

CYO VOLLEYBALL OFFICIAL RULES AND REGULATIONS

RULE I - PLAYING AREA

- A. **COURT** - The playing surface shall be a rectangular court 60 feet long and 30 feet wide, including edge of lines, free from obstructions, and having a height of 30 feet (recommended) which is free from apparatus or other obstructions or projections. A ball striking the ceiling or an overhead obstruction shall remain in play provided the ball, the ceiling or the side of the net is occupied by the team which played last.
- B. **BOUNDARY LINES** - The boundary lines of the court shall be two inches in width. These lines on the short sides of the court shall be termed the end lines; those on the long side, the sidelines.
SPECIAL NOTE - A player may touch a non-playable area such as the team benches, officials' table, bleachers, etc, provided she does not break the plane of the area or gain an advantage.
- C. **CENTER LINE** - There shall be a centerline, two inches in width parallel to and equidistant from the end lines.
- D. **SERVING AREA -POWER SERVES-** The serving area shall be behind the end line and from sideline to sideline. This serving area will be used for all **56 A, Cadet and High School Leagues.** The 56B, 56C and 4th grade leagues may also use this area.
SPECIAL NOTE - The serving area for **56B, 56 C and 4th grade leagues** will always extend into and be marked on the court, 8 feet from the end line. This allowance is meant to permit the younger, less experienced player a fair opportunity to serve the ball into play on a consistent basis. **It should be noted that players who use the shorter serving line, must use the serving area along the right sideline and must serve the ball in an underhand motion only.** No overhand or sidearm power serves will ever be permitted from the shorter serving line. **A server using the shorter serving line may start behind the end line and come into the court.**
- E. **Ten-Foot Line (Spiking Line)** - There shall be a 10 foot line two inches in width, 10 feet from the center line and parallel to the end lines. Measurement of the 10 feet shall be from the middle of the centerline to the middle of each 10-foot line.
- F. **Visible Scoreboard** - (This is recommended) - A visible scoring device shall be part of the equipment for an official game. The scoreboard shall be in a position which is visible to the teams and spectators.

RULE II - NET

The net shall be an official volleyball net, 3 feet wide over-all and 32 feet in length when stretched. It is to be stretched tightly by the four corners between the walls or uprights, which are to be used, and which must be entirely outside the court. The net is to cross the court midway between the end lines and parallel to them, on a cable one-quarter inch in diameter. The cable is to be drawn tightly so that the top of the net is level and measures 7 feet 4 1/8 inches for grade school and high school leagues. Note, the cable is not a must, but the proper net height must be observed at all times. A vertical tape marker shall be placed on the net at the point directly above each sideline. The marker shall be two inches in width and parallel extended

from the top to the bottom of the net. **It is mandatory that net antennas be used. This will allow officials and linesmen to make in and out of bounds calls more accurately.**

Rule III - THE BALL

The recommended balls for use in the CYO volleyball leagues shall be the Mikasa or Wilson brand official volleyball obtainable at most sporting good outlets. However, any other official volleyball may be used.

Rule IV - Teams

- A. Number of Players** - In all official matches, teams shall be composed of six players for all levels of play. A team may not begin with fewer than five players for all leagues. There is **no** penalty (for example a side out) for using five players.
- B. Players' Numbers** - Each player must have clearly visible numbers on the front and back of the playing uniform. As with all other sports, all Volleyball players are to wear CYO emblems on their uniforms. This applies if regulation uniforms are worn and is to be affixed to the left front of the left leg. The CYO logo may also be **silk-screened** on the uniform shirt or jersey.
- C. Position of Players** - The positions shall be known by name, as indicated in the court diagram (i.e. left front, center front, right front, left back, center back and right back for all teams on the High School, Cadet, 56 and 4th grade levels.
1. 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. Circling that player's number on the line-up sheet should identify a team's first server of each game.
 2. The server shall serve within the designated serving area and not touch the lines bounding this area or the floor outside of this area at the instant the ball is contacted on the serve. A part of the server's body may be in the air over and beyond these lines.
 3. At the instant of contact on the serve all players must be within their own court. The feet of all players (other than the server) must be clearly beside the feet of those persons who are in adjacent positions on the same row or clearly in front or behind the feet of respective front or back line players.
 4. After the ball is contacted on the serve, the players may move from their respective positions. Players on the serving team shall not intentionally screen or obstruct their opponents' views of the server.
- D. Substitution – (substitutions shall be limited to 18 team substitutions per game.)**
1. The request for substitution can only be made by the coach during a dead ball situation. Only one request per team during the same dead ball is allowed and all substitutes from the same team must report at the same time. **Substitutes** go to the sideline between the attack line (the center line of that team's playing area) and stand opposite the player they are replacing. The substitute enters the playing area when instructed by the umpire. **No substitution shall be made after the referee has signaled for the next serve to begin. Coaches should stand up (in view of the referee) to call for a substitution.**

