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CYO inspires young people to know God, to love God, and to serve God through athletics
The National Federation of State High School Associations (NFHS) Volleyball Rules apply in this league with the exceptions contained within. CYO game rules may not be altered by mutual consent of the coaches. Only the CYO Administration may authorize changes.

SECTION 1 - OFFICIAL TEAM

A. Defined as an individual or group of children from one or more Members listed on the team roster that meet the eligibility rules and are approved by the Member Athletic Director, Pastor and CYO Office.

B. A CYO team refusing to continue playing a scheduled match for any reason without the consent of the official or CYO representative may be subject to penalties as outline in Bylaw 11. This also applies to CYO Sanctioned Events.

C. An official team will be a minimum of 6 players on a roster.

1. In all divisions, a team may begin a match with 5 players.
   a. If a 6th player arrives after a set has begun, they will enter the 6th position.

2. 8th & 6th grade divisions
   a. When a team plays with fewer than 6 players, then a loss of serve and rally point is awarded to the opponent each time a vacant position rotates to serve in the right back position.
   b. The vacant position remains open when rotating to the front row.

3. 4th grade division
   a. When a team plays with fewer than 6 players, it is encouraged that the team play 3 players in the front row and 2 players in the back row.
   b. There is no penalty assessed for playing with fewer than 6 players.

D. A partial roster or combined roster cannot be entered into any tournament or sanctioned event.

E. At any time, rosters cannot be split to form 2 teams.

SECTION 2 - OFFICIALS

A. Officials that are certified and registered with the Diocese of Cleveland CYO will be assigned to each match.

B. Officials have the power to warn or disqualify from the competition anyone who commits acts which intend to influence their decisions.

C. One official will be assigned to each regular season match. Two or more officials may be assigned for sanctioned events and play-offs.

SECTION 3 - EQUIPMENT & UNIFORMS

A. Tennis shoes must be worn. For safety reasons, players may not wear their game shoes into the gym.

B. All players must wear knee pads.

C. Chains, earrings, other jewelry, glitter, face paint, bobbi pins, clips, or other inappropriate items may not be worn during the match.

D. All athletes are required to wear member issued uniforms.

E. 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 at least 6 inches in height, while the number on the front of the jersey shall be at least 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.

F. Uniform tops shall be like-colored and uniform bottoms shall be like colored.

G. Uniform Top:
   1. Bare midriff tops are prohibited. Uniform top shall be tucked in or hang below the waistband.
   2. Any visible garment (t-shirt, body suits and other similar garments) worn underneath the uniform top shall be unadorned and of a single, solid color that is similar in color to the predominant color of the uniform top.
H. Like-colored uniform bottom:
   1. Multiple styles of uniform bottoms may be worn by teammates and may include: shorts, spandex, pants or skirts
   2. A visible undergarment may be worn under the uniform bottom. It shall be of a single, solid color similar to the predominant color of the uniform bottom and may extend below the uniform bottom.
   3. Cutoffs or sweatpants under the uniform shorts are not permitted.
I. All athletes must have the CYO Emblem on their uniform either sewn or stenciled.
J. 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 team’s name.
K. 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.

L. Ball:
   1. The 8th Grade and 6th Grade divisions will use a regulation leather ball for all matches.
   2. The 4th Grade division will use a Volley-Lite ball for each match.
   3. CYO will provide the game ball for all matches.
   4. Teams should bring their own balls to warm-up with; this is not the responsibility of the site.
M. 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 ¾”. Net antennas shall be attached to the net in line with the outside edge of the sideline.

