

## 2019-2020 CYO VOLLEYBALL RULES OF NOTE

The National Federation Volleyball Rulebook (together with the companion National Federation Volleyball Case Book and Manual) will be the official rules, unless superseded by the Oakland Diocese CYO Bylaws, or rules exceptions established by the Girls' Sports Council, or local CYO league rules. **Reminder:** National Federation rules differ in some important respects from USAV or "club" rules. CYO does not follow club volleyball rules.

### VOLLEYBALL RULES

**BALL CONTACT ANYWHERE ON BODY:** National Federation rules allow the ball to contact any part of the body (head, foot, leg, etc.) As long as no other rule is broken (double, lift, etc.) a ball contact with any part of the body is legal and acceptable.

**RE-SERVE:** After a player tosses the ball to serve, the player can then let the ball drop, catch the ball or let the ball hit them. A player can also swing and completely miss the ball. As long as they do not swing at the ball AND the ball hits them in some way, the referee shall call a "re-serve" and the server shall be allowed to attempt serve again with out penalty. The player may only re-serve ONCE per turn of service, however. If the player re-serves a second time within the same turn of service, the loss of rally/point should be awarded to the opposing team. A turn of service includes all the serves until the player rotates again to the server position.

**Example 1:** The server swings and misses the ball, which drops to the floor. RESULT: Re-serve

**Example 2:** The server swings, misses and the ball contacts her shoulder. RESULT: Illegal serve, loss of rally/point.

**Example 3:** The server lets the tossed ball drop to the floor. RESULT: Re-serve

**Example 4:** The server catches a bad toss. RESULT: Re-serve

**Example 5:** The server tosses the ball, then lets it drop without swinging at it but it touches the server's knee as it drops to the floor. RESULT: Re-serve

**DOUBLE HIT:** A double hit is ALWAYS allowed on the first contact of a team's three allowed contacts. So whether the player is returning a serve, defending against an attack (spike) or just passing a free ball sent over by the opposing team, a double hit is allowed. It does not matter whether the player committing the double hit is attempting to pass the ball with a forearm pass or trying to set the ball with her hands, a double hit can NOT be called on the first contact. If the player lifts or carries the ball or commits some other infraction, those will still be called.

**UNDER THE NET/OVER CENTER LINE:** A player may touch the floor across the centerline with one or more hands or feet as long as at least part of the foot or hand is on or above the centerline.

**NET VIOLATIONS:** A player may not make contact with any part of the net. It is not a violation of a player's hair contacts the net, and it is not a violation of the force of the ball hitting the net causes the net to contact a player.

**SIX PLAYERS:** A team must begin play with a minimum of six healthy, uniformed players. If a player(s) is lost after the start of the game, play may continue. Each time the absent player(s) position would have served, the opposing team shall be awarded a loss or rally/point.

**Exception:** By individual league rule, leagues may allow a game to start with five players.

**SUBSTITUTIONS:** Substitutions may be made on any dead ball. A substitute or re-entering starter may enter (or re-enter) into only one spot in the rotation per set.

**2015-2016 Rules Change:** Substitutions occurring during a time-out shall now be made at the end of the time-out in the set and follow the normal exchange procedures

**Example 1:** Starting lineup of A-B-C-D-E-F. After minimum play, Player G substitutes for Player F. Player F can only re-enter the set by re-entering for Player G.

**Example 2:** Starting lineup of A-B-C-D-E-F. After minimum play, Player G substitutes for Player F. Player H then substitutes for Player G. Player F can then re-enter, but must only enter into Player H's spot in the rotation.

**Example 3:** Starting lineup of A-B-C-D-E-F. After minimum play, Player G substitutes for Player F, then Player F reenters the set in Player G's spot in the rotation. Player G can NOT substitute into any other spot in the rotation other than Player F's spot.

