



CYO: Volleyball Rules and Regulations (Updated 8/29/2023)

Basic Rules:

- CYO will play under OHSAA/NFHS Volleyball Rules and Regulations with league changes.
- Beginning in Fall of 2023, there will be free substitutions for Minor and Cadet divisions.
- The "All Play" CYO Policy is in place for all sports.

Game Regulations:

- Pregame conference at the net to go over rules and determine which team serves first. Serve will be determined by a coin toss.
- Teams will line up at center court to recite the "CYO" prayer and Pledge of Allegiance.
- Each team must provide one adult volunteer to work the score table for all levels – one to do score sheet and one to do scoreboard. Additionally, each team must provide one volunteer each to act as line-judge.
- *Equipment and Court:*

Level	Net	Court Dimensions	Ball	Serving Line
Minors	6ft. 6 in.	44 ft. long by 20 ft. wide	Volley-Lite	22 ft. from net
Cadets	7 ft.	60 ft. long by 30 ft. wide		25 ft. from net
Juniors	7 ft. 4 1/8"			Regulation

Equipment and Uniform Regulations:

- All teams must provide their own practice balls. The home team will provide the game balls.
- All players must wear matching gym shorts. No jams, boxers or wild shorts are allowed.
- All players must have a jersey with a number on both the front and the back. Bare midriff tops are prohibited, and the uniform top shall be tucked in or hung below the waistband.
- Pants with zippers or belts are PROHIBITED
- All jewelry is PROHIBITED

Note: A player observed wearing jewelry during warm-ups is directed by the official (by way of the coach) to remove jewelry with no further penalty or warning. If a player attempts to sub or is on the court wearing illegal equipment/uniform/jewelry, a team warning is issued and must sub out or a time-out is taken for the violation. Any subsequent delays will result in a loss of rally/point awarded to the opponent.

Game Play:

Level	Matches	Warm-Up	Players	Serving Limits
Minors	Two sets to 25, point cap of 27	10 min, split court	5v5	3 points
Cadets	Two sets to 25, point cap of 27		6v6	5 points
Juniors	Best of three sets, 3 rd set cap of 15		No Limit	

Restrictions on the Libero

The Libero is strictly a back-row player and can only substitute the same player she replaced in the rotation. Only one libero may be designated per set and wears a different color jersey. The Libero does not count as a substitution and can substitute freely anywhere in the back row. The Libero is not allowed to complete an attack hit from anywhere (including playing court and free zone) if at the moment of contact the ball is entirely above the top of the net. A Libero may serve. A switch may occur with the player and Libero but only behind the 10 ft line. Use of a Libero is optional for both Junior High and High School. A Libero is not permitted for the Minors or Cadets.

Coach On-Court Participation

For Minors ONLY, a coach may step onto the court to assist with the rotation or positioning of players during a break. For all other divisions, during play, no coach shall be closer to the court than 6 ft from the sideline.

Substitutions

The style of substitutions permitted for respective grade levels determines the flow of the game. Guidelines help with allowing players the ability to get more playing time without the confusion that sometimes comes with the check-in process. Coaches are expected to understand the substitution process for their grade level and division.

Minors and Cadets

- **Unlimited Substitutions;** The position of the substitute shall be that of the player replaced without changing serving order

Juniors and High School

- **Maximum of eighteen substitutions per game;** Each player allowed unlimited entries within team limit
- Position of substitute shall be that of the player replaced without changing the serving order as recorded on the scoresheet

Officials

The following pertains to rules and operations that officials must be aware of when officiating a CYO volleyball match, especially for Minors and Cadets.

Minors and Cadets

- One upper official only with flip scoreboard
- Team roster will be submitted at coin flip of first match
- No lineup turned in prior to the start of sets

Juniors and High School

- Two officials and one scoresheet managed at the score table
- Team roster will be submitted before coin flip of the first match
- Starting lineup will be submitted to the score table before each set

Misconduct

Players and/or coaches shall be **cautioned** for:

- Persistently infringing upon rules of the game or acting in any unsportsmanlike manner
- Objecting by word of mouth or action to the decisions given by an official (dissent)
- Coaching outside the team area

Players and/or coaches shall be **disqualified** for:

- Persistent misconduct or for a second caution
- Exhibiting violent conduct, using foul or abusive language or spitting at other persons

A coach who is disqualified shall leave the facility and is prohibited from any further contact, direct or indirect, with the team during the remainder of the match. Any player or coach disqualified with a 2nd red card in a season will be suspended from the CYO volleyball program for the remainder of the season. Any verbal abuse toward an official during or after the contest will result in at least a one game suspension. Any physical contact with a game official at any time will result in a one-year suspension from the CYO program.

Post-season

Minor (3rd and 4th)

- No regular season standings or post-season tournament

Cadet (5th and 6th, Junior, and High School)

- **No tournament for 5th grade-only division – 5th/6th grade combination teams will have a tournament**
- Seeded into a single elimination tournament based on league record
- Number of tournaments for each division depends on the number of teams participating in each division