

CMSA Open Volleyball

2025 SEASON

INFORMATION FOR CAPTAINS & PLAYERS



Sponsored By:



Volleyball Board



Ed Hayes
Commissioner



Bill Barret
Co-Commissioner



openvb@chicagomsa.org

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Registration

Team and free agent registration has ended.

Players must register before their first game.

Player fee will remain the same all season. There is no late fee.

Contact the commissioner if you need a free agent.

Free agent teams have already been formed



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Divisions

A and BB to be combined for scheduling purposes.

Teams that do very well, or very poorly, early in the season may be moved up, or down, for the rest of the season.

**Requested bye weeks may not be honored for teams that change divisions.

Playoff divisions will be based on regular season record. This means if you do very well during the season, you may be placed with teams from a higher division.



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The Schedule

The schedule and standings will be posted on Sprampy.com

Dates	COH	Armory	Week
Sunday, October 19, 2025	Season	Season	1
Sunday, October 26, 2025	Season	Season	2
Sunday, November 02, 2025	Season	Season	3
Sunday, November 09, 2025	Season	Season	4
Sunday, November 16, 2025		Season	5
Sunday, November 23, 2025	Season	Season	6
Sunday, November 30, 2025	Season		7
Sunday, December 07, 2025	Season	Season	8
Sunday, December 14, 2025	Season	Season	9
Sunday, December 21, 2025	Season	Season	10
Sunday, December 28, 2025			11
Sunday, January 04, 2026	Season	Season	12
Sunday, January 11, 2026	Season	Season	13
Sunday, January 18, 2026	Season	Season	14
Sunday, January 25, 2026	Season	Season	15
Sunday, February 01, 2026	Season	Season	16
Sunday, February 08, 2026	Season	Season	17
Sunday, February 15, 2026	Season	Season	18
Sunday, February 22, 2026	Season	Season	19
Sunday, March 01, 2026	Season	Season	20
Sunday, March 08, 2026	Season	Season	21
Sunday, March 15, 2026	Tournamen	Tournamer	22
Sunday, March 22, 2026	Tournamen	Tournamer	23



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Byes

Each team can expect to be scheduled to play at least 13 Sundays, unless many bye weeks were requested.

Each team will receive byes, which includes requested byes.



Forfeits and Schedule Changes

Let us know as soon as possible if your team cannot play on a Sunday.

Forfeit Button located on website.

Failure to show up for a game without notice (unannounced) will result in being charged with forfeit losses.

2+ forfeits (unannounced carrying more weight) may result in suspension of the league without refund. This is at the discretion of the commissioner. .



Subs

You can use, as a substitute, any person who is registered with another team playing in the same or lower division, who is not playing during your scheduled slot.

You must confirm the sub is eligible, via website Sub Request, more than 24 hours before play.

Using a non-registered or non-confirmed player will result in a forfeit and/or disqualification from the playoffs.

Repeated offenses may result in captain or team suspension



Roster Checks

Roster checks may occur at any time.

If any team allows a non-CMSA Open Indoor Volleyball member to play, the entire team may be subject to being expelled from the league. For legal liability reasons, this point is not negotiable; no exceptions will be made.



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Venues

Center on Halsted (COH)

- 3 courts (Court 1, 2, 3)
- C, CC, LB

Broadway Armory

- 4 Courts (Court 4, 5, 6, 7)
- LB, UB, BB

Lower B: always watch location!



Venues – Center on Halsted (COH)

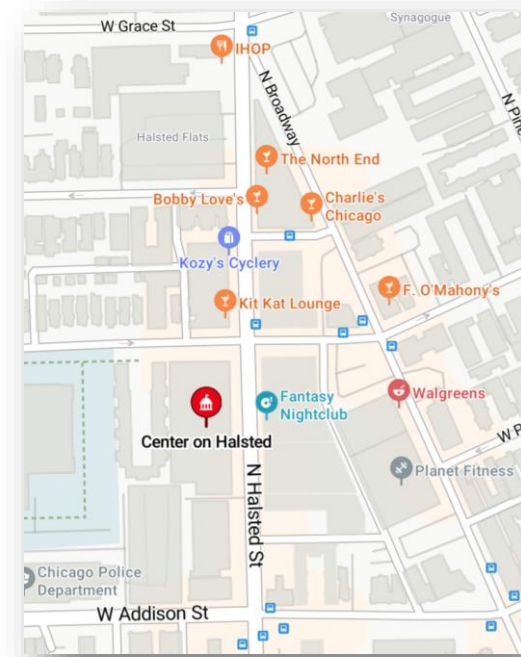
Enter on Halsted, just south of Waveland

Go to the left and find the elevators

Take elevator to floor 3.

Exit elevator and go right down the hallway.

Volleyball Courts are through the gray doors.



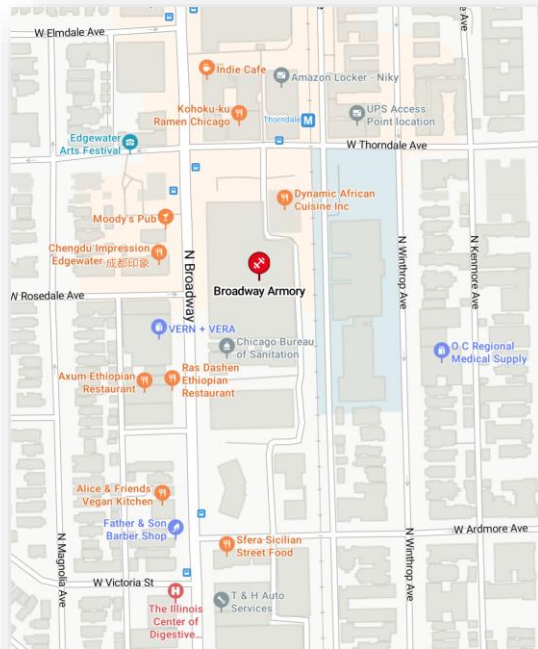
Center on Halsted – 3rd floor
3656 N Halsted St, Chicago, IL 60613



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Venues – Broadway Armory



Enter on Broadway

Volleyball Courts are to the right.

