

2022 CYO VOLLEYBALL RULES

I. CYO VOLLEYBALL

Volleyball is offered to grade school girls in the 3rd-8th grades. Starting with the 2019 season, the tri-deanery league 7th & 8th grade teams joined the metro Toledo league. Starting with the 2020 season, tri-deanery area teams at all grade levels played in one diocesan league together. A CYO league is also offered for high school girls who do not participate on their high school's freshmen, junior varsity or varsity teams. Boys are not permitted to participate in the girls' volleyball program.

II. FEES

Metro Toledo parishes - Fees are \$55 per player for the grade school leagues; \$60 per player for the high school leagues.

Tri-deanery area parish – Fees are \$20 per player for grade school leagues; \$60 per player for high school leagues.

Both grade school and high school teams will also pay a \$150 team entry fee. The team fee is due on *Friday, August 19th*. The player fees and team rosters are due on *Friday, September 2nd*.

All fees are due to the CYO office prior to the deadline. The CYO office is located on the 3rd floor of the Pastoral Center (1933 Spielbusch Avenue) and is open Monday - Friday from 8:30 am - 4:30 pm. Payment MUST be made in the form of one check rather than a group of checks and/or cash from individual parents.

III. ADMISSION FEES

Gate admissions will not be charged in metro-Toledo facilities but will continue to be collected when a metro Toledo team travels to play in a Tri-deanery league site. Tri-deanery admission fees for spectators will be \$1 for Students and Seniors; \$3 for Adults, and \$6 for Families.

IV. DATES OF THE SEASON

Wednesday, August 10 th	- Coaches' meeting & re-certification in-person and via Zoom at 6:00 pm
Friday, August 19 th	- Deadline to enter a grade school or high school team (\$150 team fee due) (ABSOLUTELY NO EXCEPTIONS!!!) This is also the deadline to submit any league scheduling requests.
Friday, September 2 nd	- Deadline to submit all team rosters (pastor's signature required) and player fees
Monday, September 5 th	- League schedules will be posted on the CYO website by 5:00 pm
Wednesday, Sept. 7 th	- CYO Junior High All Sports Mass at Rosary Cathedral at 6:30pm
Saturday, September 10 th	- Grade School League games begin
Other league dates	- 9/17, 9/24, 10/1, 10/8, and 10/15 (12 matches)
Sunday, September 11 th	- High School League Games Begin
Other League dates	- 9/18, 9/25, 10/2, 10/9, and 10/16 (12 matches)

Schedule Notes:

- Every team will normally play two matches on each of the above dates.
- Grade school teams must be prepared to play on either Saturday or Sunday.
- High school matches will be played on Sundays.
- Teams will be required to travel to tri-deanery league sites (Bellevue, Carey, Findlay, Tiffin, Upper Sandusky, etc. for matches.

September 28 th	- Deadline to submit tournament scheduling requests in writing to CYO Office
October 3 rd -6 th	- Rosary at CYO Complex at 7:00 each night (Monday-Thursday)
October 13 th	- Tournaments will be posted on the CYO website by 5:00 pm

NOTE: *St. Pius X's academic balanced calendar break may be during the week of October 17th; therefore they may request to have no games from Friday, October 14th - Friday, October 21st, but must be able to resume play on Saturday, October 22nd.*

October 22 nd & 23 rd	- Grade School League tournaments begin. All 5 th -8 th grade teams will be entered in a single elimination tournament unless the coach notifies the CYO office of his/her intention to not participate.
October 23 rd	- High School League tournaments begin

V. GENERAL RULES FOR ALL LEAGUES

- A. National Federation High School rules will govern CYO leagues, unless otherwise stated in this handbook. National Federation High School rule books may be purchased online at www.nfhs.com.
- B. Official scoresheets are kept as permanent records of each game. This official scorekeeper's (a CYO referee) record will be recognized as final.
- C. Each team must be accompanied by their coach or parents at all times. The individual players and teams are responsible for all valuables.
- D. Teams will play with six (6) players on the court. Teams must start each set with 6 players but may finish with less than 6 players on the court.
- E. The CYO has not adopted the use of the libero (defensive specialist) in its leagues.

