

# **CYO VOLLEYBALL RULES**

The National Federation of State High School Associations (NFHS) Volleyball Rules apply in this league with the exceptions contained within. CYO game contest rules may not be altered by mutual consent of the coaches. Only the CYO office may issue authorized changes.

## **OFFICIAL TEAM**

- Defined as an individual or group of children from one or more parishes listed on the team roster who meet the eligibility rules and are approved by the Parish Designee, Pastor and CYO office. Eligibility Rules, as defined in Bylaw 4 of the Charter & Bylaws, shall be followed to determine all questions regarding eligibility.
- There will be a minimum of 6 players on a parish team.
- In all divisions 6 players must start the game.
- Rosters/Team cannot be split to form two (2) teams at any time
- A partial roster or combined roster cannot be entered into any tournament/sanctioned event.
- A CYO Team refusing to continue playing a scheduled contest for any reason without the consent of the referee or CYO representative may be subject to a suspension for one calendar year. This also applies to CYO Sanctioned Events.

## **OFFICIALS**

- Officials have the power to warn, declare side-out or point or disqualify from the game or match anyone who commits acts which intend to influence their decisions.
- Officials shall be paid before the team takes the floor to play the match. Payment shall be made to the scorekeeper, in cash.

## **EQUIPMENT**

- *Ball - Varsity, Junior Varsity & Cadet Divisions - CYO will provide a regulation leather ball to each game site for use in season matches.*
- *Developmental & Elemental - CYO will provide a Volley-Lite ball to each game site for use in season matches.*
- NET - The net shall be 3 feet wide and at least 32 feet in length. The height of the net measured in the center shall be 7' 4-1/8" for all divisions. The net measurements at the ends shall not exceed this height by more than 3/4". Net antennas shall be attached to the net in line with the outside edge of the sideline.
- KNEEPADS - All players must wear kneepads.

## UNIFORMS

- Numbers on the jersey are MANDATORY. A number shall be printed on the front and back of each jersey. The number on the back of the jersey shall be 6 inches in height, while the number on the front of the jersey shall be 4 inches in height. The front number shall be placed so the top of the number is no more than 5 inches down from the shoulder seam; or placed so the number is centered no more than 5 inches below the neckline opening/ribbing.
- All players must have the CYO Emblem on their uniform either sewn or stenciled.
- Players must wear shorts. Cutoffs or sweatpants under the uniform shorts are not permitted. Compression shorts of different color than the uniform will not be permitted.
- Bare midriff tops are prohibited and the uniform top shall be tucked in or hang below the waistband of the uniform bottom.
- Teams must have matching uniforms. If undergarments such as T-shirts, etc. are worn in such a manner that they are exposed, they must be of a single color and the same color for all team members. (Example: Legal-If players wear a white t-shirt, all athletes that wear t-shirts under the uniforms must wear white. Illegal-If one player wears a white t-shirt, one player wears a blue t-shirt, one player wears a gray t-shirt under the uniform, is not permitted).
- Kneepads are mandatory.
- Players are not to wear game shoes into the gym
- Chains, earrings, other jewelry, glitter, face paint or other inappropriate items may not be worn during the game.
- An American flag and or a commemorative/memorial patch not to exceed 2 by 3 inches and with the approval of the CYO Administration may be worn on each of the uniform apparel provided neither the flag nor patch interferes with the visibility of the player's number.
- If a player wearing an illegal uniform or equipment attempts to enter the game or is discovered in the game, unnecessary delay shall be assessed the team, the player shall not enter the game until the illegal equipment is removed or made legal. For subsequent violations by the same team, a point or side out shall be awarded.

## PRE-CONTEST COACHES RESPONSIBILITIES

- Coaches are responsible for the supervision of their team before the contest.
- At each contest and practice, coaches are to have in their possession; an official team roster, a copy of each player's Preparticipation Form and Emergency Medical Authorization Form, and a first aid kit.
- The head coach of each team must attend the pre-game conference.
- *CYO Credentials are to be worn and visible at all times.*

## TEAM BENCHES

Bench personnel are limited to players listed on the eligibility roster, one student manager (18 yrs old or younger) and two (2) *CYO Certified coaches*. Teams shall occupy the bench located on the side of the net adjacent to their playing area throughout the match, including when teams switch sides for 2<sup>nd</sup> and 3<sup>rd</sup> games.