SECTION 4 - PRE-CONTEST COACHES RESPONSIBILITIES
A. Coaches must be CYO certified.
B. CYO Credentials are to be worn and visible at all times.
   1. Credentials cannot be given to another coach at any time.
   2. Coaches who are reported of giving their credentials to another coach, even for one game, will have their coaching privileges revoked for one year.
C. Coaches are responsible for the supervision of their team before the match.
D. Coaches should be prepared to provide one competent adult to serve as a line judge.
E. At each match and practice, coaches are to have in their possession: an official team roster, a copy of each athlete’s Pre-participation Form and Emergency Medical Authorization Form and a first aid kit.
F. A pre-match conference will be held between the officials, coaches and captains.
   1. Each coach must submit their official CYO line-up sheet to the score table.
   2. In the 4th grade division, each coach must submit an official serving order to the scorer table.
G. Bench personnel are limited to players listed on the eligibility roster, and three (3) non-players. Non-players 16 years of age or older must be CYO certified. Non-players under the age of 9 are not allowed on the bench.
H. 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 2nd and 3rd sets.
I. Each site director will provide the official ball as regulated by division for each match.
J. Please complete the scoresheets by writing the athlete’s entire first and last name with their jersey number in numerical order.

SECTION 5 - PARTICIPATION
A. Each athlete must be treated with dignity regardless of his or her ability.
B. A player on a CYO team MAY participate in two different leagues (i.e. JO, City league) during the CYO season; however a player MAY NOT be registered on two CYO Volleyball rosters during the same season.
C. CYO matches take precedence over other team’s matches. CYO matches will not be rescheduled due to conflicts.
D. If a coach chooses not to play a player because of missed practice, unsportsmanlike conduct, academics or injury, the coach must inform the official before the match begins and mark the player as not participating on the official score sheet.

E. Violation of these rules will result in a forfeit of the match and disciplinary action against the coach and/or member.

F. Participants must meet the following requirements by division:
   1. 8th Grade Division
      a. Teams of 12 or less dressed for a match.
         i. Every player must start the first or second set.
         ii. Every player must play 3 consecutive positions, 2 rotations, by the end of the second set.
      b. Teams of 13 or more dressed for a match.
         i. Players that started the first set cannot start the second set.
         ii. Every player must play 3 consecutive positions, 2 rotations, by the end of the second set.
         iii. When either team reaches the 12th point in set #1 the Coach must substitute for number of players over 12.
   3. 6th Grade Division
      a. Teams of 12 or less dressed for match.
         i. Every player must start either the first or second set.
         ii. Every player must play 6 consecutive positions by the end of the second set.
         iii. Substitutions will be permitted once a starting player has met their 6 position participation requirement. A substitute, non-starter, is not required to play a full 6 position rotation when entering the set.
         iv. Every player must complete a term-of-service before the end of the second set. Term-of-service means the player must complete their serves, lose or surrender the ball, to the opponent; at some point during the match. No more one serve and you are subbed out.
      1. Teams of 13 or more dressed for the match.
         i. Follow the rules described above in section ‘a’ with one exception
            a. Exception: When either team reaches the 12th point in set #1 the Coach must substitute for number of players over 12. If participation has not been met, every effort should be made to fulfill the “6 consecutive position” requirement by the end of the second set.
   4. 4th Grade Division: Teams will use a continuous rotation with new players entering from the bench to in the left front position.
G. Late Arriving Players:
1. If a player arrives late to a match during the first set and is permitted to play by the coach, the player is to meet the full participation requirement by the end of the second set.
2. If a player arrives at the match during the second set and is permitted to play by the coach, the player is to meet one half of the participation requirement by the end of the second set.
3. **4th Grade Division** – if a player arrives late to a match, the player is added to the bottom of the scoresheet.

H. Guest Player Rule: If a team has less than 7 athletes at a match, a guest player may be moved from the member’s other CYO volleyball team(s) to fill the positions at the start of a match under the following restrictions:
1. The athlete meets the age/grade restrictions of the squad he will assist.
2. The guest player is reported by means of the button on the Coaches Information page of [www.ccdocle.org/cyo](http://www.ccdocle.org/cyo) before the match in which he will be used.
3. The same individual may be moved as a guest player for no more than two (2) matches during the season.
4. The athlete complies with the number of games per day competition limits as outlined in Section 6.
5. The guest player(s) must meet the minimum participation requirement.
6. Guest player movements are to be reported on the following forms before the competition begins:
   a. Volleyball Score Sheet - list the guest player’s name after all of the regular team athletes and put “GP” next to their name.
   b. Volleyball Lineup Game Roster – list the player’s name and original team in space provided.
7. Guest player playing restrictions:
   a. If the guest player is the sixth player on the roster, they must be positioned in the 6th serving order.
   b. If the guest player is the seventh player on the roster, they cannot start the first set.
8. Uniform Requirements:
   a. Guest players must wear the uniform of the team that they are playing on, not their rostered team uniform.
   b. There are to be NO duplicated uniform numbers (teams should have at least one extra jersey to be borrowed by the Guest player for that match).
9. Guest players cannot be used for sanctioned event or CYO championship competitions.