Substitution (continued)

2. The position of the substitute shall be that of the player replaced without change in the order of service. The substitute may enter the game for the server before or during the service.
3. A re-entering player shall not return to the game during the same dead ball during which the player was replaced. The re-entering player must assume the original position in relation to other teammates in the serving order, except in the case of injury when all squad members have played but none has played in the injured player's position. In this case, any substitute, otherwise legal, may re-enter at the vacant position, but the injured player shall not re-enter the game.
4. An injured player who is replaced by a substitute who has not previously entered the game at another position may re-enter the game.
5. In case of an illegal substitution, the offending player must be removed as soon as the error is discovered. If the team in error is serving when the error is discovered, all points scored by the illegal substitute must be cancelled and side-put shall be called. If the opponents have already served, the offending team shall incur no loss of points, a point shall be awarded in favor of the team offended.
6. In order for substitution to be less confusing for both teams, official score sheets and line-up cards are made available for all teams.
7. To insure that all players are allowed to participate in a particular game, be sure to put all players names on your score sheets and line-up cards before the start of each match. Be sure to include players that may be arriving late for a game.
8. Be sure that only coaches and game participants are on your respective bench during a game.

E. Mandatory Playing Time Rule

The following rule is intended to insure that all participants, regardless of their skill level, are given the opportunity to play in every match. **Any player that did not play in the first game of the match must be included in the starting line-up for the second game of the match.**

When a participant signs up for the CYO program they expect, and have the right, to play in all matches. Coaches need to respect all the young athletes if they are to have a rewarding experience in sports.

1. This rule is in effect for all CYO Volleyball regular season and postseason matches.
2. The CYO does not permit the cutting of players from team rosters

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3. All players listed on the official team roster and dressed for a game must play in each official match. It is up to each coach with the assistance of their scorekeeper to be sure each player has the opportunity to play at some point during a match, whether that match lasts two or three games.
4. Coaches do have the prerogative to exclude a participant from being in uniform and entered in the scorebook due to a disciplinary situation, an injury, absenteeism, personal, etc. In these cases, it is strongly recommended that the reasons for exclusion be discussed with the participant's parents. If a player is dressed for the game, they must play.
5. The substitution rules as outlined in the CYO Volleyball Official Rules and Regulations remain in effect.
6. Any coach who violates these rules may be subject to probation or suspension for a portion or all of the season. In addition, serious violations may be referred to the CYO Athletic Policy Committee for appropriate action. Depending upon the circumstances, rule violations could also result in a game being forfeited.

Rule V - Definition of Terms

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| A. | <u>Block</u> | A defensive play in which player(s) at the net attempt to interfere with the flight of the ball which is being returned by the opponents. |
| B. | <u>Dead Ball</u> | Ball that is temporarily out of play. |
| C. | <u>Double Foul</u> | Faults committed simultaneously or on the same play by players on opposing teams. |
| D. | <u>Foot Fault</u> | Server steps on or over the end line at the moment the ball is contacted. |
| E. | <u>Foul</u> | A fault for which a point is awarded. |
| F. | <u>Illegal Hit</u> | Ball visibly comes to rest momentarily on any part of the body above and including the waist. Ball touches any part of player below the waist. |
| G. | <u>Legal Hit</u> | Ball that is given immediate impetus with any part of the body above and including the waist. |
| H. | <u>Legal Serve</u> | Putting ball into play over the net into the opponent's court by a player positioned within the serving area. (A net serve is a legal serve.) |
| I. | <u>Match</u> | Contest between two teams in which the team first winning two games is declared the winner. |
| J. | <u>Opponent's Court</u> | Playing area occupied by a team's opponents. |
| K. | <u>Out of Bounds</u> | Any surface or object outside the court except a player in the act of playing the ball. |
| L. | <u>Own Court</u> | Playing area occupied by one's own team. |
| M. | <u>Point</u> | Scoring unit awarded to the team that wins the rally. |

- N. **Rotation** Act of shifting positions in a clockwise direction as shown in the court diagram.
- O. **Serving Order** Sequence of service of a team's players which coincides with the official method of rotation.
- P. **Side-out** Decision following the infringement of a rule by a team at which time service is awarded to the opposing team. When a side-out is awarded to a team, who then rotates one position clockwise.
- Q. **Term of Service** Server continues to serve until side-out is called.
- R. **Spike** A ball (other than a serve) which is hit forcibly from a height greater than the top of the net.
- S. **Time-out** Temporary suspension of play for purpose of rest, substitution, injury or use by officials.
- T. **Net Serve** A serve that contacts the net and goes over into the opponents court.