VI. DIVISIONS

- A. Teams will be divided into divisions: Minor (3rd-4th grades), Cadet (5th-6th grades), Junior (7th-8th grades) and High School (9th-12th grades). League assignments will be made by the Director of CYO Athletics, the Assistant Director of CYO Athletics and the CYO Volleyball Staff. The number of leagues in each division will depend on the number of teams that enter.
- B. Teams at all grade levels will be playing in one large diocesan league unless enough tri-deanery area teams enter at a certain grade level enter to schedule a separate league. Metro Toledo teams will travel to those sites and those parishes will travel to metro Toledo sites.
- B. League standings will be kept by the CYO office and posted on the CYO web site each week for 5th-high school teams. A team championship trophy will be presented at these grade levels-
- C. No standings will be kept for 3rd & 4th grade teams if playing in an all third-grade or all fourth-grade league and there will be no post-season tournament. 3rd & 4th grade teams will play three games to 15 points in each match (no cap) and a team must win by 2 points.

VII. MINOR (3rd & 4th grades) & CADET (5th/6th grades) DIVISIONS

- A. May serve from a distance of 21 feet from the net, but will use the entire court (30 feet on each side of the net) once the ball has been served. The net height will be 7'0" and they will play with a volley-lite type volleyball (25% lighter) ball (does not have to be a volley-lite name brand).
- B. After a player has scored five consecutive points on her serve the team will rotate, but continue to serve.

VIII. JUNIOR (7th & 8th grades) & HIGH SCHOOL DIVISIONS

The net height for junior and high school matches should be set at 7' 4 1/8".

IX. EQUIPMENT

- A. All teams must provide their own practice balls. The home team (first team listed on the schedule) will provide a game ball for that match.
- B. The game ball may be solid white, or a maximum combination of three colors (with each panel being a solid color) and of which at least one-third of the panels shall be solid white, leather volleyball. 5th grade leagues began using the volley-lite type (25% lighter) volleyball in the 2008 season; 6th grade leagues began its use in the 2009 season. 3rd & 4th grades have used it since their leagues began. 7th & 8th grade leagues, as well as the high school leagues will continue using a regulation volleyball.
- C. All players must wear matching gym shorts. No jams, boxers or other wild shorts are allowed.
- D. 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 hang below the waistband of the uniform bottom.
- E. Any nicknames on the player's jersey must be in good taste.
- F. Coaches may not wear shirts with alcohol or tobacco logos, or those with reference to the "co-ed naked" trend during games and practices.
- G. Absolutely no jewelry shall be worn while playing in a match or practicing. This includes all metal and plastic hair pieces as well as starter earrings. Hair devices made of soft material and no more than 3 inches wide may be worn. Unadorned bobby pins, flat clips, and flat barrettes may be worn to control a player's hair. *Hair beads are now legal, provided they are securely fastened and do not increase risk to the player, teammates, or opponents.* A player observed wearing jewelry during warm-ups is directed by the official, by way of a coach, to remove the jewelry with no further penalty unless refusing to remove the item.
- H. If a player attempts to sub or is on the court wearing illegal equipment/uniform, a warning will be issued on the first offense. A sub will be denied and sent back to the bench until the next stoppage in play. A player on the court must be subbed for or a time-out taken for her to correct her equipment/uniform violation. Any subsequent delay during the same game will result in a loss of rally/point awarded to the opponent.

X. THE MATCH

- A. A match shall consist of the best two-out-of-three sets in 5th-HS leagues. The first team to win two sets will be the winner of the match. The third set will not be played unless it is necessary to determine the winner of the match in 5th-HS leagues.
 - 1. A match shall include let serve.
 - 2. A match shall include two time-outs per set.
- B. Rally scoring shall be used in all matches.
- C. The first two sets of a match shall be 25 points (no cap); the third set shall be 15 points (no cap). A team must win by two points in all sets in the 5th-HS leagues. 3rd & 4th grade leagues will play all three sets to 15 points (no cap) regardless of which team wins the first two sets.

