

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 scoresheets are kept as a permanent record for each. Coaches and CYO Officials are to sign the scoresheet at the end of the match to make it official.
- Participating teams will be expected to furnish required support officials as requested. Support officials are two-line judges, the scorer, and score board 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	

Pre-Match Procedure |

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 |

- Teams will lineup at opposite ends of the net and conclude with a post game handshake
- 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 Bronze & Silver	Minor Gold	Cadet	Junior	High School									
Rally Scoring	Every service except for a replay/re-serve will result in a point.													
Regular Season	2 sets (25,25) win by 2 cap at 27	3 sets (25,25,15) win by 2 cap at 27/17 MUST Play all 3 Sets	3 Sets (25,25,15) win by 2, Cap at 30/20 MUST Play all 3 Sets except for tournament finals	Best 2 of 3 Sets (25, 25, 15) Win by 2, Cap at 30/20										
Standings	No Standings		Win/Loss Ex: (25:21, 22:25, 13:15) <table><tr><th>W</th><th>L</th><th>W%</th></tr><tr><td>Team A: 0</td><td></td><td>0.00%</td></tr><tr><td>Team B: 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%												
Tournament	No tournament		End of season tournament Single Elimination Bracket											
Seeding			Overall Record (winning %), Head-to-Head											
Tournament Play			Match: Best 2 out of 3 (25, 25, 15) Win by 2 – no cap											
Time Outs	Two-30 second timeouts per set (regular season & tournament play)													

Play Adjustments by Divisions |

Set Play Adjustments	Minor Bronze & Silver	Minor Gold	Cadet	Junior	High School
Starters	5 v 5	6 v 6			
Serving	3 Consecutive serves -sideout	5 Consecutive serves – side out			No Limit
Libero	NO	NO			Optional
Substitutions	“Circulation” rotation: Players rotate from the bench to playing in a consistent pattern. Substitution must be sent in the same “Circulation” rotation pattern once it has been established.	Unlimited team substitutions No re-enter limit, but can only re- enter a set in the position of the player who substituted for them.			≤15 Team Substitutions per set. - May only re- enter a set for the same player they substituted for Libero - Not counted towards the ≤15 team substitutions - Back row replacements only - Can only be replaced by the same player(s) she replaced in the rotation.
Substitution Designated Area	Substitute players enter the court at the same spot once it is established Coaches send sub directly in	All substitutions must report to R2 and stand out of bounds between the 10ft (attack line) and the net (center line) and meet with the player they are substituting for. Junior & HS Only: All substitutions not involving the libero must take place between the attack line & center line and will count towards the ≤15 team substitution limit. Libero replacements must enter behind the attack line.			

Set Play Adjustments	Minor Bronze & Silver	Minor Gold	Cadet	Junior	High School
Rotation	Players rotate clockwise around the court after each side out before serving	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, being out of position before the serve results in a point for the opposing team.			
CYO "All Play"	All players must play in both sets.	Players must appear in 2 of 3 sets			

Serve |

- The server shall serve behind the designated "serving line" (based on division) from sideline to sideline.
- The server must wait for the officials signal to serve & has 5 seconds to serve the ball after signal.
- Server must not touch the designated "serving line."
- When the server releases the ball for the first serving attempt and does not make contact:
 - If they catch the ball, it is a fault and the other team is awarded a point and the serve.
 - If they let the ball drop, they are allowed a second attempt
 - **In the Minor Division only,**
 - Servers may drop OR catch the ball on the first serve attempt and be permitted a second attempt
 - If there is no tossing error, but the serve is missed, servers are permitted one "redo" serve. This is on their first serving attempt per rotation only.

Libero | Junior and High School Division Only

- Defensive specialist and strictly a back-row player.
- A coach can only designate **two** liberos per set and the libero must wear a different color jersey.
- **Only one libero may be on the floor at a time.**
- Substitution with libero is behind the 10ft line.
- Can only be replaced by the player(s) the libero went in for.
- 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 (3 rd) Bronze & Silver	Minor (4 th) Gold	Cadet	Junior	High School
Net Height	6ft. 6in.		7ft	7ft 4 1/8	
Court Dimension	44ft. long by 20ft. wide	60ft. long by 30ft wide			
Play	5vs5	6vs6			
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 the 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.
- **Only small studs (earrings) at the discretion of the official are permitted. All other jewelry must be removed.**
- **Kneepads are recommended for all players.**

- Any audio (microphone) or video (camera) device worn by a player during the game is not permitted. No player participating in the game is allowed to wear any device that would record or transmit audio or video.

Coach & Player Conduct |

- The CYO Official(s) oversee the match and have the authority to disqualify players, coaches, or spectators for unsportsmanlike conduct.
 - This includes 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. If the individual refuses to leave, it could result in discontinuing the match and automatic forfeit for the team that individual is representing.
 - An Official report will be made. 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 than 6ft from the sideline.
 - Assistant Coach is to remain seated during match play while not performing team duties.
- Team Bench
 - During match play, players not on the court are to be seated at the bench area.
 - Players may stand behind the bench to warm-up/stretch before subbing in.
- Coaches warning
 - If a warning is issued to any one of the coaching staff or team bench:
 - That coach must remain seated for the remainder of the match.
 - Team bench, head coach and team must remain seated for the remainder of the match on a team bench warning.
 - Exceptions are to request a time-out or substitutions, or to 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.

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CYO Prayer

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

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

Help the coaches to 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-