## PARTICIPATION

- Each player must be treated with dignity regardless of their ability.
- A player on a CYO team may not participate on any other volleyball team during the CYO season. For purposes of defining eligibility, a player may not be on another team from the published CYO roster due date and the completion of the team's final game.
- Participants may only play and be rostered on one CYO team in the same sport in the same school year.
- Developmental and Elemental Divisions Participation Rule
  - The intent of the rule is to have each member of the team play a minimum of one (1) game per match.
  - Teams with 12 or fewer players dressed for the match
    - Each player must play at least one entire game before the conclusion of the second game of the match.
    - During the first game of the match, substitutions will only be permitted for injury or ejection. The players that start the first game must play the entire game.
    - During the second game all of the athletes that did not play in the first game, must play the entire second game.
    - During the second game substitutions may be made only for players that have already met the participation requirements (i.e. those players that played the entire first game).
    - If a third game is needed, substitutions may be made according to standard procedures.
  - Teams with more than 12 players dressed for the match
    - During the first game of the match, the scorekeeper will sound a buzzer when the score of one team reaches ten (10) points. At that point the coach is required to substitute for all six positions on the court, those players will play the remainder of the first game.
    - At the beginning of the second game, the coach will start all players that have yet to enter the match. When the score of one team reaches ten (10) points in the second game, the scorekeeper will sound a buzzer and the coach is required to substitute for all six positions on the court.
    - During the first and second games of the match, substitutions are only permitted at the ten (10) point mark, the end of the game or for injury or ejection.
    - If a third game is needed, substitutions may be made according to standard procedures. The intention is for all players to average playing a full game per match throughout the season.

- Cadet Division Participation Rule
  - Before the end of the second game of the match, each player must play at least three (3) consecutive position rotations, which is four (4) player positions.
  - If a player that participated in the first game did not fulfill the required three (3) consecutive rotations, the player must be placed as a starter in the second game in order to complete their rotation requirements.
  - If during the second game, there are players that have not met the participation requirement, when the score of one team reaches ten (10) points, those players must be substituted into the game in order to fulfill their participation requirement.
  - A Position Rotation is defined as a player moving clockwise one position on the court. For the rotation to fulfill the participation requirement the athlete must move from the position of entry into the game to four (4) positions on the court before being substituted, this will allow the athlete to play for three (3) complete rotations. Once the player moves to the fourth position a substitution may occur at any point.
  - Interpretation – a player starts/enters the game in position #4, the player must move to position #3, #2 and #1, on the rotation to position #6 the player may be substituted.
- Varsity and Junior Varsity Division Participation Rule
  - Before the end of the second game of the match, each player must play at least two (2) consecutive position rotations, which is three (3) player positions.
  - A Position Rotation is defined as a player moving clockwise one position on the court. For the rotation to fulfill the participation requirement the athlete must move from the position of entry into the game to three (3) positions on the court before being substituted, this will allow the athlete to play for two (2) complete rotations. Once the player moves to the third position a substitution may occur at any point.
  - Interpretation – a player starts/enters the game in position #6, the player must move to position #5 and #4, on the rotation to position #3 the player may be substituted.
- If a coach will not play a player because of missed practice, unsportsmanlike conduct, academics or injury, the coach must inform the official scorekeeper before the match begins and mark the player as not participating.
- Violation of these rules will result in a forfeit with possible disciplinary action toward the coach.

## **GAME & TIME LIMITATION**

- No team or player is permitted to play more than 20 matches in one season.
- No team or player may play more than two (2) matches per day.
- No match will start after 8:00 PM, and all games must stop at 9:00 PM.
- Practice session must be completed by 9:00 PM.

## **GAME SCORING**

- Varsity and Junior Varsity Divisions
  - Rally Scoring will be used (each serve scores a point, regardless of team serving)
  - Matches shall be the best two of three format.
  - Game 1 and 2 game shall score to 25 points with no cap (must win by 2 points)

- The third game shall score to 15 points with no cap (must win by 2 points)
- Cadet, Developmental and Elemental Divisions
  - Rally Scoring will be used (each serve scores a point, regardless of team serving)
  - Matches shall be the best two of three format.
  - Game 1 and 2 game shall score to 21 points with cap of 25 points (must win by 2 points or first to reach 25 points).
  - The third game shall score to 15 points with cap of 25 points (must win by 2 points or first to reach 25 points).
  - Teams in these divisions will play three games per match. If the third game is to decide the winner of the match it will be played through to its conclusion, as noted above. If a team has already won two games, the third game shall conclude ten (10) minutes before the scheduled start time of next match, no score will be posted if the match has been decided.

## **SUBSTITUTIONS**

- Only the head coach is permitted to signal for a substitution.
- A team will be allowed eighteen (18) substitutions per game in the Varsity and Junior Varsity Divisions
- A team will be allowed fifteen (15) substitutions per game in the Cadet, Developmental & Elemental Divisions.
- A player who re-enters the game shall be in their original position in relation to their teammates and must retain their original serving number, except as noted below as a result of an injury.
- In an illegal substitution, the offending player must be positioned as soon as the error is discovered. If the team in error is serving when the error is discovered, all points scored by the team in error must be cancelled and a side-out shall be called. If the opponent has already served, the offending team shall incur no loss of points, but point or side-out shall be awarded in favor.
- Substitutions may be made in case of an injury. If through injury a player is unable to continue and all substitutes have entered the game, the injured player may be replaced under the following conditions:
  - The substitute was not in the game at the time of the injury.
  - The substitute has not already entered the game although they may have played in a different position in the serving order.
  - The injured player does not re-enter during the remainder of the game.