**SECTION 6 - GAME & TIME LIMITATION**
A. No team or player is permitted to participate in more than the following number of sanctioned event tournaments, and competitions in a season:
1. 8th and 6th grades – Four (4)
2. 4th grade – Three (3)
B. No team or player may play in more than two (2) matches in a day.
C. No team or player may play more than five (5) matches per week. The week runs Sunday through Saturday.
D. Events on Sunday cannot begin until 1:00 PM.
E. Events cannot start after 8:00 PM.
F. Practice sessions must be completed by 9:00 PM.

**SECTION 7 - SUBSTITUTIONS**
A. 8th Grade & 6th Grade Divisions: A team will be allowed 18 substitutions per set.
B. 4th Grade Division: A continuous rotation shall be used for all three (3) sets of the match and will remain the same the entire match.
C. Substitutions may be made in case of an injury. If through injury a player is unable to continue and all substitutes have entered the set, the injured player may be replaced under the following conditions:
   1. The substitute was not in the set at the time of the injury.
   2. The substitute has not already entered the set although they may have played in a different position in the serving order.
   3. The injured player does not re-enter during the remainder of the set.

SECTION 8 - SCORING AND STANDINGS
A. Rally scoring will be used at all levels.
B. Matches shall be the best two of three format.
C. 8th Grade Division
   1. Set 1 and 2 shall score to 25 points with no cap (must win by 2 points).
   2. Set 3 (if needed) shall score to 15 points with no cap (must win by 2 points).
   3. Standing will be kept.
D. 6th Grade Division
   1. Set 1 and 2 shall score to 25 points with cap at 29 (must win by 2 points or first to 29).
   2. Set 3 (if needed) shall score to 15 points with cap at 20 (must win by 2 points or first to 20).
   3. Standings will not be kept.
E. 4th Grade Division
   1. Set 1 and 2 shall score to 21 points with cap at 25 (must win by 2 points or first to 25).
   2. Set 3 (if needed) shall score to 15 points with cap at 25 (must win by 2 points or first to 25).
   3. Teams will play three sets per match. If the third set 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 sets, the third must be played (it is not optional) set shall conclude ten (10) minutes before the scheduled start time of next match, no score will be posted if the match has been decided. The official will officiate the third set.
   4. Standings will not be kept.

SECTION 9 - WARM-UP PROTOCOL
A. First four (4) minutes - Visiting team practices on the full court; the home team may practice ball-handling outside of the six-foot area from the volleyball court sideline on a side court area with volleyballs if the facility permits (this provision does not apply to auxiliary gyms);
B. Next four (4) minutes - Home team practices on the full court; the visiting team may practice ball-handling outside of the six-foot area from the volleyball court sideline on a side court area with volleyballs if the facility permits (this provision does not apply to auxiliary gyms);
C. Next two (2) minutes - Each team serves for one minute while the opposing team returns the balls, after one minute the teams switch roles.

SECTION 10 - COURT PROTOCOL
A. 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 set 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.
B. At the end of the timed warm-up period and pre-match prayer, the official blows the whistle and directs the starting payers to their respective end lines. The official blows a second whistle and signals the players onto the playing court. Then the official checks the line-ups for each team.
C. At the end of the set the official shall blow the whistle and signal “end of set” directing players to their respective end lines. With the players remaining on their respective end lines, the official visually confirms the score of the game with the scorer’s table; then blows the whistle, directs the teams to the appropriate team benches.
D. Bench Protocol
   1. After set #1, teams shall change playing areas and benches at the direction of the referee.
   2. 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.
   3. When directed to do so, the teams proceed immediately to their respective team bench.

