

SUPPLEMENTAL VOLLEYBALL RULES

All CYO Volleyball games will be played in accordance with the current rules of the National Federation of State High School Association except as noted herein.

ELIGIBILITY

The Divisions of play in the CYO Volleyball League are as follows:

Division 4	This division includes players in the 4th grade and lower who are 10 years or younger prior to August 1, 2019
Division 5	This division includes players in the 5 th grade and lower who are 11 years or younger prior to August 1, 2019.
Division 6	This division includes players in the 6 th grade and lower who are 12 years or younger prior to August 1, 2019.
Division 7	This division includes players in the 7 th grade and lower who are 13 years or younger prior to August 1, 2019.
Senior Division	This division includes players in the 8 th grade and lower who are 14 years or younger prior to August 1, 2019.

PLAYERS

- Six (6) players constitute a playing team. During the course of the game, when a team is reduced to less than 6 players, the team may continue to play.
- A side-out is awarded to the opponent each time a vacant position is the right back position for a team playing with fewer than 6 players.

DURATION OF THE GAME

- All matches shall be best two-of-three games.
- Rally scoring will be used in all games.
- In all divisions games shall be played to 25 points. The third and deciding game will be played to 15 points.

PARTICIPATION

- **In Division 6 each player must play a minimum of one-fourth of each match. A player who does not enter in Game 1 must start the second game and remain in the game until one team has achieved 13 points.**
- In Division 7 and the Senior Division there is no minimum playing time. However, every player must participate in every match.
- The participation rule applies provided the player has attended practices regularly and has not been a discipline problem. When one of these impediments applies or when a child is ill or injured, the coach should so note on the score sheet prior to the start of the game. "D" for disciplinary or "I" for injured.
- On the reverse of the score sheet the coach must give the player's number and the reason for the disciplinary action or the nature of the illness or injury. Once this information has been recorded on the score sheet, it cannot be removed.
- Players who are being disciplined or who have been designated as injured or ill will not be allowed to participate in the match and will be considered ineligible for that game.
- No personnel shall be allowed in the team area unless their name(s) appear(s) on the roster and the eligibility requirements for a coach as mandated by the CYO have been met.
- CYO issued coaching cards must be visible for the official to check prior to the contest.

UNIFORMS

- All players must wear identically colored uniform shirts and shorts. Permanent visible numbers on the front and back of the shirts shall identify players. Duplication of numbers is not allowed. Temporary numbers, that is, numbers made of tape or paper are not acceptable and players will not be allowed to enter a game.
- Players must wear appropriate playing shoes. No street shoes will be permitted on the court.
- A player shall not enter the game wearing undergarments or tights which extend below the shorts, however, compression shorts which are unadorned and of a single color and do not extend below the knee may be worn.
- A player shall not wear anything that is dangerous to herself or to another player. Players shall not wear jewelry with the exception of religious or medical medals that must be worn inside the uniform shirt. Hair devices may be worn if made of soft material.
- PENALTY: If a player is wearing dangerous or illegal equipment or lacks any of the required equipment, participation is forbidden until the situation is corrected to the satisfaction of the referee. If a violation is discovered during the course of the game, the offending team will be charged with a time-out.

COURT SIZE

- **Division 4 – 24 by 40 feet with net height 6'6". Ball served from the 10 foot line.**
- Division 5 - 30 by 60 feet with net height 6'6". Ball served from the 20 foot line.
- Divisions 6, 7 and Senior - 30 by 60 feet with net height 7'4".

OFFICIAL BALL

- **Divisions 4, 5 and 6** will use Volley –Lite ball.
- Division 7 and Senior Division will use Official size volleyball.
- Game ball will be furnished by the CYO.

SERVICE ORDER

- Following a coin toss the officials will award the winner the choice of either the serve or the court to start the game.
- Starting players shall line up on their respective end lines prior to the first game.
- In all divisions at the end of each game the players will go to their respective end line until the referee blows the whistle and directs them to the appropriate benches. The players proceed counterclockwise along the sideline outside the standards and then to the appropriate team bench.
- When a third game is necessary, the referee shall conduct a coin toss immediately following the second game to determine which team has the choice of serving.

