



CYO Girls Volleyball Rules

(Archdiocese of Newark 2020-2021)



Definition: Volleyball is a game played by two (2) teams of six (6) players each with an inflated ball on a rectangular court separated into two areas by a net. One team serves the ball over the net trying to make it land within the opponent's playing area. The receiving team attempts to return the ball over the net in such a manner that it will land within the opponent's playing area. Only the serving team scores points.

Roster & Eligibility:

1. **This League is a GIRLS ONLY Volleyball League. It is NOT CO-ED. Boys are NOT permitted on any teams!**
2. The league recommends that each team should be composed of no more than fifteen (15) players.
3. No player on the 7th & 8th grade team can reach her fifteenth birthday prior to September 1st.
4. No player on the 5th & 6th grade team can reach her thirteenth birthday prior to September 1st.
5. All players MUST be in grammar school and MUST attend either the parish school or the parish religious education program (CCD) of your school. **(Parish School is defined as by the location of the school building.)**
6. Players are not permitted to move up or down on different rosters or to fill a roster spot. Even if a program has multiple teams within a division.
7. Each team MUST submit team rosters before league play begins or by the date requested by the league.
8. NO additional players can be added to a team's roster ONCE it is turned into the League by a date chosen by the league.

Coaching Eligibility

- All coaches must be at least 21 years of age.
- Anyone between the ages of 18-20 may help a coach—but SHOULD NOT be given the title of Assistant Coach and cannot sit on a team's bench.
- Scorekeepers / Clock keepers MUST be at least in the 9th grade. Nobody is permitted to coach from the scorer's table.
- This means no one under the age of 21 may sit on a team's bench unless they are a player on that specific team's roster.

The Game:

Net height: 7'4 1/8"

Number of players on the court per side: 6

- **Scoring:** RALLY SCORING point system will be used on both levels (JV & Varsity).
- **Varsity (7th & 8th grade) & JV (5th & 6th) Level**— the first two matches will be played to 25 points. The 3rd match will ONLY get played if the teams split the first two matches and is needed. (Best of 3).
- **Termination of game:** a team who scores 25 (Varsity & JV) points and is at least 2 points ahead wins. If leading team does not have a two-(2) point advantage, play shall continue until one team has a two (2)-point lead.
- **Forfeited game:** a score shall be 15-0 if the match has not started. If game is in progress, offending team shall be awarded their acquired points and the opponents will get at least 15 points with enough for a two (2) point advantage. Referee shall declare a forfeited game if a team fails to play when directed to do so and properly warned.
- **Suspended game:** If match is suspended due to power failure or other unforeseen circumstances, it may be resumed from the point of suspension, unless the CYO Office determines otherwise. The score and line-up will be the same when it is resumed as it was at the moment of suspension.
- **Serving area:** The serving area was changed to include the entire area behind the end line, from sideline to sideline. This allows better transition for the server in moving from the serve position to their position back on the court during play. In addition, it eliminates the former positioning disadvantage for a left-handed server. It strengthens the serve as an offensive play as the server may now move to their left or right to reduce their personal margin of error in serving.
- **Out of bounds:** includes: the wall, floor objects and official on the floor outside the court; the net completely outside the vertical tapes and poles, (the boundary lines and vertical tapes themselves are not out of bounds); the ceiling or objects suspended from the ceiling; a ball striking the ceiling or an overhead obstruction (except on serve) shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net extended occupies by the team which played last and provided the ball is legally played next by the same team.
- **Serving:** Players may not touch the back-end line when serving. The server must contact the ball within 5 seconds after the referee whistles for service. For each server an initial serving error will be allowed, but no others will be allowed after the ball has been put into play. If the ball, after having been tossed or released by the server lands

without touching the player, it is considered a reserve. After the service tossing error, the referee must authorize the service again. One service tossing error is permitted for each service.

Pre-Game Protocol:

- Prior to the start of the game players should stand at the end line and when instructed by the referee they should walk down the sideline to the net to greet the opposing team.
- After the 1st game teams change sides, players go to end line, wait to be instructed to change sides by walking down the sidelines and **MUST** go around the outside of the net. If the 2nd game determines end of match players go to the end lines wait to be instructed, all players walk to the net via the sideline and congratulate the opposing team.

