

# **CYO Volleyball Rules and Modifications**

**Updated 2-29-24**

**LEAGUE PLAY:** NCAA Volleyball rules will govern League Play. Rosters may have 15 players. Eighteen (18) substitutions may be used in each set/game.

## **COACHES RESPONSIBILITIES:**

**ALL COACHES MUST READ, CARRY & FOLLOW the CYO Rules & Modifications at ALL CYO games and refer to them as needed.**

- Both Teams MUST provide a Score Keeper and a Line Judge and fill out and exchange the Line Up Sheet.
- Coaches should play all their games and schedule any TO BE Determined (TBD) Games on their schedule
- ALL Coaches report their scores, win or lose (In Team Sideline) to CYO within 72 hours of their completed game.
- BOTH Coach & Asst. Coach MUST have attended the CYO Coaches Orientation or Sanctioning Workshop
  - If the Coach & Asst. do not attend a Coaches Orientation they are not permitted on the bench
  - Student Coaches must attend Coaches Orientation
- A Maximum of 2 Adult Coaches are allowed to be on the bench with the team.
  - Exception- A Maximum of two student coaches are permitted on the bench. **(There MUST be a responsible ADULT on the bench with them)**
- All Head Coaches Must be at least 21 years to coach for 4<sup>th</sup> – 12<sup>th</sup> Grade
- All teams must submit a CYO Sportsmanship Ballot 48 hours after their season has ended
  - ALL Playoff bound teams MUST submit a Sportsmanship Ballot to qualify for any postseason playoffs.

**SCORING:** League play is the best of 2 out of 3 sets/games. All three sets/games must be played to constitute a complete match (3<sup>rd</sup> game is mandatory). The win/loss record determines standings. Scores are to be reported as 1-0, 0-1; points are not awarded for individual games/sets, rather the complete match.

**LINE-UP SHEET:** A Line-up Sheet is required for all CYO Volleyball Matches. The Line-Up Sheet is exchanged with opposing coaches prior to the match beginning.

## **THE LINE-UP AND SCORE SHEET ARE THE REQUIRED SCORING**

**DOCUMENTATION FOR ALL CYO GAMES.** Coaches should fill out the Team Roster portion of the Line-Up sheet with FIRST and LAST NAME of ALL players with their corresponding number and then make multiple (25-35) copies of the Line -up sheet to exchange with opposing coaches and keep both line-ups (H/V) together with the score sheet for each game in a book or binder. Blank Line-Up & Score sheets attached and on CYO Website.

**NOTE:** Coaches should save Scoring and Line-Up Sheets from Year to Year, as it is required in any “Move Up Appeal”

## **DIVISIONS:**

## **Girls**

- **5<sup>th</sup> Grade: One Division, no level of play**
- **6<sup>th</sup> – 12<sup>th</sup> grade: A & B Division**

## **Boys**

**Grade designation is based on the players grade as of the upcoming September. Divisions are TBD based on registration.**

- **Middle School:**
  - **5<sup>th</sup> thru 8<sup>th</sup> Grade - no level of play**
- **High School:**
  - **9<sup>th</sup> thru 12<sup>th</sup> Grade – no level of play**

## **TEAM PLACEMENT/LEVEL OF PLAY:**

### **6<sup>TH</sup> – 8<sup>TH</sup> GRADES:**

- Any team have attained a record of 8 or more wins during the regular season in the “B” Division will be automatically moved up to “A” for the following season.

### **HIGH SCHOOL:**

- Teams with 5 or more High School Scholastic Players (Varsity or JV) on its roster must compete in the “A” division.
- A High School Scholastic player is defined as an individual who has, in the previous 15 months, participated in the same sport on a High School Varsity or JV team.

**ROSTERS:** Rosters are required in the CYO office with registration material. Each coach must have a copy of their current season CYO approved roster in their game book for all games. The opposing coach and the game officials have the right to ask to see this approved roster. Any failure to comply must be reported to the office. If there is no approved roster on file in the CYO office, or if the players in the game in question do not match the approved roster, the game will be forfeited by the offending team.

- **INELIGIBLE PLAYERS:** All games in which an ineligible player participated in will be forfeited.
  - Team will be eliminated from playoffs.
  - The coach will be subject to the discipline actions determined by the Discipline Committee and defined in CYO Policy & Procedures.
- **PLAYERS:**
  - No player may participate in both Tyro/Senior and the 5<sup>th</sup> through 8<sup>th</sup> grade program in the same program year.
  - A player can only play on 1 parish team and be on 1 roster in any one Volleyball Program year.