SUBSTITUTIONS

- Substitution shall be permitted during a dead ball upon the coach's request. The coach requesting the substitution must stand and notify officials of the desired substitution. Upon the official's recognition of the request, the substitute(s) shall immediately:
 1. Move to stand at the sideline between the attack line and the center line.
 2. The umpire will report the number(s) of the players involved to the scorer and then instruct the players to exchange places.
 3. Substitutes from the same team must report at the same time.
- During a time-out a substitute shall report to the umpire her number and the number of the player to be replaced. The umpire will then report the information to the scorer. The players will enter the game at the end of the time-out without following the normal exchange procedures.
- **In Division 6, 7 and seniors** a team is allowed a maximum of 18 substitutions per game. Each player is allowed unlimited entries with in the team limit. Starting the game does not count as a substitution.

- In **Division 6**, 7 and the Senior Division the High School Rule regarding substitution is in place, that is, the position of the substitute shall be that of the player replaced without changing the serving order as recorded on the scoresheet.
- **In Divisions 4 and 5 when a side out occurs the player in the left back position will rotate out of the game and the substitute will enter in left front position. All substitutes must enter the game before a starter can reenter the match.**

SERVING

- The server must hit the ball over the net on one attempt. The ball may be hit with one hand, the fist or arm.
- Ball must be contacted for the serve within five (5) seconds after being given the signal by the referee.
- Service order must occur behind the end line and from sideline to sideline.
- **In Division 4 the serve must occur behind the 10ft. line and after a made attempt the player will step back to the next line after every made serve with a maximum of 5 consecutive serves. Once a player achieves a serve from the back line they will continue to serve from the back line.**
- **In Division 5 the serve must occur behind the 20ft. line and after a made attempt the player will step back to the next line after every made serve with a maximum of 5 consecutive serves. Once a player achieves a serve from the back line they will continue to serve from the back line.**
- **If the maximum number of 5 consecutive serves is reached the ball will be given to the other team that team shall rotate one position clock-wise but a point will not be awarded.**
- When a server releases the ball for service, then catches it or drops it to the floor, the referee shall direct a second and last attempt to re-serve. A new five-second count will be started.
- When a side-out is awarded to a team, that team shall rotate one position clock-wise.
- The let serve shall be allowed, and play shall continue provided net contact is entirely within the net antennas.

BALL STRIKING OBSTACLE

- A ball striking the ceiling or an overhead obstruction shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net extended that is occupied by the team that last played the ball, and the ball is legally played by the same team.

TIME-OUTS

- Requests for time-outs shall be made by the coach or playing captain only during dead balls.
- Each team is limited to two (2) time-outs per game. There is no additional time-out allowed when the score is tied at 24.
- Time-outs shall not exceed 60 seconds and may not be taken consecutively. Requests for additional time-outs will be penalized. The penalty is that a point is awarded to the opponent and the team shall not be given the 60 seconds.
- Should it be necessary for an official to interrupt the game for a player to remove jewelry the offending team shall be charged with a time-out.

FORFEITURE

- If, for any reason, a team fails to play when directed by the referee, the game will be forfeited. If a team cannot be fielded at match time, a forfeit shall be awarded. There is no time allotted for forfeit time. Should the first game of the match be forfeited, the remaining game(s) will be played provided the second game can begin within 15 minutes of the scheduled game time.

CONDUCT

- Unsportsmanlike conduct includes actions that are unethical and unfair.
- Referees will administer cards for unsportsmanlike conduct.
 1. A yellow card is issued for a first offense. If a player receives the yellow card, she will be given an official warning. Should a coach receive a yellow card he/she will receive a one- game suspension.
 2. A red card will be issued for a second offense unsportsmanlike conduct or a single serious offense. A red card will result in an automatic ejection for a player or coach. A player will receive a one- game suspension and a coach will receive a two game suspension for an ejection.
 3. Cards carry over from game to game during the match.

PRACTICE TIME

- Maximum practice time for Divisions 4 and 5 is six (6) hours per week.
- Maximum practice time for Division 6, 7 and Senior Division is limited to seven (7) hours per week.