Pre-Game Roster and Line-up:

- Team warmups times are 7-7 Home team goes first gets (7) seven minutes, then visitor team gets (7) seven minutes. Each team gets the entire use of the floor to perform their seven (7) minute warmup. **All of this is if time permits. Warm-up time may be shorten depending on time constraints.**
- Your lineup card **MUST** be ready and at the scorer's table at least 2 minutes prior to the start of the match in serving order. **NO** changes will be permitted after it is turned in.
- State of game /match a coin toss shall be conducted between captains. The winner gets to choose to serve.
- Between games, the scorer shall be informed of any changes if any in the starting line-up.
- Pre-match conference must take place prior to play and to include official, coaches and captains.

Playing the Game

Position: Left Front, Middle Front, Right Front
Left Back, Middle Back, Right Back

- All players except the server shall be within the team's playing area at the time of the serve. All players shall be in correct serving order.
- After the ball is contacted for the serve, players may move from their respective positions. When the serve is awarded to a team, that team rotates clockwise one position.
- The player in the right front position rotates to the serving area. The first server of the game is the player in the Right Back position. Thereafter, when a team is awarded a side-out, the player in the Right Front position rotates to the serving area. The team not serving first in the previous game of a match shall serve first in the second game.

Penalties for illegal positioning:

- For illegal alignment, point side out is awarded to the opponents for: a) Overlapping by players other than the server and out of position for opponents of server; b) For players on the serving team being out of order, point side out shall be given to opponents (up to referee after proper warnings). Any points known by the official scorer to have been made on this turn of service before error shall be canceled; points scored by the serving team while opponents were in error are not lost.

Termination of game:

- A team, which has scored 25 points and has at least a 2-point advantage, is the winner.

Standings:

- The winning team will report outcome of Matches. Records will be kept by Matches and by Games/Sets.
- The reporting format will be as follows: Date, Home Team vs. Away Team, Set 1, Set 2 and Set 3.

Timeouts:

- Each team will be given two (2) time outs per game – 1 minute each time out.
- If you call a 3rd timeout you will be given a yellow card and sit out the rest of the game.
- If a 4th is called, you will get a red card and be ejected

Serve:

- A legal serve is contact with ball to initiate play. If the ball hits the net it is legal.
- Ball shall be contacted within 5 seconds of signal to serve.
- For a serve before a referee's signal, a replay shall be called unless in the judgment of the referee, it was a deliberate act.
- A server must be within the imaginary marks of the extended volleyball courtside and end lines at all times prior to serving the ball.
- A serve is illegal when the ball...

1. Touches the floor on the server's side of the net.
 2. Touches one of the server's teammates.
 3. Touches or passes under the net.
 4. Is swung at and missed.
 5. Touches the ceiling.
 6. It is not served within 5 seconds.
 7. Player commits a foot fault – player may not step on or over the boundary line at serve.
- **Special Serving Line 5th & 6th Grade Division ONLY, The serving line will be set back 23' feet from the mid-court line. Hosting gyms must have this line visible (Painters type). This rule is ONLY utilized during the Regular season.**
 - **Any 5th & 6th Grader serving overhand or side armed, MUST move back to the backline.**
 - For the 5/6 level if a server starts before the end line, they must not go over the line prior to serving the ball
 - **For All playoff and Championship matches all players MUST serve the ball from the Regulation Serving Line.**

Simultaneous contacts:

- When a player contacts the ball with two or more parts of the body at the same instant, it is permitted and considered one hit on a serve receive. When teammates contact the ball at the same instant, it is permitted and considered one hit. Either player involved is allowed to participate in the next play. When opponents contact the ball at the same instant, the player on the opposite side of the net from which the ball falls shall be considered the players to have touched the ball last. The other player may participate in the next play and the simultaneous contact shall not be counted as one of the three legal hits.

Net Play:

A. Reaching over the net is permitted during:

- The follow through of a hit made on the player's own side.
- An attempt to hit.
- A fake hit.
- A block or an attempt to block.