**PROTESTS:** Protests can only be filed and heard for a misapplication of a playing rule OR for player eligibility.

## **1. Protests for a Misapplication of a Rule:**

- PROTESTS Must be brought to the attention of the official and opposing coach / Captain AT THE TIME of the alleged infraction.
  - The Point of Protest Time and Situation Must Be Clearly Noted in the Both Scoresheets
  - The Officials MUST sign the scorebook (signature is to acknowledge protest, not an agreement of protest)
  - The Game / Match resumes from point of protest interruption after the protest is recorded
  - The Protest MUST be reported to CYO the next business day by the Protesting Coach / Coordinator and Official
  - A Protest may be rescinded by the protesting team at the end of the game

JUDGEMENT CALLS MADE BY THE OFFICIAL ARE NOT PROTESTABLE

## **2. Protests for a Players Eligibility (See Roster Section)**

- Protests on player eligibility must be made directly to the CYO Office Compliance Department during the regular season and / or playoffs within 48 hours of the contest between the two teams involved to be heard.

FOR A PROTEST TO BE HEARD:

A letter outlining the protest along with a protest fee of \$ 100.00 must be submitted to the CYO Office.

**The Line-Up and the Score sheet from the Protested Contest MUST BE SUBMITTED by BOTH Team involved in Protest**

- All properly filed protests will be reviewed and decided upon by the CYO Athletic Committee. If a protest is upheld the protest fee will be returned.

**NO PROTEST WILL BE REVEIUED WITHOUT THE PROPER DOCUMENTATION AND PROTEST FEE SUBMITTED**

**THE GAME:** A Coin toss at beginning of first game gives winner choice to serve or receive. The visitors get first 4 minute warm up. The home team, prior to the match picks the side. Teams change sides of court after each game. Serving team for games 1 and 3 will be the same.

Time Outs: Each team is entitled to a maximum of two timeouts per set. A timeout lasts a maximum of 75 seconds.

**RALLY SCORING –League Play ONLY:** Three games of 25 points with 30-point cap (ALL GRADES)

**GAME TIME/FORFEIT TIME:** If a team does not have 6 players to start a set/game, a forfeit shall be declared on all 3 sets/games. A team must have 6 players on the court for all 3 games at all times. Anything less will constitute a forfeit loss of the match.

- Scheduled game time does not include 8 minutes (4 each) full court warm up time. Arrive a “minimum” of 20 minutes prior to your scheduled game time.
- Forfeit Time is 15 minutes after scheduled start time.

## **OFFICIALS:**

**Officials are to check and sign Both teams line up sheets with the Team Roster portion (player's names and numbers) filled in prior to the start of the match. Before the start of EACH game (3 in total), check and initial the lineup sheet.**

- **REGULAR SEASON:** 1 official assigned each game
- **PLAYOFFS & CHAMPIONSHIP:**
  - 5th, 6th grade - 1 official
  - 7th, 8th, Tyro and Senior - 2 officials
  - Championship: - 2 officials all grades

## **HOME TEAM RESPONSIBILITIES:**

The Home Team is the Official Score Sheet. They also provide the OFFICIAL game ball (spherical with lace less leather or leather-like cover of 12 or more pieces of uniform light color, with or without a separate bladder weight 9-10 oz.) and visible scoreboard. Ground Rules for facility MUST be at scorers' table before the first game.

## **SCORING AND LINE JUDGES:**

**Both Teams MUST provide a score keeper**

**Each team MUST provide 1- line judge (adult)**

- If no adult linesperson is available, in Tyro/Senior Levels only, a team player may be used.
- If necessary, this linesperson may be replaced and then used as a legal substitute for her team. (This should be done infrequently.)

## **LINEUP SHEETS:**

See Page 1 and the attached documentation.

## **UNIFORMS:**

All uniforms should be in keeping with standards of the sport. NO JEWELRY or wrist (sweat) bands are to be worn. Religious/medical medallions must be removed from chain and taped to the body. Numbers must be on front and back of the uniform shirt. Parish name must be on uniform.