**JEWELRY AND HAIR DEVICES:** Jewelry shall not be worn by players during warm ups or competition, including pierced earrings and posts. Medical-alert bracelets are not considered jewelry and must be taped to the body and may be visible. Religious medals are not considered jewelry and must be worn under the uniform and taped to the body. Hair devices, made of soft material and no more than 2 inches wide may be worn. Bobby pins, flat clips and flat barrettes, unadorned and no longer than two inches are also allowed.

### **SPECIAL NOTES ON THE CYO ALL PLAY RULE**

#### **FOR TEAMS WITH 12 OR FEWER GIRLS AT THE MATCH:**

If a team has 12 or fewer girls present and available to play at the match, the rule is simple: ALL the girls that do NOT start set #1 MUST start set #2. This is true EVEN IF the SET #1 non-starters were already substituted into set #1 at some point.

#### **FOR TEAMS WITH MORE THAN 12 GIRLS AT THE MATCH:**

If a team has 13 or more girls present and available to play at the match, then NONE of the set #1 starters are allowed to start set #2. The starters for set #2 must be made up entirely of girls who did not start set #1. As for the additional girls who do not start set #1 or set #2 (because the team has more than 12 girls), those additional girls must play a "substantial amount" of time during set #1 and/or set #2. **You cannot HOPE for a 3<sup>rd</sup> set and HOPE to play the non-starters in the 3<sup>rd</sup> set.**

In all situations in set #1 and set #2, all starters must play until either team reaches 12 points before substitutions are allowed. There are no limitations for substitutions in the 3<sup>rd</sup> set of a match (other than standard volleyball rules).

**Example 1:** Team with 9 girls: A-B-C-D-E-F-G-H-I. If A-B-C-D-E-F start set #1, then girls G-H-I must start set #2, even if they also were substitutes after 12 points into set #1.

**Example 2:** Team with 14 girls: A-B-C-D-E-F-G-H-I-J-K-L-M-N. If A-B-C-D-E-F start set #1 (and therefore play the first 12 points), they CANNOT start set #2. Assuming G-H-I-J-K-L start set #2 (and therefore play the first 12 points), then M and N are expected to play a substantial portion during the 1st and/or 2nd sets of the match.

The CYO All-Play rule does not alter the existing substitution rule that provides that a substitute or re-entering starter may enter (or re-enter) into only one spot in the lineup per set.

**Latecomers:** If a girl arrives late for a match but before the start of set #2, (and the team has 12 or fewer girls, counting the latecomer), then the latecomer must START set #2 (along with the other girls who did not start set #1). If the team has 13 or more girls (counting the latecomer), then the team can start any 6 girls who did not start set #1, and the remaining girls must play a substantial amount of time during set #1 and/or set #2). If a latecomer girl arrives after the start of set #2, no all play requirement shall apply to the latecomer. The coach (in his or her discretion) can play or not play the girl.

#### **CONSEQUENCES FOR VIOLATION OF ALL PLAY RULE:**

It is our sincere hope that we do not have ANY violations of the CYO "all play" rule, because the rule reflects the core values of CYO. All coaches (from BOTH teams), scorekeepers and referees should endeavor to bring potential or actual "all play" issues to the attention of the head referee as soon as they are identified to allow any mistakes to be corrected before play begins and an infraction occurs. Scorers, game officials and coaches should carefully monitor players for compliance. The CYO rules provide that a flagrant violation of the "all play" rule may result in forfeiture or other penalties as determined by the league.

### **CYO RULES**

**CYO CODE OF CONDUCT:** The CYO Code of Conduct describes expected positive behavior from players, spectators and coaches, and provides penalties for poor conduct. (CYO Athletic Manual, p. 4 - 5)

**RESTRICTIONS ON MATCH AND PRACTICE TIMES:** There are restrictions on match times and practice times. No matches or practices are allowed to begin before noon on Sundays and may not be scheduled to conclude after 10:00 p.m. on school nights. (CYO Athletic Manual, pp. 15 -16, 18)

09/01/2019