B. 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 completed when:

- The attacking team has had the opportunity to spike the ball or in the referee's judgment directs the ball with intent to return it to opponent's court.
- The attacking team has completed their 3 allowed hits.
- The ball is falling near the net, and in the referee's judgment, no member of the attacking team could reasonably make a play on the ball.
- The ball is served.

Line boundaries are good hits

- Team Hits: Each team is entitled to a maximum of three hits to return the ball to the opponents. Team hits include not only intentional hits by the player, but also unintentional contacts with the ball. A block ball is not counted as a team hit.
- Ball in Play: The rally must begin with the referee's whistle. The ball is in play from the service contact which MUST take place within 5 seconds of the whistle.

Team Celebrations / Huddling

- NO huddling after a point is scored to celebrate or for any other reason during a match.

Official League Ball Requirements

- All teams and divisions MUST use the Official Tachikara SV-5WSC volleyball that carries the NFHS logo on the ball at all League matches.
- The listed Home team(s) or Host site is responsible for supplying the game ball.
- It is recommended that the Home team(s) or Host site has at least (2) two Official volleyballs on hand.
- They can be colored or all white.

Use of Libero Rule – Optional usage by team

- Libero can only replace a player in the back row and must enter the court behind the attack line
- Libero cannot overhand set for the attacker in front of the attack line
- Libero can overhand set for the attacker behind the attack line

- Whichever player the Libero replaces that player must return to the floor for the Libero in the proper rotation
- Libero can never be in the front row
- Libero does NOT count as a substitute
- If the Libero serves, it can only be for the numbered player for the entire game.
- The Libero cannot attack a ball if it is above the height of the net
- The Libero MUST wear an opposite color uniform that differs from their team and display a number front & back

League Schedule

- Each team will play two matches against each of the other teams. Unless the league makes the decision to change the number of required times you must play each other within each division.
- If for any reason you need to cancel a match you must call the other team's coach within 48 hours prior to the schedule game.
- The Home team must notify the League Assignor of the cancellation.
- If a match is canceled without sufficient notice and the officials are already in transit or on site the team who caused the cancellation must refund the official for half of their fees. (\$25.00 per official).
- If a match is going to be canceled due to poor weather conditions, it falls on the hosting team and all the respective coaches to coordinate with each other. Archdiocesan CYO Office will only be a part of the decision process during the playoffs.
- Cancellation of any match must be avoided at all times.

League Play

1. There will be a three-minute (3) intermission between games (only if time permits).
2. All other high school rules will apply.
3. Each team is only permitted a maximum of four (4) coaches on their team's bench. Only the Head coach is allowed to stand within the coach's box. Assistant coaches must sit at the head of the bench unless they are giving medical care to a player.
4. Each team is responsible for paying the officials assigned for each game. The cost is split evenly \$50. (\$25 per team)
5. The League Assignor must assign each official. ***There are NO Exceptions to this rule!***
6. Starting times for games will be as noted on the schedule for all games.
7. A game will result in a forfeit once ten minutes have passed after the scheduled start. Unless notified in advance.
8. The home team is the official book.
9. Both Head Coaches MUST initial each other's scorebook as well as the Official.
10. No jewelry permitted.
11. Line Judges must be used at every match and Judges must be at least of High School age. **However it is strongly recommend that each team try to obtain an adult or someone over the age of eighteen (18).**
12. No gum chewing.
13. No food is permitted on team benches. ONLY WATER BOTTLES FOR TEAM MEMBERS ARE ALLOWED, COACHES MUST CONTROL WATER BOTTLES.
14. **Each team must play 100% of their regular schedule season games to be eligible for the playoffs.**
15. In situations where a team has elected to forfeit rather than play a scheduled game, please note:
 - a. Forfeiting a game and 'taking a loss' violates the rule above that requires a team to play 100% of their regular season games to be eligible for the playoffs. Electing to forfeit a game instead of playing the game automatically makes the forfeiting team ineligible for the playoffs.
 - b. A team that has an opposing team forfeit a game to them will be awarded a Win in the standings. This 'forfeit win' will NOT impact that team's eligibility for the playoffs": If the team would have been eligible for the playoffs before their opponent forfeited, they will continue to be eligible despite technically not having played all of their games.