No wet/snowy/salty shoes on the wood floor.
Please walk on the concrete.

Broadway Armory

5917 N Broadway St, Chicago, IL 60660



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Venue Rules

Please be respectful to the venues that let us play at them.

NO alcohol, smoking, drugs, vaping, etc.. Violations will result in suspension or expulsion.

NO Snowy / Wet / Salty shoes on the wood floor.

Pick up your trash.



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Games

Each Match will consist of 2 games to 25 points RALLY SCORE starting at 0 (zero). (win by 2, cap at 27)

	COH	Armory
Start Time	9:30 am	10:00 am
Match (2 Games) Allotment	45 min	45 min

Due to the number of teams, the warm up is included in the Match Allotment times.



Questions and complaints

Please let us know about any problems with the facilities.

We are not likely to change the outcome of a game because of a refereeing mistake, but if the mistake was severe or repeated let us know so that we can address the general problem.

We follow the scores and standings so we don't need to be told when a team is playing above the level of its division. We also don't need to be told about a player who is "too good for this division" unless, because of hard hitting, the player poses a safety risk.

If you suspect that a team is using an unregistered player, you can report your concern to us. If you can, please include the number of players used by that team, the first name or number of the player in question, and the first name or number of the captain using the player.



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Whistles

We will try to keep e-whistles with the binder for each court, but you are not required to use them. There will also be small sanitary wipes to clean regular whistles.



Injuries

There will be a supply crate at each gym with tape, Ibuprofen, Biofreeze and ice packs.

Call 911 if a situation appears severe or possibly life threatening. Also, ask in the gym if there are any medical professionals who can help.

Email openvb@chicagomsa.org to report

- Any call to 911
- lesser injury that resulted from an altercation among two or more players



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Rules and Bylaws

All CMSA leagues are required to have written rules governing the operation of the league. A copy of the Open Volleyball Rules is available on the website

<https://chicagomsa.org/sports/volleyball>

For rules of play, we follow the rules of the North American Gay Volleyball Association (NAGVA), which incorporate the USAV Indoor Rules

<https://usavolleyball.org/resources-for-officials/rulebooks-and-interpretations/>

In addition, we follow the Bylaws of CMSA.



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QUESTIONS?

NEXT UP: RULES OVERVIEW



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Sportsmanship

Unsportsmanlike conduct will not be tolerated

- Examples:
 - A player who taunts his/her opponent after or during a rally.
 - A person who swears at or is overly aggressive toward a referee, opponent, or league administrator.
- Repercussions
 - First offense: Warning
 - Second offense: ejected from game
- A player who physically attacks or assaults an official, opponent or any CMSA member or spectator will be immediately ejected and potentially expelled from the league.



Dress Code



All Players **MUST** wear a unique **NUMBERED** shirt, in order for the officiating team to keep track of the players as part of its responsibility. Liberos must wear an alternate colored shirt.



RUBBER BOTTOM SHOES MUST BE WORN



NO loose or protruding jewelry may be worn during play. This includes, but not limited to: watches, hoop earrings, necklaces, anklets, rings (band rings are ok) etc.



Sweatbands, hats, and bandannas may be worn so long as they do not interfere with play (such as continuously falling off, or interfering with another player on your team).



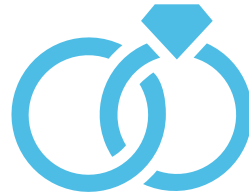
A player who violates the Dress Code rules and causes injury to another player or damage to equipment shall be responsible for any losses caused thereby.

Dress Code - RECAP

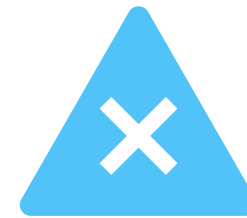


MUST Wear:

A unique **NUMBERED** shirt.
Liberó's must be different color.



NO watches, Apple watches, etc.



A player who violates the Dress Code shall be responsible for any losses/damage.

Numbered Shirts – Consequences

When not all players on a team comply with shirt requirements, the opposing team will receive 1 point per player, per game, who is not in compliance with the rules.

UNLESS:

- C and CC: 2 of 3 captains of the “pod” agree not to apply a rule
- B and BB: 3 of 3 captains of the “pod” agree not to apply a rule

If there is no agreement, then the official rules are enforced:

- Numbered shirts are required
- Libero must have a different colored shirt

Rules will be informed, but not enforced, for the first two weeks.



Rules

To begin a match, a team must have at least 4 players from their roster.

Once a game begins you may not add players that are not on the line up in as they show up; you must wait until the start of the next game.

Any player on the line up that is not there for a service turn will lose the point automatically.



Rules

If a team cannot court a team of at least 4 players:

- 5 minutes after the start time of a scheduled match, first game will be forfeited.
- After 10 more minutes, then the 2nd game will be forfeited as well.

For example:

- Scheduled start time is 10:00 but you only have 3 players:
- At 10:05 the 1st game is forfeited, if still fewer than 4 players.
- At 10:15 the 2nd game will be forfeited if still fewer than 4 players.



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Rules

All divisions & all teams may use a LIBERO.

- The Libero must have a different colored shirt than the rest of the team. (with rule exceptions as mentioned in previous slides)

It is imperative that the captains have their line-ups ready to go as soon as the game ahead of them is finished.