Rule VI - Play The Game

- A. **The Game** – Games shall be played to 21 points, and the winning team must win by two points (play to a 25 point cap) This shall be used for all games.
- B. **Scoring** - One point shall be awarded to the team that wins the rally.
- C. **Captain's Choice** - A coin shall be tossed for the two captains. The winner of the toss may choose to take either the first serve during the first game, or a choice of the court and choose to receive, the other captain then takes whatever choice remains. At the beginning of the second game, the team that received first in the previous game shall have first serve. When it becomes necessary to play a third game an official coin toss shall take place to determine the serve. (Refer to Exchange of Courts).
- D. **Exchange of Courts** - At the end of each game of the same match, teams shall exchange courts. In the case of a third game being played, the captain's and referee will meet immediately after the second game for a coin toss. The winner of the coin toss may elect to serve first or may choose a particular court or receive for the third game.
- E. **Ball Put In Play** - At the start of each game, the ball shall be put in play by the player in the right back position from within the serving area of his or her own court.
- F. **Serving Order** - The serving order must be followed by both teams. All six players for High school, Cadet, 56 and fourth grade levels must be included in any serving order.
1. Each player has one term of service each time the proper serving order is repeated.
 2. Service shall alternate as side-out is called.
 3. Whenever a service is interrupted by a time-out and not ended by a side-out, the player is not considered to have completed the term of service.

Re-Serve – *A re-serve shall be called when the server releases the ball or service and then catches it or drops it to the floor. This is only allowed one time per term of service. No time out is allowed or requested substitutions during a re-serve.*

- G. **Rotation** -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.
- H. **Legal Service** - The server may:
1. Hit the ball directly off the holding hand;
 2. Hit the ball after tossing it from the holding hand;
 3. Hit the ball with one hand, opened or closed;
 4. Ball must be served within five (5) seconds of referee's signal.
 5. During a re-serve the server is allowed (5) seconds after the whistle.

"Power Serve"

A side-arm serve will be considered a "power serve", therefore the end line must be used as the serving line and the player may not come into the court. No side-arm serves will be allowed from the shorter serving line.

- I. **Serving Out of Turn**
1. If a player serves out of turn, and it is discovered before a side-out occurs a point is awarded as soon as the mistake is discovered and any points made on the service before the error was discovered shall be cancelled. The serving order shall be corrected immediately.
 2. If the mistake in serving order occurs and is not discovered until after the opponents have gained the ball for service, but before they have begun to serve, the game shall be stopped and all points made by the improper server shall be cancelled. Their serving order shall be corrected immediately.
 3. If the mistake in serving order occurs but is not discovered until after the opponents have served, there shall be no loss of points and no penalty. On the first dead ball, the serving order shall be corrected immediately.
- J. **Playing the Ball** - The ball must be given immediate impetus at contact. A player may not hit the ball twice in succession except when there is simultaneous contact by opponents on the first hit or the first contact is an action to block. In these two instances the team's next play is considered its first hit. Multiple contacts are also permitted on any **first** team hit.
- K. **Contacts by Team** - The ball may be contacted a total of three times by a team before it is sent over the net.
- L. **Simultaneous Contact** - If two or more players of the same team contact the ball simultaneously, it is considered one play, and players involved may participate in the next play. This next play should be counted as an additional contact.
- M. **Ball Crossing the Net** -
1. The ball must pass over the net within the two antennas.
 2. if the ball touches the net on the return, it must touch the net on between the antennas and go over onto the opponent's court.
 3. A ball striking the net and going over is still in play. A served ball that contacts the net and goes over into the opponent's court.
 4. A ball is across the net when:
 - a. it has passed entirely over the net;
 - b. it is partly over the net and contacted by an opponent; or,
 - c. it is not over the net but is contacted by a blocker.
- N. **Net Play**
1. A ball may be recovered from the net provided the player avoids touching the net.
 2. If two or more players from opposing teams contact the ball simultaneously above the net, any of the players involved are eligible to participate in the next play, which shall be considered the first of three contacts allowed to the team.
 3. If one or more player(s) is attempting to block and is contacted by the ball, this player is eligible to participate in the next play, which shall be considered the first contact for that team.
- O. **Ball Touching Boundary Line**
A ball touching the boundary line is fair.
- P. **Dead Ball** - The ball is dead:
1. After an official's decision which temporarily suspends play due to an infringement of a rule.
 2. When the ball strikes the floor within the boundary lines of the playing court.
 3. When the ball strikes the floor or an object outside the playing court.
 4. At any time deemed necessary by the referee or umpire.

