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CYO inspires young people to know God, to love God, and to serve God through athletics.

@CYOSportsDOC

www.ccdocle.org/cyo
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. A team may consist of all girls or coed.
   2. Coed Division - More than three females may be on the court at any time; more than three males may never be on the court at any time. Positions must be alternated male, female, male, female ..... 
D. A team may begin a match with 5 players.
   1. If a 6th player arrives after a set has begun, they will enter the 6th position without penalty.
      a. There is no penalty assessed for playing with fewer than 6 players.
      b. The vacant position remains open when rotating to the front row.
   2. Coed Division - No more than two males may be on the court when playing with 5 players.
E. A partial roster or combined roster cannot be entered into any tournament or sanctioned event.
F. Rosters cannot be split to form 2 teams at any time.

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.

SECTION 3 - PLAYER ELIGIBILITY
A. High School Volleyball Player Eligibility – GIRLS DIVISIONS ONLY
   A member of an interscholastic high school (OHSAA) volleyball squad (any student who has played in a scrimmage, preview or regular season/tournament games as a substitute or a starter) sponsored by Board of Education or Private School may participate in this program prior to and after the high school season under the following conditions:
   1. The number of interscholastic volleyball players from the same school on a team is limited to three (3) on the roster of that squad. (Graduating Seniors who are participating after their final interscholastic contest of the season in the sport of volleyball are exempt from this limitation.)
   2. Participation includes tryouts, training, practice and competition.
   3. Violations of these rules WILL impact the athlete’s status to participate on an interscholastic high school (OHSAA) volleyball squad.
   4. Submits an Interscholastic Participation Form with the CYO Eligibility Roster on or before the roster deadline date.
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.

SECTION 4 - 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.

L. For all matches, CYO will provide a regulation game ball.
   1. Teams should bring their own balls for warm-up; 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 5 - PRE-CONTEST COACHES RESPONSIBILITIES
A. Coaches must be CYO certified.
B. CYO Credentials are to be worn and visible at all times.
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, head coaches and captains. Coaches must submit their official line-up sheet to the score table.
G. Bench personnel are limited to players listed on the eligibility roster, and three (3) non-players. Non-players 18 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. The head coach of any high school team must be at least 25 years of age as outlined in the Bylaws; assistant coaches must be at least 18 years of age.
J. All coaches associated with interscholastic high school athletic/volleyball programs must inform the CYO Athletic Administrator by the eligibility roster deadline and comply with any OHSAA limitations. Failure to inform CYO will result in the coach’s ineligibility until this requirement has been completed (GIRLS DIVISIONS ONLY).
K. Please complete the scoresheets by writing the athlete’s entire first and last name with their jersey number in numerical order.

SECTION 6 - PARTICIPATION
A. Each athlete must be treated with dignity regardless of his or her ability.
B. 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.
C. By the end of the second set, all players must have entered and participated in every match.
D. Violation of these participation rules will result in a forfeit of the match and disciplinary action against the coach and/or member.
E. 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/she will assist.
   2. The guest player is reported by means of the button on the Coaches Information page of www.ccdocle.org/cyo before the match in which he/she 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 guest player(s) must meet the minimum participation requirement.
   5. 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.
   6. 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.
   7. 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).
   8. Guest players cannot be used for sanctioned event or CYO championship competitions.
   9. Female player/s from the Coed division may use a Guest Player from a Girls Division and player/s from the Girls Divisions may use females from the Coed division if they meet the restrictions outlined above. Players must be from the same member’s teams.

SECTION 7 - GAME & TIME LIMITATION
A. No team or player may play in more than three (3) matches in a day.
B. No team or player may play more than seven (7) matches per week. The week runs Sunday through Saturday.
C. Events on Sunday cannot begin until 1:00 PM.
D. Events cannot start after 8:00 PM except during Easter break.
E. Practice sessions must be completed by 10:00 PM.

SECTION 8 - SUBSTITUTIONS
A. A team will be allowed 18 substitutions per set.
B. 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.
C. In the Coed Division, a female may substitute for a male. If all six players on the court at the start of the set are female and a male is substituted into the set, the first male will determine the alternating positions.

SECTION 9 - SCORING AND STANDINGS
A. Rally scoring will be used at all divisions.
B. Matches shall be the best two of three format.
C. All sets shall score to 25 points with no cap.

SECTION 10 - 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);
A. 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 11 - 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 officials shall take their positions on the court. The official blows the whistle and directs the starting players to their respective end lines. When all officials are ready, 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. For set 2 in a 3-set match, teams shall immediately change playing areas and benches at the direction of the official.
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. Coach Protocol – Coaches will stay within their coaches box and not visit the scorer table or coach in front of the scorer table.

SECTION 12 - 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 13 - SERVICE  
A. The serving area will include an area beyond each end-line from sideline to sideline.  
B. There is no limit to the number of serves any single player may serve.

SECTION 14 - CONTACT WITH THE BALL  
A. Legal contact is a touch of the ball by any part of the player’s body that 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.  
C. If during a rally in the coed division, more than one (1) player contacts the ball, before it is returned over the net, a female must have made one (1) of the contacts.

SECTION 15 - 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 16 - 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 17 - 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 the server makes contact with the ball, 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:  
   1. Yellow card on the head coach or player  
   2. Red card on the head coach (ejection of head coach)  
   3. 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 ejected person may not associate with the team during the duration of the suspension, this includes practices and scrimmages. 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.

(February 2020)
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