Safety Rules

Some rules are meant to protect players from injuries. At all levels of play, we expect these rules to be enforced. They include:

- At COH, no moving the curtain or charging into the curtain.

Moving the curtain at any time will result in fault or loss of point.

Insignificant brushing against the curtain is not a fault and is at the Up Ref's discretion.

Aggressive charging the curtain will result in a warning. Continued aggression will result in suspension from the game.



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QUESTIONS?

NEXT UP: REF'ING REMINDERS



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Scorekeeping Reminders

Keep an eye on the time

- Inform Up Ref of 5 min warning
- Inform Up Ref of 2 min warning (no more time outs)
- Inform Up Ref when game time is up

Fill out Official Scoresheet

- Fill in match information
- Fill in Match and Officiating Team information
- Transpose Line-ups
- Keep track Points, Server, Time outs
- C & CC teams need not track positions and servers unless they want to.

Keep Track of Points and Match Number on Score Board



QUESTIONS?

NEXT UP: A DEEPER DIVE INTO REF'ING



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VS.



We get it ... you just played and now you have to Ref...

Ref'ing Duties

We all know when you are playing you want the ref'ing team to be paying attention

Please pay attention while ref'ing (don't get distracted by your phone or that player on the next court)

Line judges are just as important as the net refs and scorekeeper

Must have an appropriate amount of players to ref the game

Reports of not ref'ing your teams scheduled time could subject to possible penalties (i.e. forfeit of games)



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Ref'ing Duties

Facilitate the games by being a non bias officiator, keeping score, and keeping games on time.

Ref'ing Positions (6 total):

- First Official – Head Ref - Up Ref
- Second Official - Umpire - Down Ref
- Line Ref (2)
- Scorekeeper
- Score Tracker

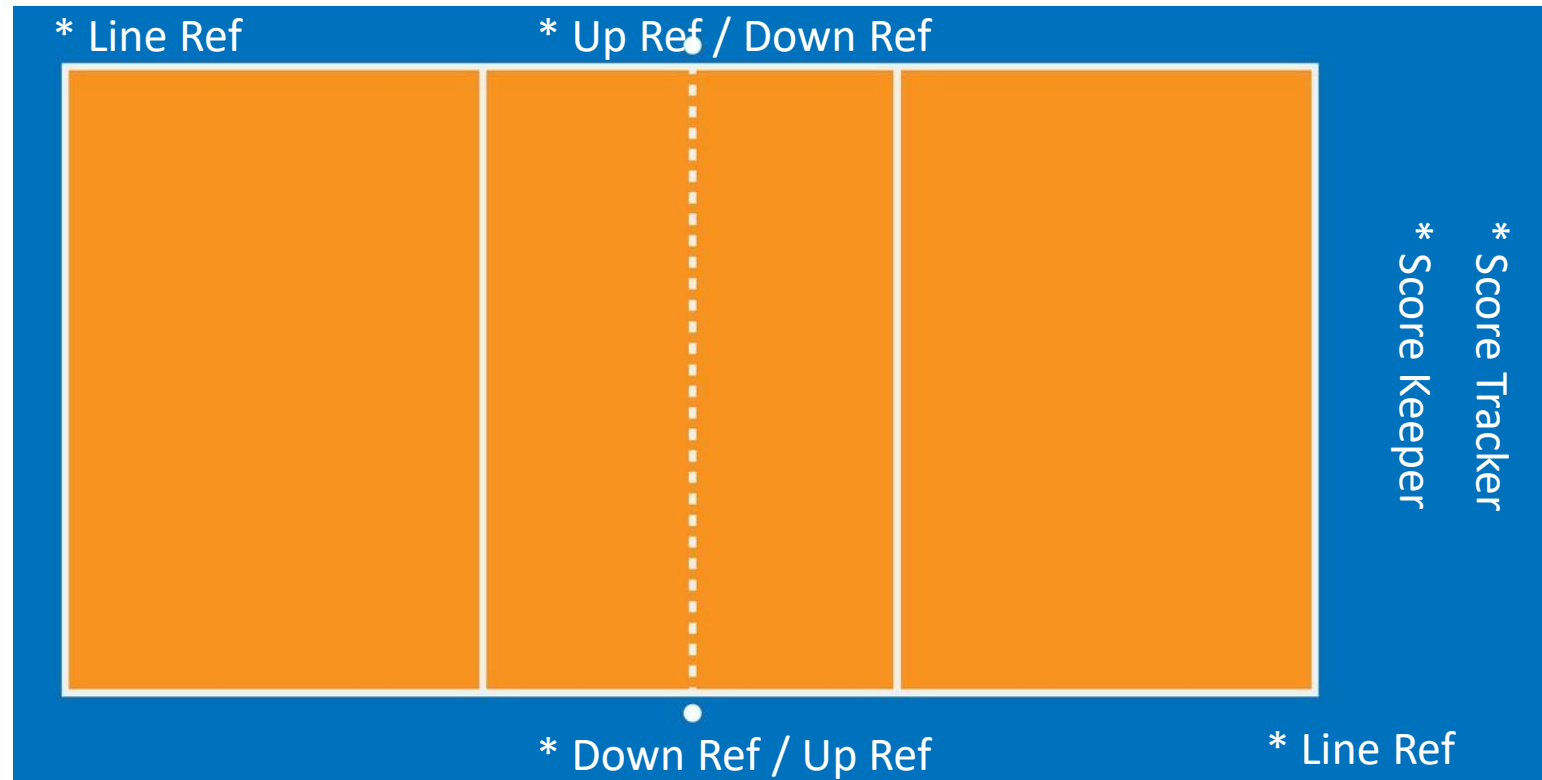


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Ref'ing Duties





Ref'ing Duties - Up Ref

Official in Charge

Able to Overrule any other refs

Determines Side/Serve and reports to Scorekeeper

Starts Play

Awards Team Points

Calls violations (lifts, double hits, etc.)



