for supplying referees, line persons and scorekeepers as well as share the warm-up balls with the visiting school. Please try to have **adult referees or high school referees**.

5) Volleyballs to be used are regulation adult size (not volley-lites)

6) Net height is 2.05 metres for girls and 2.20 metres for boys.

7) Schools should try to have volleyball antennae set up if possible.

8) Teams are not permitted to shorten benches. **All players must receive equal playing time.** When a new set begins, teams must start with the same line up they finished with at the end of the previous game. This does not apply to a *new match in playoffs*. 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.

9) If teams are short players, a grade 7 may play with the grade 8 team. There is no longer a minimum number of players rule, so theoretically you may field a team of six players. Bringing up a player in playoffs cannot be the B tournament. They must be a grade 7. You cannot have a player play in both the A and B tournaments.

10) Teams may serve underhand, sidearm, or overhand from any point behind the baseline. 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 cannot make 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 but can't make a wall side by side. The serve must be seen and unobstructed.**

11) Players **are** allowed to return the serve directly over the net, without a second hit occurring.

12) 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 if it is the first contact). You may also use your feet but please discourage regular use – in no high level volleyball is this used! Any obvious carries or throws should be called and coaches please help the refs with these calls if it seems obvious.

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

13) Servers will serve a maximum of **5** times before rotating.

14) All games are rally point. This means a point is scored every serve. If you miss a serve, the other team wins the serve and a point.

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

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

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

18) Center Line Rule: It is permitted to penetrate the opponent's space under the net as long as 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 provided that it does not interfere with the opponent's play.

19) Roof Rule: It is permitted for a ball to be played off the roof, if the ball returns to your side of the net and if it is not going to mean more than the designated three touches. The roof does not count as a touch.

20) Antennae Rule: If the ball hits the antennae, it is automatically out and will mean a loss of point.

21) 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 and seeding purposes.

22) The Andy Laliberte 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.

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.** ***

- The B Tournament is one night this year and will take place at multiple middle school gyms on Wednesday November 12th
- The A Tournament will be held on Wednesday November 19th at multiple middle school gyms with the quarters, semis, and finals played at one middle school gym on Thursday November 20th

21) The B tournament is only one night and will be held at multiple middle school gyms, depending on the number of teams submitted.

22) The first night of the **A 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 lop-sided 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**

The second night of the district **A championships** will be the quarter-final, semi-final and championship matches, depending on how your team does on Night 1.

Please try and have a concession at your site – fun for the players when they are off the court waiting for their next match – this can help fund referee costs if there are any.

Grade 8 Volleyball Coaches list 2025

School	Girls	Boys
Como Lake	Devon Ross	Holly Hockridge Lani Caron
Banting	Gina Fenrick	Juliana Chiew Kirby Peters
Montgomery	Chris Welch Nadia Tuan	Luqman Hashmi Nadia Tuan
Moody	Renn Manners Tibor Budai	No team
Hillcrest	Katherine Filomarino Beth Nicholson	Jeff Hart Jeff Nay
Eagle Mountain	Tabb Davis Cheryl Lloyd	Irvin Samson Lauren Au
Maillard	Andrew Gallant Casie Neigum	Andrew Gallant Stan Yuen
Pitt River	Leanne Tao Chloe Haner	Cory Wiebe Dion Glavas
Kwayhquitlum	Victor Toth Darren Klepsch	Sandy Kooner Sonya Tuan
Maple Creek	Canaan Chan	Erin Lynch
Minnekhada	Meagan Ferreira	Josh Evans
Citadel	Jessie Sayers Lindsay Crudo	Mike Matak
Scott Creek	Michelle Doyle Matt Cameron	Nasrin Kamaili Nick Marzitelli
Summit	Jen Dziwak	Karen Paul Amy Duplantis

GRADE 8 WEST ZONE VOLLEYBALL

BOYS

GIRLS

OCT. 8th

Banting at Como Lake
Montgomery at Maillard

Como Lake at Banting
Maillard at Montgomery

OCT. 15th

Como Lake at Maillard
Montgomery at Banting

Maillard at Como Lake
Banting at Montgomery

OCT. 22nd

Como Lake at Montgomery
Maillard at Banting

Montgomery at Como Lake
Banting at Maillard

OCT. 29th

Banting at Como Lake
Montgomery at Maillard

Como Lake at Banting
Maillard at Montgomery

GRADE 8 CENTRAL ZONE VOLLEYBALL

BOYS

OCT. 8th	Hillcrest at Eagle Mountain
	Scott Creek at Summit
OCT. 15th	Summit at Hillcrest
	Eagle Mountain at Scott Creek
OCT. 22nd	Scott Creek at Hillcrest
	Summit intersquad
	Eagle Mountain (bye)
OCT. 29th	Summit at Eagle Mountain
	Hillcrest at Scott Creek

GIRLS

Eagle Mountain at Hillcrest
Summit at Scott Creek
Moody intersquad
Hillcrest at Moody
Scott Creek at Eagle Mountain
Summit intersquad
Hillcrest at Scott Creek
Summit at Moody
Eagle Mountain (bye)
Eagle Mountain at Moody
Hillcrest at Summit
Scott Creek intersquad

GRADE 8 EAST ZONE VOLLEYBALL

BOYS

GIRLS

OCT. 8 th	Citadel at Kway	Kway at Citadel
	Maple Creek at Pitt River	Pitt River at Maple Creek
	Minnekhada – inter-squad	Minnekhada – inter-squad
OCT. 15 th	Pitt River at Maple Creek	Maple Creek at Pitt River
	Kway at Minnekhada	Minnekhada at Kway
	Citadel – inter-squad	Citadel – inter-squad
OCT. 22 nd	Kway at Maple Creek	Maple Creek at Kway
	Minnekhada at Citadel	Citadel at Minnekhada
	Pitt River - bye	Pitt River - bye
OCT. 29 th	Pitt River at Citadel	Citadel at Pitt River
	Maple Creek at Minnekhada	Minnekhada at Maple Creek
	Kway – inter-squad	Kway – inter-squad

*** if your team has intersquad game scheduled, feel free to arrange a game with another school in the same situation ***

- The B Tournament is one night this year and will take place at multiple middle school gyms on Wednesday November 12th

- The A Tournament will be held on Wednesday November 19th at multiple middle school gyms with the quarters, semis, and finals played at a middle school gym on Thursday November 20th