League Fees

- The CYO League fee is \$175.00 per team. Checks should be made payable to the "Archdiocese of Newark"

Admissions

- Charging admissions into matches is optional, it is a programs decision. The CYO recommends a fee of \$2 per adult and \$1 per child, of school age.
- Player & Coaches are NOT charged any admission fees.

Uniform:

All players on a team shall wear like color uniforms consisting of shirts and shorts. No jeans will be allowed. Proper sneakers or tennis shoes are required (no street shoes, boots, etc). A number on the uniform top shall identify each player, which is not a duplicate of a teammate's number.

Coach/Player Conduct

1. Any player who fights before, during or after a game as determined by the game official will automatically receive a two (2) game suspension. The suspension will begin immediately. If the regular season ends on a suspension the suspension will continue into the playoffs. Both coaches must notify the league of the occurrence.
2. If any player is ejected two (2) times during the season for fighting than that player is out for the entire season.
3. A coach or player who is ejected from a game will be suspended for (2) two-league game. The suspension will begin immediately. If the regular season ends on a suspension the suspension will continue into the playoffs or onto the next season. Both coaches must notify the league of the occurrence.
4. Any coach ejected from a game because of unsportsmanlike conduct (technical, ejected, conduct on or off the court while representing their team) will be suspended for the next two games and may be subject to additional penalties as deemed appropriate by the OYYAM.
5. Any coach who physically or verbally abuses another person may be suspended for the remainder of the season and may be disqualified from all further OYYAM CYO Athletic Programs.
6. Any coach who physically or verbally abuses an official during or after a game is suspended for the remainder of the season and is disqualified from all further OYYAM CYO Athletic Programs.

Spectator Rule

1. If during the course of the game, it is determined by an official that a spectator or player is misbehaving in an unsportsmanlike manner both Directors / Coaches must take appropriate action to help control and or remove that spectator based on the official's suggestion.
2. Directors and Coaches please help and work with each other in resolving problems with spectators regardless and players whose team they are affiliated with.
3. Spectators are the Coaches responsibility – any issues with Referees/Parents need to be handled by the respective Coaches and Program Director/AD.
4. Spectators need to be in a seat – they cannot stand on the lines or with the players

All Play Rule

The “**All Play Rule**” guarantees each young person that sits on a team's bench at a game is guaranteed a **minimum** amount of playing time for the entire season. The season is defined as Regular Season, Playoffs and Championships. This is for all Grammar and High School CYO Sports.

The **ONLY** exception to the All Play Rule would be if in fact a player has a pre-known medical condition that would reduce the amount of time that a player could in fact possible play. This pre-known medical condition would in fact need to be conveyed to the OYYAM office prior to the start of the first scheduled game of that sport **OR** if in fact the player is injured during the course of the actual game and cannot return to play.

For VOLLEYBALL

In Volleyball, the minimum playing time shall be that **all players must play within the first two matches of every game in the season.**

If you have more than 12 players available to play for a given contest, each player must be on the court for a minimum of six (6) serves.

If you have 12 players or less available for a given contest, each player must be on the court for a minimum of ten (10) serves.

In either case, if a player does not participate in the first match, that player must start the second match and fulfill the entire All Play requirement prior to being substituted.

VIOLATION OF THE ALL PLAY RULE FOR ALL SPORTS

Athletic Directors, Pastors or Principals shall monitor their program's coaches for compliance in regard to the All Play Rule. Violation shall be a breach of the spirit of CYO Sportsmanship and the following penalties shall be imposed.

- 1) This rule serves as your warning.
- 2) 1st offense results in a forfeit of the game. A one (1)-game suspension of the teams Head Coach for the teams next game. Should the infraction occur on the last day of the season then the suspension will carry over till the next season.
- 3) 2nd offense results in a forfeit of the game. Head Coach is suspended for the remaining season. If the offense should occur on the last day of the season, the suspension will carry over to the next season. The team is disqualified for the playoffs