



Toledo CYO is a faith-based youth league for the Diocese of Toledo parishes and schools. Volleyball is offered for third grade through high school. CYO has a developmental approach, focusing on fostering lifelong engagement and holistic development in sports, rather than only focusing on competitive performance. CYO emphasizes the long-term growth of student athletes, considering physical ability, mental, and social aspects. This is achieved by structuring our divisions like stages, which guide athletes through various stages of active participation to learning the sport, having fun learning, keeping engagement, and participation under the guidance of our Catholic faith and sportsmanship.

General Rules |

- National Federation High School rules will govern CYO leagues, unless stated otherwise. NFHS rule books may be purchased online at www.nfhs.com
- Official score sheets are kept as a permanent record for each game and will only be used for score verification purposes. Coaches and CYO Officials are to sign the score sheet at the end of the match to make it official.
- Participating teams will be expected to furnish support officials as requested. Support officials are two-line judges, an official book, and a score scoreboard operator.

League Divisions |

MINOR	CADET	JUNIOR	HIGH SCHOOL
3 rd – 4 th	5 th – 6 th	7 th – 8 th	9 th -12 th
Bronze – Silver – Gold	Bronze – Silver – Gold	Bronze – Silver – Gold	
No Standings	League Standings		
No Tournament	League Tournament		

Division Guidelines |

Below is a description of the divisions based on team ability and expectations.

BRONZE	SILVER	GOLD
0% Experience & no club/travel players on roster	50% Experience with >4 club/travel players on roster	80% Experience with <5 club/travel players on roster

Pre-Match Procedures |

Pre-Match Conference

- The officials, coaches, and team captains will meet in front of the scorer's table to go over rules, sportsmanship, and determine which team serves first by a coin toss. If there is no coin available, rock, paper, scissors is a good alternative.
- Match roster and starting lineup will be verified, and updates/changes may still be made.
- **CYO All Play Rule** will be reviewed, and any "dressed" player who is not playing due to injury or other justification must be reported at this time to the officials and opposing team.

Pre-Match Prayer |

- All teams will line up at center court to recite the "CYO Prayer" and Pledge of Allegiance.
 - After the Pledge of Allegiance, players will immediately line up on their backcourt line.
 - The R1 (Upper referee) will blow their whistle and signal to both teams for the pre-match handshake line.
 - Coaches will have a minute to set the starting lineup on the court.

Post-Match Procedure

- Coaches from both teams are to review and sign the official scorecard and report the score and outcome of the match using the CYO League Score Submission form.

Match Play & Results	MINOR		CADET	JUNIOR	High School												
	Bronze & Silver	Gold	Bronze – Silver – Gold	Bronze – Silver – Gold													
Rally Scoring	Every service except for a replay/re-serve and serving limit side out will result in a point.																
Regular Season	2 Sets (25,25) Win by 2, Cap at 27	Match: Best 2 out of 3 (25,25,15) Win by 2, Cap at 27/17	Match: Best 2 out of 3 (25,25,15) Win by 2, Cap at 30/20														
Standing	No		Win / Loss Ex. (25-21,22-25,10-15)														
			<table><tr><td></td><td>W</td><td>L</td><td>W%</td></tr><tr><td>Team A</td><td>0</td><td></td><td>0.00%</td></tr><tr><td>Team B</td><td>1</td><td></td><td>100%</td></tr></table>				W	L	W%	Team A	0		0.00%	Team B	1		100%
				W	L	W%											
Team A	0		0.00%														
Team B	1		100%														
Updated Weekly																	
Tournament	NO		End of season tournament Single Elimination Bracket														
Seeding	NO		Overall Record (winning %) Head-to-Head														
Time Outs	Two 30-second timeouts per SET (regular & tournament play)																

Play Adjustment by Divisions |

CYO Match Play Details	MINOR		CADET	JUNIOR	High School
	Bronze & Silver	Gold	Bronze – Silver – Gold	Bronze – Silver – Gold	
Starters	5 vs 5	6 vs 6			
Serving	3 Consecutive serves – Side out	5 Consecutive serves – Side out		No Limit	
Substitutions	Unlimited & free: Teams can substitute players in and out as needed, without the limitations of a set number or specific player-for-player exchanges. Substitute players enter the court at the same spot once it is established.		Unlimited team substitutions Unlimited player substitution: No re-enter limit, but can only re-enter in the position of the player who substituted them.	>15 Team Substitutions per set Unlimited player substitution: No re-enter limit, but can only re-enter in the position of the player who substituted them.	
	Substitution Designated Area	None: Coaches may send their sub in directly.		All substitutions must report to R2 and stand out of	Substitutions have to enter the court between the attack line and the center line.