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Ref'ing Duties - Down Ref

Assistant to Up Ref

Checks player positions at start of game

Helps call violations (lifts, double hits, etc)

Watches for crossing under the net

Assesses player rotation during game



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Challenging the Up Ref

Playing team's acting captains are the only members of a team that should challenge/question calls

This is more to understand why the call was made/not-made.

At the discretion of the Up Ref, the point may be re-played.

The Up Ref's decision is final.



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Ref'ing Duties – Hand Signals



Begin Serve



Point



Double Hit



Four Hits



Replay/Re-serve



Net Foul or
Net Serve



Illegal Hit



Ball Touched



Out-of-Bounds/
Antenna Violation



Ball
Lands
In-Bounds



Team Time-Out

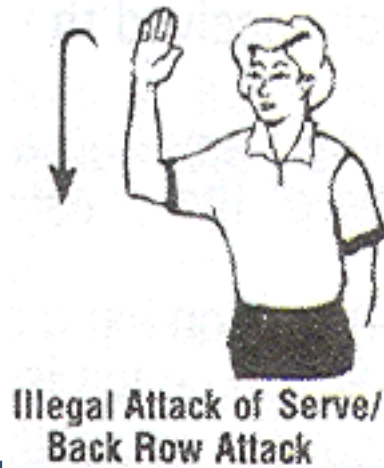
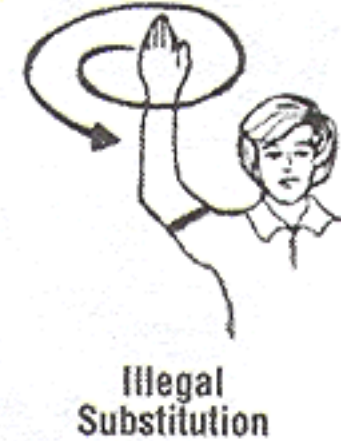


End of Game





Ref'ing Duties – Hand Signals



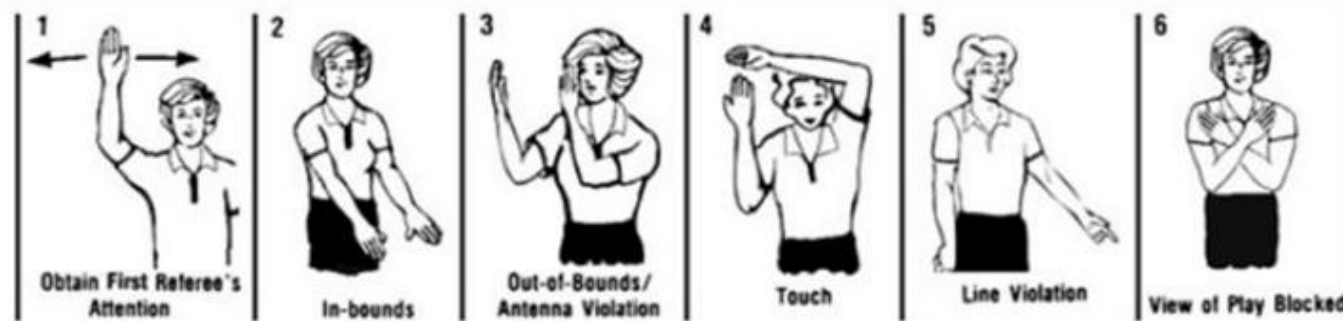


Ref'ing Duties – Line Ref

Watches if the ball is in or out (hits line = in)

Watches if a player touches ball before it goes out

Watches server for line violation



New for 2025 – Line Judge Flags

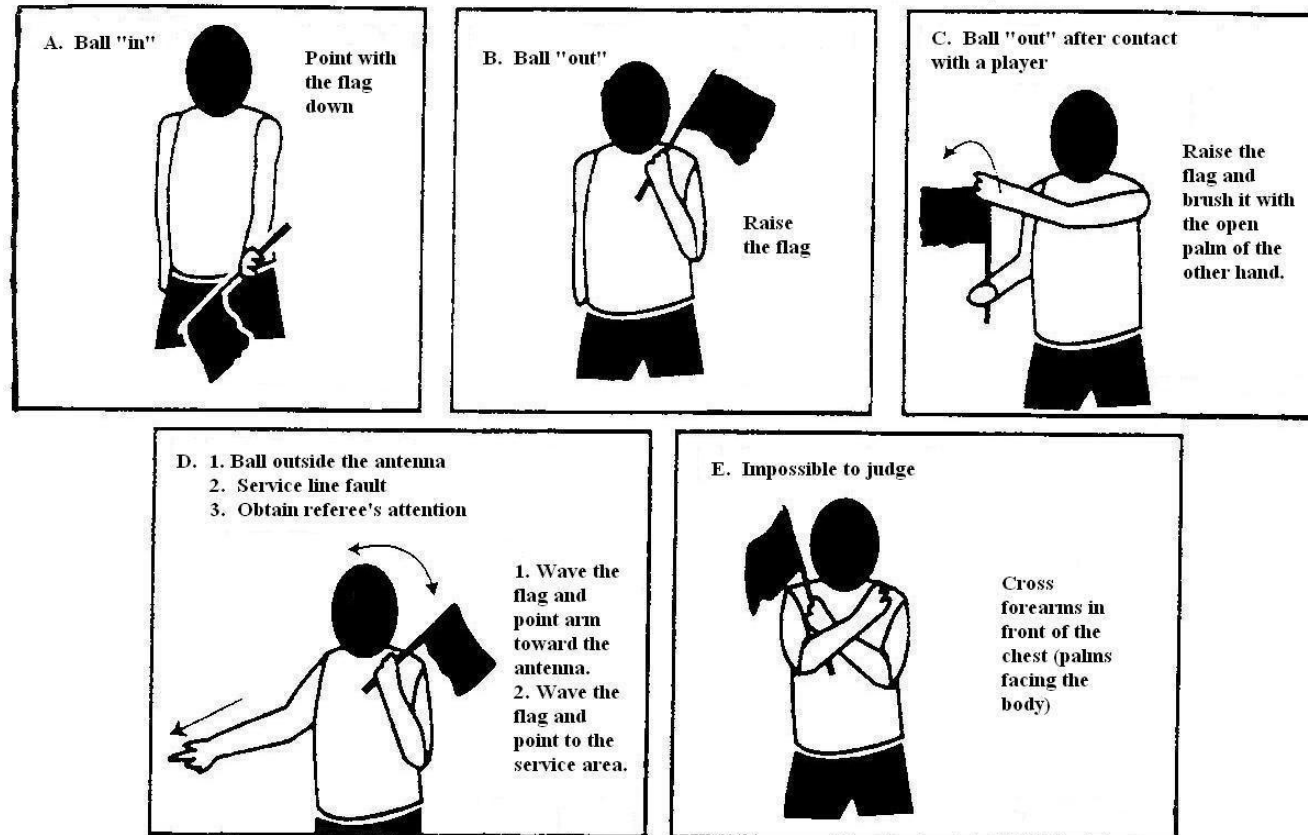
Line Judges should use provided flags to help with line faults.