## **COURT PROTOCOL**

- Coin-flip – The team listed first on the team schedule will be the Visiting team. The visiting team shall call the toss. The winner shall choose either to serve or receive. If necessary, prior to the deciding game of a match, the home captain shall call the toss. The winner shall choose the serve/receive or the playing area. The loser of the toss shall be given the remaining choice.

- At the end of the timed warm-up period and pre-match prayer, the officials shall take their positions on the court. The referee blows the whistle and directs the starting payers to their respective end lines. When all officials are ready, the referee blows a second whistle and signals the players onto the playing court. Then the umpire checks the line-ups for each team.
- At the end of the game the referee shall blow the whistle and signal “end of game” directing players to their respective end lines. With the players remaining on their respective end lines, the referee visually confirms the score of the game with the umpire; then blows the whistle, directs the teams to the appropriate team benches.
- Bench Protocol
  - For game 2 in a 3-game match, teams shall immediately change playing areas and benches at the direction of the referee.
  - When directed to change courts, the non-playing team members proceed immediately to their new team bench, and the on-court players proceed counter clockwise along the sideline past the standard to their new team bench.
  - When directed to do so, the teams proceed immediately to their respective team bench.

## TIME-OUTS

- Only the head coach is permitted to signal for a time out.
- ***Each team is limited to two (2) time-outs per game.***
- Time-outs shall not exceed 60 seconds.
- In case of injury, an official's time out will be held and then a replay.

## SERVICE

- Varsity and Junior Varsity Division - The serving area will be provided beyond each end-line from sideline to sideline.
- Cadet, Developmental and Elemental Division - An exception to end-line service will be allowed for athletes who raise their hand and receive acknowledgement from the official to move to a serving area that will be 6 feet in from the end-line and extend the entire width of the court.
- ***Cadet***, Developmental and Elemental Division - Once a server has scored five (5) continuous points, that team shall rotate to a new server for another five continuous scored points (then another rotation takes place) or a side-out is called.
- The first Server in the game is the Right Back Player. That Server continues serving until a side-out is awarded (or five points scored in the Developmental & Elemental Divisions, as noted above). When the first side-out is awarded the Right Front Player of the opposing team (now the serving team) rotates to the serving area. The serve alternates when a side-out is awarded.
- If a player serves out of order, side out is called as soon as possible with the necessary penalty imposed.

- At the moment of serve;
  - All players, except the server shall be within the team's playing area and may be in contact with the boundary lines or center line, but may not have any part of the body touching the floor outside those lines.
  - All players shall be in correct serving order. Each right side player shall have at least part of one foot touching the floor closer to the right sideline than both feet of the center player in the corresponding row (Except the server and the center back of the serving team). Each left side player shall have least part of one foot touching the floor closer to the left sideline than both feet of the center player in the corresponding row. Each front-row player shall have at least part of one foot touching the floor closer to the center line than both feet of the corresponding back row player
  - After the ball is contacted for the serve, players may move to their respective positions.

## **CONTACT WITH THE BALL**

- Legal contact is a touch of the ball by a player's body above and including the waist, which does not allow the ball to visibly come to rest or involve prolonged contact with a player's body.
- Simultaneous contact is more than one contact of the ball made at the same instant.
  - When one player contacts the ball with 2 or more parts of the body at the same instant, it is permitted and considered one hit (except a block which does not count as a hit)
  - When teammates contact the ball at the same instant, it is permitted and considered one hit. Any player may make the next hit.
  - When opposing players contact the ball at the same instant, the player on the opposite side of the net from which the ball falls shall be considered to have touched the ball last. The player on the side of the net which the ball falls may participate in the next play and the simultaneous contact shall not count as a hit.
  - A "joust" occurs when two opponents cause the ball to come to rest above the net through simultaneous contact. A "joust" is not foul and play continues as if the contact was instantaneous.
- Multiple contacts are more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted only; when the first ball over the net rebounds from one part of the player's body to one or more other legal parts in one attempt to block; on any first team hit, whether or not the ball is touched by the block.
- Successive contacts of the ball are two or more separate attempts to play the ball by one player with no interrupting contact by a different player between two plays. A player shall not have successive contacts of the ball unless there is:
  - Simultaneous contact by teammates
  - Simultaneous contact by opposing players
  - Successive contacts by a player whose first contact is a block; then the second contact shall count as the first hit by the player's team.

**CEILING RULE**

A ball striking the ceiling or an overhead obstruction shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net extended occupied by the team which played last and provided the ball is legally played by the same team.

*(Revised May, 2008)*