XI. RALLY SCORING

- A. In rally scoring, every service, except a replay or re-serve, results in a point.
- B. If the serving team wins the rally, it receives a point and continues to serve;
- C. If the receiving team wins the rally, it receives a point and then gains the serve. The point is recorded on the line of the next server's number and a square is drawn around it & the same point on the team's running score.
- D. Each time a team gains the serve it must rotate one position clockwise before serving.
- E. Teams do not switch sides of court mid-way through a rally scoring game.
- F. If the serving team or player is assessed a penalty, the opponent is awarded a point and the ball for service. The penalty point is recorded on line of the next server's number and a square is drawn around it and the same point on the team's running score.
- G. It is not necessary for the winning team to be serving at the time the winning point is scored.
- H. The winning team must win by at least two points.

XII. PRE-MATCH PROCEDURE

- A. Each coach must fill out his/her roster on the bottom of the official scoresheet. This must include full names and uniform numbers of each player. The coaches should obtain the score book at the admission table or scorer's table upon entering the gym rather than waiting for the end of the preceding match. This will help keep matches on schedule.
- B. All coaches seated on the team bench must print his/her name legibly in the area on the scoresheet asking for this information. Only currently certified coaches may sit on the team bench.
- C. The home team (first team listed on the schedule) shall select its team bench (and therefore side of court).
- D. The head coach and team captain(s) will meet for a pre-match conference with the game officials and flip a coin for the first serve. The visiting team shall call the toss. The winner of the coin toss shall choose either to serve or receive.
- E. After the coin toss, the coach must complete the line-up of the uniform numbers for the six starting players in the proper serving order. The lineup should not be submitted in floor position order. The first server should always be listed first on the lineup sheet, regardless of whether the team is serving or receiving.
- F. There will be at least an *eight* minute warm-up period before each match. If the matches are running behind schedule the host athletic director or site manager may shorten this time. Because of the consistent warm-up time there will be no balls allowed to be used for warm-up purposes while other matches are in progress.
- G. After the warm-up period, game officials (including line judges), players and coaches from both teams will meet at mid-court, on their respective sides of the court, (standing on the lines of the basketball jump circle), to recite the "CYO TEAM PRAYER" together. All spectators should be asked to stand and join the teams in reciting the CYO Team Prayer. The prayer will begin and end with the sign of the cross and "In the name of the Father, the Son, and the Holy Spirit". The teams will then turn to face the American flag and recite The Pledge of Allegiance.
- H. After the Pledge of Allegiance, the referee blows the whistle and directs all the players & coaches to their respective end lines (starters and non-starters). The referee then blows a second whistle and signals players to approach the net and greet the players from the opposing team. The non-starters then return to the bench area and the starters take their positions on the court so the second referee may check the lineups for each team.
- I. Prior to a deciding set, the first referee shall call the captains to the officials' table for the coin toss with the home team calling the toss. After calling the captains, the first referee shall release the teams to go to their team benches. The second referee shall conduct the coin toss in front of the officials' table. Following the coin toss, the second referee notifies the first referee which team will be serving the third set. The first referee blows the whistle and signals which team will serve depending on the results of the coin toss.

XIII. LINE JUDGES

- A. Each team must provide one adult to serve as a line judge for each match. The coach should introduce the line judge to the game officials prior to the start of each match so that basic rules/signals may be reviewed.
- B. Line judges should join the officials, coaches, and players at mid-court and actively participate in the recitation of the CYO Team Prayer.
- C. The line judge may not coach while they are on the court, nor may they be responsible for supervising a child or using a cell phone while attempting to line judge.
- D. Line judges shall stand near the intersection of the left sideline with the end line, and move so they have a clear view of both the end line and the sideline.
- E. Line judges shall hold the same positions relative to the court throughout the match.
- F. During the game the line judge shall assist the referee by watching for foot faults on the serve and by indicating whether a ball is in bounds or out of bounds when it lands near any line for which the line judge is responsible.

XIV. "ALL PLAY" PARTICIPATION RULE

- A. The CYO Advisory Committee developed an "all play" participation rule for each CYO sport during the 2001-02 year which was implemented during the 2002-03 CYO season. These rules were developed after a series of meetings, as well as input from parish athletic directors.
- B. In the Cadet volleyball leagues all healthy, uniformed players must play at least ten (10) consecutive points in either set one or two of each match.
- C. In the Junior volleyball leagues all healthy, uniformed players must play at least five (5) consecutive points in either set one or two of each match.
- D. The "all play" rule will remain in effect for all tournament matches.
- E. If a player is being disciplined by the coach for a team violation (missing practice, etc.) the player, as well as the player's parents must be notified by the coach prior to the game.
- F. Any coach who is found to be in violation of the "all play" rule may be suspended for at least one match.