- C/CC/LB: Encouraged
- UB/BB: Requested



New for 2025 – Line Judge Flags

LINE JUDGE SIGNALS (using flags)





Score Keeper / Score Tracker

Keeps track of score on official score sheet

Keeps track of servers (“Next Server?!”)

Keeps track of score and game on Scoreboard (A second person can be used as the Score Tracker)

Scoreboard position...

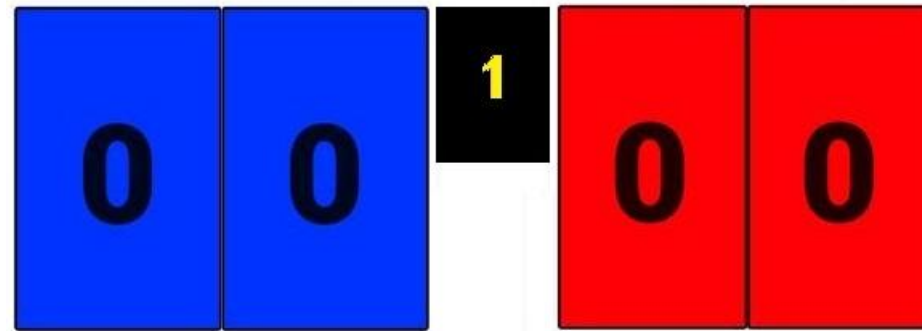


Sponsored By:





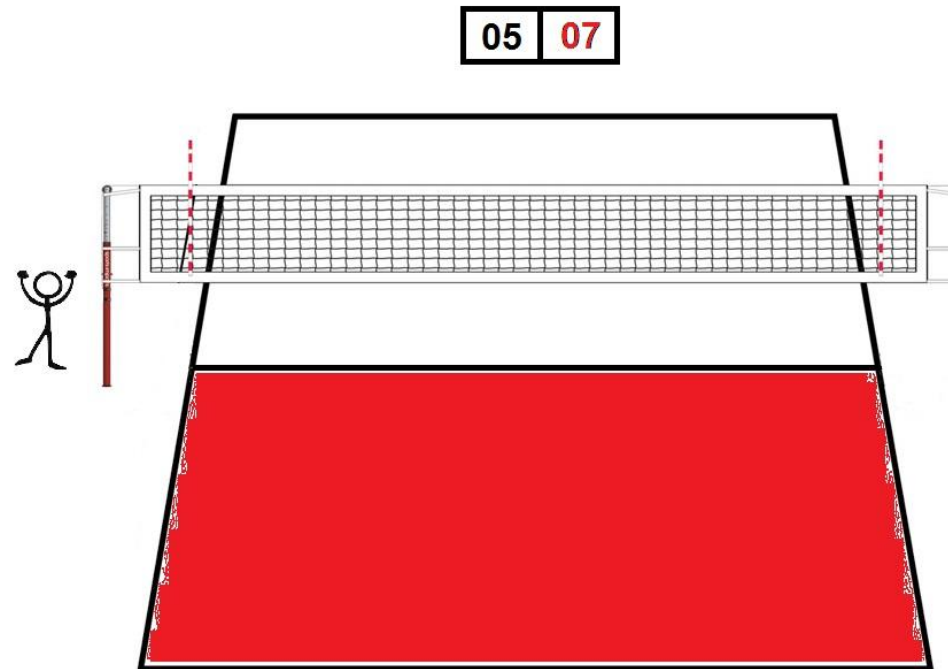
Ref'ing Duties – Scoreboard





Ref'ing Duties – Scoreboard

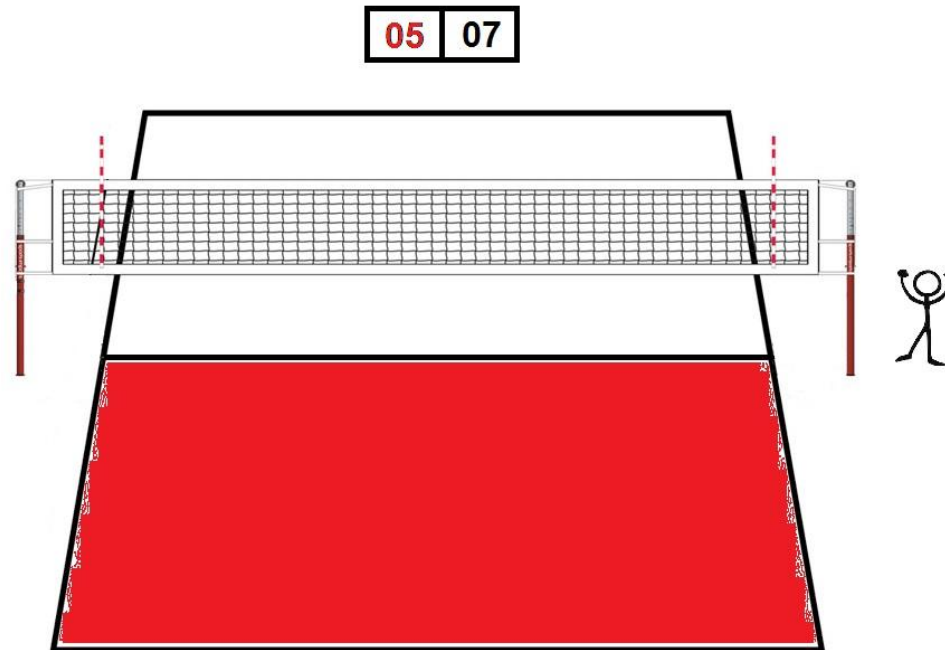
Scoreboard position...depends on where the Up Ref is...





Ref'ing Duties – Scoreboard

Scoreboard position...depends on where the Up Ref is...



QUESTIONS?

NEXT UP: DEEPER DIVE INTO SCOREKEEPING



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Scorekeeping – Scoresheet

CMSA		Name of the Competition				Date						
		City, State				Court						
Sponsored by:		Hall		Pool Phase		Time						
		Division Men <input type="checkbox"/> Women <input type="checkbox"/> CoEd <input type="checkbox"/>	Match N°									
		Category Adult <input type="checkbox"/> Junior <input type="checkbox"/>	Level									
		vs										
CAPTAIN <input type="checkbox"/>						CAPTAIN <input type="checkbox"/>						
		Set 1										
Order	Start	Team	Liberal	(A)	Points	Points	(B)	Liberal	Team	End	Set 1	
	I	II	III	IV	V	VI	I	II	III	IV	V	VI
	:	:	:	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:	:	:	:
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	:	:	:	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:	:	:	:
	Score at Substitution											
1	4	1	4	1	4	1	4	1	4	1	4	1
2	5	2	5	3	5	2	5	3	5	2	5	3
3	6	3	6	3	6	3	6	3	6	3	6	3
Time Outs												
1	4	1	4	1	4	1	4	1	4	1	4	1
2	5	2	5	2	5	2	5	2	5	2	5	2
3	6	3	6	3	6	3	6	3	6	3	6	3
Substitutions												
		Set 2										
CAPTAIN <input type="checkbox"/>						CAPTAIN <input type="checkbox"/>						
Order	Start	Team	Liberal	(A)	Points	Points	(B)	Liberal	Team	End	Set 2	
	I	II	III	IV	V	VI	I	II	III	IV	V	VI
	:	:	:	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:	:	:	:
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	Score at Substitution											
1	4	1	4	1	4	1	4	1	4	1	4	1
2	5	2	5	2	5	2	5	2	5	2	5	2
3	6	3	6	3	6	3	6	3	6	3	6	3
Time Outs												
1	4	1	4	1	4	1	4	1	4	1	4	1
2	5	2	5	2	5	2	5	2	5	2	5	2
3	6	3	6	3	6	3	6	3	6	3	6	3
Substitutions												

Winning _____

Losing _____

TEAM MATCH WINNER Sets W L

TEAM SET 1 RESULTS Score

Winning _____

Losing _____

TEAM SET 2 RESULTS Score

Winning _____

Losing _____

SIGNATURES

Scorer _____

1st Referee _____

OFFICIALS PRINTED NAMES

1st _____

2nd _____

Scorer _____

Work Team _____ Region _____

D=Delay A=Asst Coach IMPROPER REQUEST
 #=Player T=Trainer TEAM (A) : TEAM (B)
 C=Coach M=Manager

W	P	E	D	Ⓢ	SET	SCORE		
Warn	Penalty	Expel	Disq	Ⓢ				
S	A	N	C	T	I	O	N	S

REMARKS

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Scorekeeping – Scoresheet

Before Match Starts:

- Fill in the Date and Time
- Fill in the Gym and Court #
- Fill in the Div
- Fill in your Team as Ref'ing team