E. 4th grade:
   1. Once a coach sets the continuous rotation for the match, it remains the same for all three (3) sets.
   2. When set two (2) begins, players should take the court in the exact same positions that they were
      when set #1 ended. The serving team serves without rotating. When it is the opponent's turn to serve,
      they will also serve without rotating. Clarification: The first server in set #2 is the same person as the
      last server in set #1. The same procedure will be followed for set #3.

SECTION 11 - TIME OUTS
A. Only the head coach is permitted to signal for a time out.
B. Each team is limited to two (2) time-outs per set.
C. Time-outs shall not exceed 60 seconds.
D. In case of injury, an official's time out will be held and then a replay.

SECTION 12 - SERVICE
A. Service Area
   1. 8th Grade Division: The serving area will be provided beyond each end-line from sideline to sideline.
   2. 6th Grade Division: The serving area will include an area that will be 6 feet in the court from the end-
      line and extend the entire width of the court.
   3. 4th Grade Division: The serving area will include an area that will be 10 feet in the court from the end-
      line and extend the entire width of the court.
B. Limitations on Serve
   1. 6th Grade Division: Once a server has scored 5 consecutive points, the serve will be surrendered to the
      opposing team with no side out point being issued.
   2. 4th Grade Division: Once a server has scored 4 consecutive points, the serve will be surrendered to the
      opposing team with no side out point issued.

SECTION 13 - CONTACT WITH THE BALL
A. Legal contact is a touch of the ball by any part of the player’s body which does not allow the ball to visibly
   come to rest or involve prolonged contact with a player’s body.
B. Illegal hits occur when a ball visibly comes to rest or has prolonged contact with a player during contact.
   The only valid criterion for judging an illegal hit is that of vision by the official. These include, but not
   limited to, a push, lifts, throw, or carry.

SECTION 14 - CEILING RULE
A. A ball striking the ceiling or an overhead obstruction shall remain in play during a volley 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.
B. A serve cannot strike the ceiling or any other obstruction at any time.

SECTION 15 - REPLAY
A replay is considered to be a part of a single play action. Therefore, once a replay has been called, by the
first referee, no requests, e.g., time-out, service order, lineup, substitution, etc., may be recognized until
after the rally is completed.
SECTION 16 - CAUTION AND DISQUALIFICATION

A. Teams are expected to conduct themselves in a manner that the game officials and CYO administration feel shows respect and dignity towards its opponent.

B. Excessive celebration(s) is considered to be a disqualification (yellow/red) when the set is delayed or a player(s) draws attention to himself/herself. This can include but not limited to, ace cheers, slam cheers, and dances.

C. From the whistle signaling for the serve until contact with the ball is made by the server, there shall be no deliberate outbursts or distraction by any opponent on the floor or in the bench area.

D. Violations for any of the above will be assessed as follows:
   - Warning
   - Yellow card on the head coach
   - Red card on the head coach (ejection of head coach)
   - Forfeit of the match

E. Whenever an official issues a card, the player, coaches, the scorer and the other officials shall be notified of the reason for the caution or disqualification.

F. Red carded coaches and adults must immediately leave the competition area. Red-carded players must remain supervised by a coach or other adult.

G. Athletes, coaches, parents, or fans who are removed from a match are automatically barred from attending the next scheduled competition for that team. The individual must meet with the member administrator about the incident and obtain a signed letter from the member administrator requesting CYO diocesan administration to permit the individual to attend future competitions.

H. Athletes, coaches, parents, or fans that are removed from a match for a second time will not be permitted to attend any competitions for the remainder of the season. The individual must meet with the member administrator about the incident and obtain a signed letter from the member administrator asking the diocesan administration to permit the individual to attend events in the subsequent season.

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