## **NET HEIGHT:**

### **Girls**

- 5th - 8th grade – 7'
- Tyro/Senior – 7'4 1/8"

### **Boys**

- Middle School: 7' 4-1/8"
- High School – 7' 11- 5/8"

## **THE BALL:**

- 5<sup>th</sup> grade only will use the "Volley-Lite" or similar, with a weight of 7 to 8 oz., serving lines will remain the same as listed in these modifications.

- 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, Tyro and Senior levels of play: Official size and weight of Volleyball is to be used. Official ball may be all white or multi colored as long as 1/3 is white or very light color. No 12-under ultra-lite balls are permitted.

## **SERVING**

The server is allowed only 1 re-toss per serve as long as the first attempt was a bad toss that was allowed to drop (untouched) directly to the floor. A player shall not be allowed a re-toss if the official deems a bad toss to be part of his/her serving routine.

(Line Distances):

### **Girls**

- 5th 23 Feet
- 6th 25 Feet
- 7th 27 Feet
- 8th, Tyro/Senior 30 Feet

### **Boys**

- Middle School Division – 27'
- High School Division – 30'

**OUT OF BOUNDS SPACE:** If there is a limited out of bounds space, serving area shall be at least 6'6" from end line. (Equal on both sides.)

**LET SERVE" RULE:** Will be in effect for all grades.

**QUIET ON THE SERVE:** CYO practices the "quiet on the serve" policy. Officials are instructed to issue a "play over" if in their judgment chanting/taunting is used to disrupt the server.

### **LIBERO: (High School Only)**

The option to use Libero is allowed in Tyro and Senior. Libero player needs a special uniform top. Major color of their shirt should be distinctively different from all other players with number on front and back.

- Any Tyro or Senior team planning to use a libero player MUST supply a trained "Libero-Tracker", with an official libero tracking sheet, to be seated at the score-table during play. No scorekeeper may be allowed to keep the official scorebook and at the same time act as a libero-tracker.

## **REPORTING SCORES/GAME RESULTS:**

League play is the best of 2 out of 3 sets/games. All three sets/games must be played to constitute a complete match (3<sup>rd</sup> game is mandatory). The win/loss record determines standings. **Scores are to be reported as 1-0, 0-1; points are not awarded for individual games/sets, rather the complete match.**

- Both Coaches **MUST** report scores to the CYO office within 72 hours of the contest. Scores not reported within 72 hours will result in a double loss (0- 0) for both teams.
- **FORFEITS MUST BE REPORTED DIRECTLY TO THE CYO OFFICE BY PHONE OR EMAIL WITHIN 24 HOURS OF SCHEDULED MATCH.**

To report scores coaches must create a TeamSideline account (if they do not already have one) using the same email that your coordinator registered your team with and sign in. (Coaches will receive the game score email at games end which is an hour and 15 minutes after the scheduled start time –an additional email(s) will be sent within 24 hours and 48 hours from end of game if the score is still not reported.

**To Report Games through the Auto Coach Scoring Email:**

- Once you have received your *Auto Coach Scoring* email, click the "Score This Game" link.
- This will take you to the "Score This Game" page.
- On the "Score This Game" page, type in the scores.
- Click the *Score* button.

**IF you don't receive the Email:**

- Sign into your TeamSideline account make sure you are on the My Account Page.
- Click the name of the Team who's Games you wish to Score.
- Scroll down until you see desired Game and click on the pencil icon.
- Type in the scores.
- Click the *Score* button

**RESCHEDULES/TBD (TO-BE-DETERMINED) GAMES:**

There are only three reasons for a game cancellation:

- inclement weather
- a parish religious event
- loss of facility

If a scheduled game date is moved without CYO approval, both teams will receive a forfeit. Officially postponed games or TBDs should be rescheduled by the coaches within 2 weeks.

If it becomes clear that an opposing coach is NOT cooperating in rescheduling a game, Coach/Coordinator **MUST** contact the CYO Office to advise us ASAP.

For an APPROVED reschedule or a TBD game, COORDINATORS **MUST** contact the CYO office to verify the new date/time/site for the assignment of officials.

Unscheduled/TBD games must be scheduled by the required date as listed on the CYO Program Schedule. Unscheduled Game TBD's will appear on your schedule in 'WEEK 1' as 'TBD' for the date.