XV. SERVE

- A. The first server of the game is the player in the right back position. Thereafter, when a team is awarded a loss of rally, the player in the right front position rotates to the serving area and the team shall rotate clockwise one position.
- B. The server shall serve from a position behind the end line, from sideline to sideline.
- C. The server must wait for the referee's signal to serve.
- D. A player has five (5) seconds to serve the ball after the referee's signal.
- E. The server must not touch the end line when serving the ball.
- F. A re-serve shall be called when the server releases the ball for service, then catches it or drops it to the floor. The referee shall cancel the serve and direct a second and last attempt at a serve. The server is allowed a new five seconds for the re-serve. A re-serve is considered to be part of a single attempt to serve. Therefore, after the referee's signal for service, no requests. (ie. time outs, service order, line-up, substitution, etc.) may be recognized until after the ball has been served. A service penalty will be called for the server having a second re-serve during the team's term of service and a point/loss of rally will be awarded to the receiving team.
- G. A tossed ball that contacts a backboard or its supports hanging in a vertical position over the serving area is a service fault and not eligible for a re-serve.

XVI. DURING PLAY

- A. No more than three (3) hits are allowed on a side; pushing and lifting the ball are illegal.
- B. A player can step on, but not completely over, the center line.
- C. A player can never touch the net. Even if a player is not playing the ball, she cannot touch the net. The net can hit the player.
- D. If the ball hits the ceiling from a play from your side of the net and comes down on your side of the net, it is playable. If the ball goes off the ceiling from a play from your side of the net to the other side of the net, it will be ruled out-of-bounds.
- E. Any ball hitting the walls, poles, or referee, is dead.
- F. A ball that lands on a boundary line shall be called in.
- G. Legal contact is a touch of the ball by any part of a player's body which does not allow the ball to visibly come to rest or involve prolonged contact with a player's body.
- H. Setting a serve is legal.

XVI. DURING PLAY

- I. Each team is allowed two (2) time-outs per game that will last no longer than one minute. Officials will signal at the completion of a charged time-out, how many time-outs each team has used.
- J. Officials will signal the result of the rally, followed by the nature of the fault to allow the scorer to perform his/her duties of recording the score, then moving on to substitutions, in a more timely fashion.

XVII. NET PLAY

- A. A ball contacting and crossing the net shall remain in play provided contact is entirely within the net antennas. A serve contacting and crossing the net shall remain in play provided that the ball is entirely within the net antennas.
- B. Recovering a ball hit into the net shall be permitted.
- C. A player shall not contact a ball which is completely on the opponent's side of the net unless the contact is a legal block.
- D. Blocking a ball which is entirely on the opponent's side of the net is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when the:
 - 1) attacking team has completed its three allowable hits;
 - 2) attacking team has had the opportunity to complete the attack or, in the official's judgment, directs the ball toward the opponent's court;
 - 3) ball is falling near the net and, in the official's judgment, no member of the attacking team could make a play on the ball.
- E. Blocking a served ball is NOT permitted.
- F. A ball may be attacked, excluding a served ball, when it has partially crossed the net. Attacking a served ball while the ball is completely above the height of the net is not permitted. However, the contact is legal, and the ball is not out of play until it completely crosses the vertical plane of the net or is legally contacted by opponent.
- G. A net foul occurs while the ball is in play and:
 - 1) a player contacts any part of the net including net cables or net antennas. It is not a foul when a player's loose hair touches the net, or the force of a ball hit by an opponent pushes the net or net cables into the player;
 - 2) a player gains an advantage by contacting the floor/wall cables, standards or referee's platform;
 - 3) there is dangerous contact by a player with the floor/wall cables, standards or referee's platform;
 - 4) there is interference by a player who makes:
 - a. contact with an opponent which interferes with the opponent's legitimate effort to play the ball;
 - b. intentional contact with a ball which the opponent has caused to pass partially under the net and the opponent is attempting to play it again.
- H. The penalty for illegal net play is a point/loss of rally awarded to the opponent.