		Name of the Competition		8:00a = 08:00		Date	
Sponsored by:		City, State		1:00p = 13:00		Court	
Hall		Pool Phase		2:00p = 14:00		Time	
Division Men <input type="checkbox"/> Women <input type="checkbox"/> CoEd <input type="checkbox"/>		Level		3:00p = 15:00		TEAM MATCH WINNER Setc W I	
Category Adult <input type="checkbox"/> Junior <input type="checkbox"/>		CAPTAIN		CAPTAIN		TEAM SET 1 RESULTS Score	
Start		Team		Team		Winning	
Order		Liberal		Liberal		Losing	
Score at Substitution		Points		Points		TEAM SET 2 RESULTS Score	
Service Rounds		Time Outs		Time Outs		Winning	
Substitutions		Substitutions		Substitutions		Losing	
CAPTAIN		CAPTAIN		CAPTAIN		SIGNATURES	
Order		Team		Team		Scorer	
Score at Substitution		Points		Points		1st Referee	
Service Rounds		Time Outs		Time Outs		OFFICIALS PRINTED NAMES	
Substitutions		Substitutions		Substitutions		1st	
CAPTAIN		CAPTAIN		CAPTAIN		2nd	
Order		Team		Team		Scorer	
Score at Substitution		Points		Points		Work Team	
Service Rounds		Time Outs		Time Outs		Region	
Substitutions		Substitutions		Substitutions		IMPROPER REQUEST	
CAPTAIN		CAPTAIN		CAPTAIN		W P E D (A) (B) SET SCORE	
Order		Team		Team		S W P E D (A) (B) SET SCORE	
Score at Substitution		Points		Points		A N C T I O N S	
Service Rounds		Time Outs		Time Outs		REMARKS	
Substitutions		Substitutions		Substitutions		REMARKS	
CAPTAIN		CAPTAIN		CAPTAIN		REMARKS	
Order		Team		Team		REMARKS	
Score at Substitution		Points		Points		REMARKS	
Service Rounds		Time Outs		Time Outs		REMARKS	
Substitutions		Substitutions		Substitutions		REMARKS	





Scorekeeping – Scoresheet

When Side/Serve is decided and Line-ups are turned in:

- Write in the Name of the 2 teams that are playing this match
- Fill in corresponding (S)erve (R)eceive bubbles
- Fill in Line Up

		Name of the Competition		8:00a = 08:00		Date	
Sponsored by:		City, State		1:00p = 13:00		Court	
Division Men <input type="checkbox"/> Women <input type="checkbox"/> CoEd <input type="checkbox"/>		Hall		2:00p = 14:00		Time	
Category Adult <input type="checkbox"/> Junior <input type="checkbox"/>		Pool Phase		3:00p = 15:00		TEAM MATCH WINNER Sets W L	
Match N°		Level		TEAM SET 1 RESULTS		Score	
vs		CAPTAIN		CAPTAIN		W L	
Start : Team		Liberal		Points Points		Set 1	
I II III IV V VI		A B		I II III IV V VI		W L	
Order		Team		Team		Score	
Score at Substitution		Team		Team		Score	
Service Rounds		Team		Team		Score	
Substitutions 1 2 3 4 5 6 7 8 9 10 11 12		Team		Team		Score	
CAPTAIN		Liberal		Points Points		Set 2	
I II III IV V VI		A B		I II III IV V VI		W L	
Order		Team		Team		Score	
Score at Substitution		Team		Team		Score	
Service Rounds		Team		Team		Score	
Substitutions 1 2 3 4 5 6 7 8 9 10 11 12		Team		Team		Score	
D=Delay A=Asset Coach		IMPROPER REQUEST		TEAM (A) : TEAM (B)		SET SCORE	
#=Player T=Trainer		W P E D		Warn Penity Expel DisQ		SET SCORE	
C=Coach M=Manager		S A N C T I O N S		REMARKS		REMARKS	





Scorekeeping – Scoresheet

During Play:

- Keep Track of Points
- Keep Track of Server
- Keep Track of Time Outs

The scoresheet form is divided into several sections:

- Header:** CMSA logo, Name of the Competition, City, State, Hall, Division (Men/Women/CoEd), Category (Adult/Junior), Pool Phase, Match N°, Level, Date, Time, and Court.
- Match Information:** CAPTAIN, Team, and vs.
- Scorekeeping Grids:** Two grids for Set 1 and Set 2. Each grid has columns for Order, Score at Substitution, and Service Rounds. The 'Points' and 'Time Outs' columns are highlighted in red.
- Substitutions:** Two rows of 12 columns for tracking substitutions.
- Service Rounds:** Two rows of 12 columns for tracking service rounds.
- Signatures and Officials:** Sections for Scorer, 1st Referee, and OFFICIALS PRINTED NAMES (1st, 2nd, Scorer).
- Work Team and Region:** Fields for Work Team and Region.
- Improper Request and Penalties:** A grid for tracking improper requests (Delay, Asset Coach, Player, Trainer, Coach, Manager) and penalties (Warn, Expel, DisQ).
- SET SCORE:** A grid for tracking the set score.
- REMARKS:** A section for recording any remarks.



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QUESTIONS?

NEXT UP: A DEEPER DIVE FOR NEW PLAYERS/TEAMS





Pods | Matches | Games

Pods are a grouping of Matches and may have 3 or 4 teams involved.

Matches contain 2 Games.

Each team plays two Matches, each Match is against a different team, and each team will ref one Match.