**FORMS TO BE USED FOR ALL CYO VOLLEYBALL GAMES:**

**The Attached forms are to be copied and filled out and used at ALL CYO Volleyball Matches. These forms should be signed by the official and saved the entire for the season.**

- **The CYO Volleyball Line up sheet**
- **The CYO Volleyball Score Sheet**
- **Libero Form (For High School Only)**
- **Only for Playoffs- Deciding Score Sheets- 25 Point Match (13 Point Change Sides)**

## **PLAYOFF INFORMATION**

(See CYO Program Schedule for playoff and championship dates)

**Boys playoffs are TBD based on team registrations.**

**Playoff dates, times, and locations are a direct result of the gym time provided by participating parishes**

*The CYO Playoff Brackets are published on the CYO website [www.cyoli.org](http://www.cyoli.org) under Team Schedules. The CYO Playoff brackets are subject to change by the CYO office only for Loss of Facility, or Inclement Weather makes travel hazardous. All parish religious events MUST be identified to CYO prior to the Brackets being published.*

**NOTE: The “Home” team in playoffs is team listed on top of bracket.**

### **PLAYOFFS:**

- ALL Coaches MUST have attended the CYO Coaches Sanctioning Workshop and have submitted their CYO Sportsmanship Ballot to qualify for CYO playoffs.
- Two forfeit losses will eliminate a team from playoff contention, NO Exceptions

### **QUALIFICATIONS:**

- **B League:** Top 3 teams in each league will advance to playoffs.
- **A League:** Top 3 teams in each league will advance to playoffs and all teams with record of 5 Match wins or better advance to playoffs.  
Top 4 Teams will qualify if a division consists of only one league in both A & B regardless of Number of Wins

### **DETERMINATIONS: Playoff Rankings are determined by:**

#### **1) Wins**

#### **2) Completed schedule** (90 % minimum to qualify; ((9/ 10 games)) with a completed schedule 100 % superseding 90% schedule played)

- Ex: Team 1 final record of 8-2 (100 % complete) beats Team 2 final record @ 8-1 (90% complete) Teams head to head record not applicable, since Team 1 complete their schedule and Team 2 didn't.

#### **3) Head to Head**

- (Two + teams with same # of wins and same % of Completed Schedule, with at least 90% minimum to qualify)

#### **4) If all 3 criteria above are equal, seeding will be determined by a coin toss.**

**Exception** – In the event of a tie for the final playoff position, where head to head does not produce a clear determination, an out-of- bracket playoff game(s) will be played to determine who will enter the playoffs in the final position.

In the event of a tie involving 3 or more teams, CYO Office Policy will determine proper procedure.



## **PLAYOFF PLAY:**

The best 2 games out of a 3 games match, 3<sup>rd</sup> and deciding games only played if needed. Teams MUST win by 2 points, with no points cap on playoff games.

### **Team in the Top Bracket:**

- Has the choice of starting bench
- Gets to call the coin toss to start the match (heads / tails)

### **Team in the Lower Bracket:**

- Gets to warm up first (4 minute warm up)
- Gets to call coin toss if there is a 3<sup>rd</sup> and deciding game (heads / tails)

**Teams will change sides after game #1**

### **If there is a 3<sup>rd</sup> Game:**

- The team that wins the coin toss can either choice to serve to start the game OR can chose the side they want start the 3<sup>rd</sup> game on
- Teams are to switch sides at 13 points in the 3<sup>rd</sup> game only (Teams change sides moving counter clockwise to other side)
- Special “Deciding Game Score Sheet” to be used

## **5th & 6th GRADE MODIFICATIONS:**

Only serving team rotates, not opponent. If server is not rotated after 5 points, any additional point(s) will be deducted and the next legal server on the same team will rotate to begin her term of service. This situation is considered a scorer’s error and can be easily corrected (DO OVER)

If the server has served several points (less than 5) and she is substituted for, the sub (s) can finish the 5 maximum serves allowed in that rotation and then the serving team must rotate.

## **5th – 8th GRADE MODIFICATIONS:**

1. Players can serve off their hands.
2. **The server is allowed only 1 re-toss per serve as long as the first attempt was a bad toss that was allowed to drop (untouched) directly to the floor. A player shall not be allowed a re-toss if the official deems a bad toss to be part of his/her serving routine.**
3. The server must contact the ball for service within five seconds after the first referee authorizes service.

## **TYRO/SENIOR MODIFICATIONS:**

The Tyro/Senior Division will play NCAA Women’s Volleyball Rules (CYO does not play the “pursuit rule”).