XVIII. SUBSTITUTIONS

- A. Substitutions may be made any time there is a dead ball. Substitutes may enter a game only in the same serving order (it is not free substitution like basketball).
- B. To request a substitution the head coach may visually signal to the referees that substitution is desired or the substitute may enter the substitution zone. The referee will recognize the request by whistle and signal.
- C. After the referee's recognition of a request, the substitute shall proceed without delay to the substitution zone (sideline between the attack line and the center line of that team's playing area).
 1. Substitute may report to the second referee her number and the number of the player leaving the court;
 2. If more than one substitute is to be made, the subs shall be made in succession, one pair of players after another (substitute and outgoing player) with only one substitute in the substitution zone at a time;
 3. When more than one substitution is requested, the incoming substitutes must be ready to enter the substitution zone once the preceding substitute has been released to enter the court.
- D. Substitutions occurring during a time out shall be made at the end of the time out and follow normal exchange procedures (team returns to the court and then subs).
- E. A team is allowed a maximum of eighteen substitutions per game. Each player is allowed unlimited entries within the team limit. Starting the game does not count as substitution. An illegal substitution does not count as an entry provided the illegal substitute is removed from the court.
- F. When teams have exhausted their 18-team substitutions or when no legal substitutes are available, an exceptional substitution is permitted only for an injured/ill player following priority:
 1. By a player who has never played in the game or who has played in that position earlier in the set;

XVIII. SUBSTITUTIONS continued

XVIII. SUBSTITUTIONS continued

2. By any legal player on the bench, regardless of previous position played. An injured/ill player replaced by an exceptional substitution may not re-enter a set in which the exceptional substitution takes place. A team may not play with less than six players if there is a legal substitute (including an exceptional substitution) available;
 3. An exceptional substitution is counted as a team substitution if the team has not exhausted its 18 team substitutions.
- G. A substitution is illegal when the substitute: re-enters or attempts to re-enter as a 19th substitution.

XIX. DEFINITIONS

- A. Pass - A play in which the ball is hit into the air so another player can get into position to contact the ball.
1. Forearm pass - a controlled skill, generally used as a team's first hit, in which the ball rebounds from the forearms of the receiver to a teammate.
 - a) Illegal forearm passes occur when:
 - i. ball contacts the area of the bent elbows and is held;
 - ii. attempt is poorly timed, causing a lift;
 - iii. ball rolls up or down the arms (prolonged contact); or
 - iv. angle of execution (player close to or with back to the net) may result in a lift.
 - b) These are clues to help in evaluating forearm passes and do not always result in an illegal hit.
 2. Overhead pass (setting action) - two-hand finger action directing the ball to a teammate.
 3. Set - two (or one)-hand finger action directing the ball to an attacker.
 4. Dig - an underhand or overhead defensive saving skill in which the ball is contacted by the forearms, fists, or hands.
- B. Attack - Any action other than a block or a serve that directs the ball toward the opponent's court. A team's third hit is always considered an attack.
1. Spike-attack play in which ball is forcibly hit into opponent's court with a one-hand overhead motion.
 2. Tip/Dink - fingertip attack on the ball which directs the ball into the opponent's court.
 3. Dump - fingertip attack most commonly used by a setter on the second hit to direct the ball into the opponent's court.
 4. Overhead pass - two-hand finger action directing the ball over the net.
- C. Block - the action of a player(s) close to the net that deflects the ball coming from the opponent by reaching higher than the top of the net. A block may involve wrist action provided there is no prolonged contact.
1. Block attempt - action of blocking without touching the ball. An attempt to block does not constitute a block.
 2. Completed block - when the ball is touched by a blocker. Only front-row players are permitted to complete a block.
 3. Collective block - block executed by more than one blocker in close proximity. Completed when one of the players touches the ball. It's a blocking fault if a back-row player participates in a completed collective block.