CYO Match Play Details	MINOR		CADET	JUNIOR	High School
	Bronze & Silver	Gold	Bronze – Silver – Gold	Bronze – Silver – Gold	
Substitution Designated Area	Recommended – Minor Gold is the level to teach where the substitution designated area is. This area is between the 10ft line (attack line) and net (center line).		bounds between the 10ft (attack line) and the net (center line), and meet with the player they are substituting for.	All substitutions between the attack line and the center line will count towards the >15 team substitution limit. Liberos have free substitutions and must enter past the attack line and baseline.	
Rotation	Players rotate clockwise around the court after each side out (when the serving team wins a rally).	players rotate clockwise around the court after their team wins a point when the other team is serving (a "side-out"). There are six players on the court, with three in the front row and three in the back row. Players must be in the correct rotational order before the serve, meaning back-row players must be behind front-row players. Overlapping or being out of position before the serve results in a point for the opposing team			
Libero	NO			Yes, optional	
CYO All Play	2 Full Rotations per set		10 Rally points per set	5 Rally points per set	

Serve |

- The server shall serve the ball behind the designated “serving line” (based on division) from sideline to sideline.
- The server must wait for the official's signal to serve & has 5 seconds to serve the ball after the signal.
- Serve must not touch the designated “serving line” (*All Minor and Bronze divisions will have some leniency*)
- When a server tosses the ball for their first serve attempt and does not make contact:
 - If they catch the ball without making contact, it is a fault, and the other team is awarded the point and serve.
 - If they let the ball drop, this is a re-serve and they are allowed a 2nd attempt.
 - A serve on their first attempt may catch or let the ball drop, for all Minor and Bronze divisions only.
- Server is allowed one “redo serve” if there is no fault with the toss during the first attempt

Libero | Junior and High School Divisions Only

- Defensive specialist and is strictly a back-row player.
- A coach can only designate one libero per set, and the libero wears a different color jersey.
- Substitution with libero is behind the 10ft line.
- Can only be replaced by the player the libero went in for.



Libero | Junior and High School Divisions Only

- Libero may serve and only in one position in the serving order.
- Not allowed to complete an attack hit (anywhere on the court) if the ball is above the top of the net.

Equipment & Court	MINOR		CADET	JUNIOR	High School
	<i>Bronze & Silver</i>	Gold	<i>Bronze – Silver – Gold</i>	<i>Bronze – Silver – Gold</i>	
Net Height	6ft 6in		7ft	7ft 4 1/8in	
Court Dimension	44tf. Long x 20ft wide	60ft long x 30ft wide			
Play	5 vs 5	6 vs 6			
Ball	Volley-Lite			Regulation	
Serving Line	22ft from net		25ft from net	30ft from net	

Equipment Regulations |

- All teams provide their own practice balls for practices and pre-match warm-ups.
- The home team will provide the game ball for the match

Uniform Regulations |

- Team jerseys should have a number on both the front and back and be tucked in
- Teams are to wear matching (color) gym shorts or athletic pants
- No jams, boxers, wild shorts, bare midriff tops, or pants with zippers or belts are allowed.
- No jewelry at the Minor, Cadet, and Junior level. It is prohibited, and earrings need to be completely out, not covered up.

Coach & Player Conduct |

The CYO Official(s) oversee the match and have the authority to disqualify players, coaches, or spectators for unsportsmanlike conduct.

- This included warnings and could result in immediate removal from the gym.
- Any coach, spectator, or player being removed will be removed from the gym for the remainder of the day.
- An official has the authority to stop a match, and if the individual refuses to leave, it could result in discontinuing the match and automatic forfeit for the team that the individual is representing.
- An official report will be made, and the player, coach, and/or team may be suspended after review by the CYO Administration/Office.
 - This includes damage to the property or misconduct with the building.
- Coaching Area
 - A head coach may stand in the area immediately in front of her/his team bench to coach her/his players. This shall be no closer to the court than 6ft from the sideline.
 - Assistant Coach is to remain seated during match play while not performing team duties.



Coach & Player Conduct | *Continued*

- Team Bench
 - During match play, players not on the court are to be seated at the bench area.
 - Able to stand behind to warm up/stretch before subbing in.
- Coaches warning
 - If a warning is issued to any member of the coaching staff or team bench.
 - That coach must remain seated for the remainder of the match.
 - Team bench warning – the head coach, assistant coach, and players must remain seated for the remainder of the match.
 - Exceptions are to request a time-out, substitutions, or review the score during a dead ball.

Good Sportsmanship |

As a coach and/or spectator, leading by example through sportsmanship means demonstrating respect, fair play, and positive behavior both on and off the court. This includes showing respect for opponents, officials, and teammates, as well as handling both victory and defeat with grace. By embodying these qualities, coaches and spectators inspire our young athletes to do the same, fostering a positive and ethical sporting environment.

CYO Prayer

Lord God, we thank you for bringing us together today and ask that you watch over and guide us.

Help the athletes use their talents to the fullest and remain injury-free.

Help the coaches teach these young athletes not only about the game, but more importantly, about being good Christians.

Help the game officials do their best to enforce the rules and remain fair at all times.

And help the spectators to be considerate of all players, coaches, officials, and each other.

Thank you for giving all of us the opportunity to put our faith into action today.

-Amen-