One scoresheet is used per Match

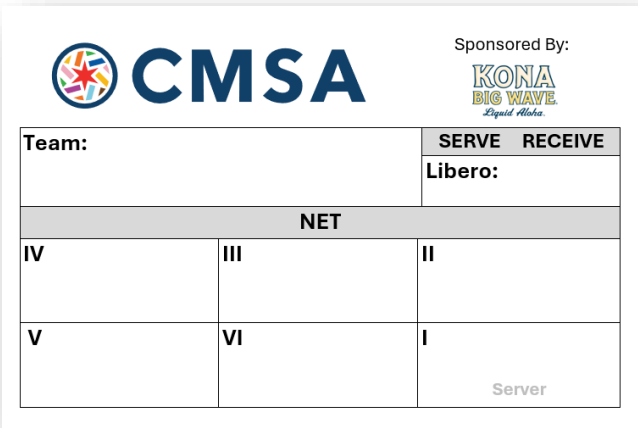


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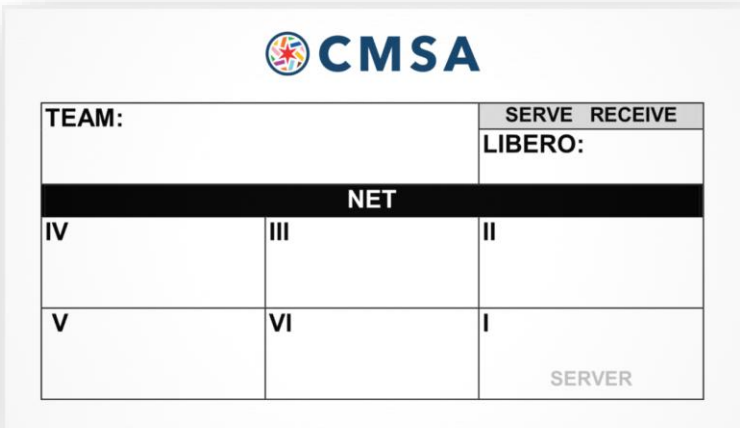
Creating a line-up

By the scheduled start time, each team must complete and give to the scorekeeper a position slip showing where each player will start the game.



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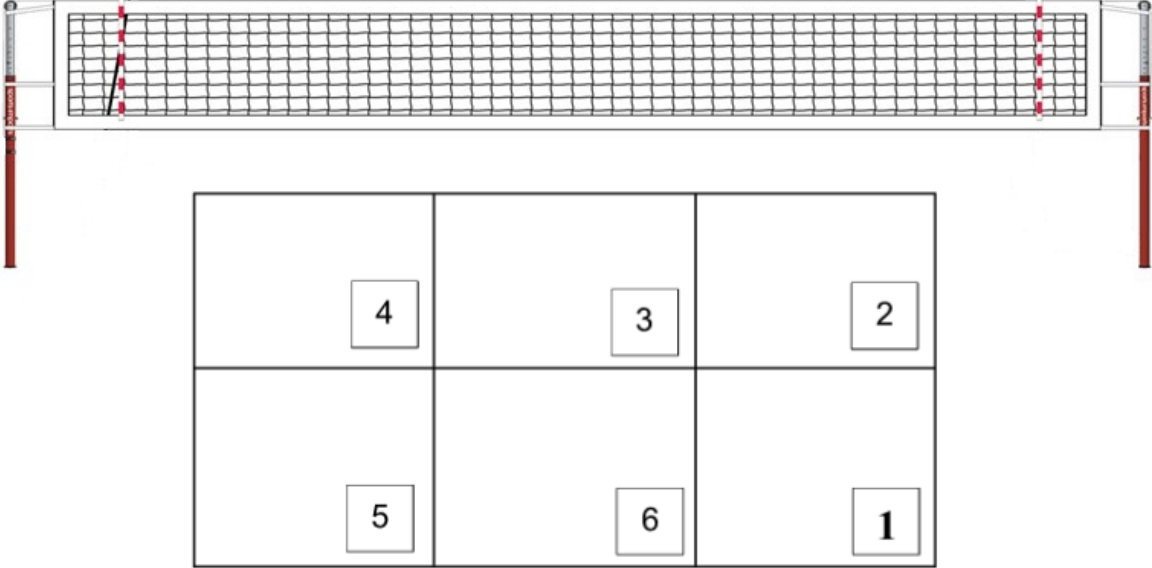
Team:		SERVE	RECEIVE
		Libero:	
NET			
IV	III	II	
V	VI	I	
		Server	



TEAM:		SERVE	RECEIVE
		LIBERO:	
NET			
IV	III	II	
V	VI	I	
		SERVER	

Players should be identified by the numbers on their shirts.

Creating a line-up



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Starting the Games

One of the refs will call together both captains and facilitate Side/Serve for the first game. For the second game Side/Serve switches.

Each team may call two timeouts during each game. One exception is not being able to call a time out in the last two minutes of the total time allotted to the Match.



Out of Bounds?

A ball may be played if, after your teams first or second contact with the ball, it touches the ceiling and falls back on your side of the court

A ball that touches the poles, antennae, walls, curtain, or basketball gear is out of bounds.



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A Block Is Not A Touch

A block of a hit does not count as one of the three hits for the team that made the block.

If, after the block, the ball is in play in the court of the team that made the block, that team still has three hits to get the ball back over the net.

The player who blocked the ball may make the first touch. Meaning they may touch the ball twice; once for the block, once for the pass.



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Common refereeing calls

- “Lift” – when playing, underhand contact with the ball with the hand(s) open.





Common refereeing calls

A “carry” or directed hit is when, in the overhand position, an open hand is used to push the ball, often in a particular direction.



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Common refereeing calls

Except when blocking a hit, a player's hands may not extend beyond the net plane. This is called interference.

- You may not interfere with a pass to the setter
- You can cross the net plane on a block, and contact the ball, only if the ball was destined to cross the plane.
- If the ball was falling on the other side of the plane, and you go to block the ball, and you contact the ball, that is interference.





Common refereeing calls

You cannot block or attack the serve.





Net Violations

A net fault shall occur only when a player, when playing the ball, contacts the vinyl strip at the top of the net or contacts any other part of the net in a manner that interferes with play.

Incidental touching of the net when not playing the ball is not a fault.

Touching the net beyond the antennas is not a fault.

Clothing/Jewelry touching the net is a fault if it interferes with a play, but hair touching the net by itself is not a fault.

It is up to the Up Ref to enforce any part of this rule. Do not stop play unless the Up Ref calls a fault.



Net Violations

Helpful videos:

[Coach Explanation of Net Violations
\(https://www.theartofcoachingvolleyball.com/
net-violations-whats-legal-whats-not/\)](https://www.theartofcoachingvolleyball.com/net-violations-whats-legal-whats-not/)



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QUESTIONS?