XX. TOURNAMENTS

- A. All 5th-high school teams will be placed in a single elimination tournament at the end of the regular season. The number of tournaments for each grade level will depend on the number of teams participating in each division.
- B. The Director of CYO Athletics and the Assistant Director of CYO Athletics will set up all tournaments. The teams will be placed in tournaments based on their league record and the league in which this record was obtained. These tournaments will all be drawn up after five weeks of league play. The brackets will be posted on the CYO web site when they are completed.
- C. The team champion and runner-up in each tournament will be awarded a team trophy which will be presented after the championship game of each tournament.

XXI. COACH AND PLAYER CONDUCT

- A. The referee, scorer and any member of the volleyball staff are in complete charge of the game and have the right to disqualify players, coaches or spectators for unsportsmanlike conduct. The player, coach and/or team may be suspended. This includes damage to the property or misconduct within the building.

XXI. COACH AND PLAYER CONDUCT continued

- B. A head coach may stand in the area immediately in front of his/her team bench to coach his/her players. During play, the head coach shall be no closer to the court than 6 feet from the sideline. If a warning is issued to the head coach, assistant coach(es) or team bench, the head coach must remain seated for the remainder of the match except to:
1. Request a time-out, substitution or a review of the accuracy of the score during a dead ball;
 2. (see items 1-5 below for assistant coaches)
- The new visibility of coaches by the adoption of this rule places additional emphasis on the conduct displayed by coaches during a match. Coaches are reminded that they are role models for athletes, parishes and communities.
- C. Assistant coaches shall remain seated on the bench during a game except to:
1. Ask the second referee, during a dead-ball situation, to review the accuracy of the score, verify the number of time-outs used, the serving order of his/her team, or to verify the proper server for the opponent;
 2. Stand at the bench to greet a replaced player;
 3. Confer with players during time-outs;
 4. Spontaneously react to an outstanding play by a member(s) of their own team;
 5. Attend an injured player.
- D. Non-playing team members shall remain seated on the team bench during a game except to:
1. Spontaneously react to an outstanding play by members of their own team;
 2. Go to a non-playable area to warm-up without balls prior to entry into the game as a substitute;
 3. Stand at the bench to greet a replaced player(s).
- E. For a first minor offense, a yellow card is administered by the referee at the first dead ball. The warning shall be recorded on the scoresheet and no other penalty is assessed. For a second minor offense by the same individual, or for a single serious offense, a red card is administered at the first dead ball. The offender is disqualified from further participation on that day as well as the team's next two matches. A point/loss of rally is awarded the opponent, and the official shall notify the appropriate coach of the reason for the disqualification. This is a more severe penalty than the National Federation rules.
- F. Any coach or player who is guilty of any unsportsmanlike conduct toward the officials and/or an opponent will be penalized. They may receive a letter of reprimand from the CYO office and/or may be suspended from future matches. If a coach or player is ejected from a contest they will be suspended for the team's next match. Also, any verbal abuse toward an official at any time will result in at least a one-week suspension. Any physical contact with a game official at any time will result in at least a one year suspension from the CYO program.
- G. Good sportsmanship and proper conduct are integral parts of the interscholastic volleyball program. Any type of cheering, yelling or other similar actions which are done in a manner to disconcert or be derogatory toward the opposing team or a specific opponent is considered inappropriate. Cheering and other support must always be positive in nature. Any violations of this shall be penalized by the official.
- H. The use of artificial noisemakers (including, but not limited to, thunder sticks, sirens, soda cans with coins, cowbells, etc.) is prohibited.
- I. Officials have been asked to report any coaches in violation of the above rules. Coaches are asked to report, in writing to the CYO office, any opposing coaches who they feel are in violation of the above rule. Coaches are also asked to report, in writing to the CYO office, any officials who they feel have been guilty of unprofessional behavior and/or language. This may all be done by using the "CYO Game Report" form.

XXII. CONCLUSION

These rules have been adopted for the CYO Volleyball program by the CYO Staff with input from the league coaches over the years. These rules are made and will be enforced with the health and well-being of the athletes as the number one concern.

The CYO Volleyball Staff at the present time (8/9/22):

Julie Dubielak	- Director of CYO Athletics
	- Asst. Director of CYO Athletics
Kathy Rakay	- Administrative Assistant for CYO Athletics
Ron Patton	- Volleyball Staff Member
Rev. Phil Smith	- CYO Chaplain