- Q. **Changing Positions** - At the beginning of a new game, the players may be rearranged in their positions. Scorekeepers and officials shall be notified of change in positions of players and serving order. Remember, the first server of each game should be identified by circling that player's number on the line-up sheet.
- R. **Time-Out**
1. May be called by either the referee or the umpire;
 2. May not be called when the ball is in play except in the case of injury to a player; if this occurs the play must be repeated.
 3. May be requested for rest by the coach or team captain at any time the ball is dead. This time-out shall not exceed one minute. During this time-out period, the players may leave the court in order to confer with their coaches at or near their benches. Only two such time-out periods are permitted each team during a game without penalty. One additional time-out will be granted to each team if the game is tied with a score of 20 to 20 during a 21 point game.
- S. **Time Between Games** - The rest period between games of a match shall be two minutes
- T. **Defaulted Game** - If a team is not ready to play within five (5) minutes of the scheduled starting time, the first game is defaulted. The team then has 10 additional minutes in which to be ready to start the second game of the match. If not ready within the additional 10 minutes, the match is defaulted.

Rule VII - Fouls and Penalties

Fouls

- A. **Serves the Ball Illegally**
1. Fails to give ball immediate impetus upon contact.
 2. Causes ball to contact the net, but does not go over into the opponent's court.
 3. Fails to cause some part of the ball to pass over the antennas on the net or within the two antennas.
 4. Causes ball to strike an object or land outside the playing court.
 5. Causes ball to strike an object directly over the court unless local ground rules alter this.
 6. Fails to be within own serving area.
 7. Commits a foot fault.
- B. **Plays the Ball Illegally**
1. Fails to return the ball within opponent's court.
 2. Fails to cause some part of the ball to pass over the net or within the two antennas.
 3. Hits the ball illegally.
 4. Plays the ball more than once in succession, except as stated in Rule VI, Sections 11 and 13, b and c.
 5. Becomes the fourth player on the team to contact the ball, except as stated in Rule VI, Sections 11 and 13-b.
 6. Commits a body foul.
 7. Catches or touches the ball, either on or off the court, and calls it out.
 8. Plays the ball while supported by any player or object.
- C. **Plays Illegally at Net**
1. Holds or pushes the ball against the net.
 2. Touches the net with any part of the body, except hair, while the ball is in play. If the ball is driven into the net with such force it causes the net to contact a player on the opposing team, no foul shall be called, and the ball shall continue to be in play.
 3. Reaches over the net:
 - a. Reaching over the net is permitted during.
 1. A follow-through of a hit made on the player's own side;
 2. Legally Blocking a return
 - b. Blockers shall not be penalized when they follow-through over the net but fail to contact the ball as a result of deceptive play of the opponents.

Plays Illegally at Net (contd.)

c. **Blocking a served ball is NOT PERMITTED:** Permitting the block of a served ball reduces the offensive power of the serve.

d. **Attacking a served ball is NOT PERMITTED:**

4. Leaves the floor from a position that is not clearly behind the 10-foot line when executing a spike from a back line position.
5. Reaches under the net:
 - a. Touches the ball or player of opposing team when the ball is in play on opponents' side of net; and,
 - b. Interferes with play of the opposing team by entering opponents' court.
 6. A player may cross the centerline with her foot (feet) and hand as long as part of the foot (feet) or hand remains on or above the centerline and the player does not interfere with play.

D. **Plays in An Illegal Position**

1. Fails to be in the correct serving order when the ball is served.
2. Blocks or spikes from a position that is not clearly behind the 10 foot line while in a back line position.
3. Plays the ball over the net from a position which is not clearly behind the 10 foot line at a height greater than the top of the net while playing a back line position.

E. **Enters the Game Illegally**

1. Fails to follow the correct procedure for a substitute entering the game;
2. Re-enters the game after being disqualified.

F. **Delays the Game**

1. Persistently consumes excess time serving the ball;
2. Consumes excess time in recovering the ball from out-of-bounds;
3. Persistently rotates positions slowly;
4. Team takes more than two allotted time-out periods for rest;
(Please note than an additional time out will be granted to each team if the game is tied 20 to 20 during a 21 point game.)
6. Team fails to be ready to play without delay at the beginning of each game; and,
7. Any act which results in deliberate delay of the game.

G. **Penalties**

1. **Point** - If any player on the receiving team commits a foul, one point shall be scored for the serving team.
2. **Side-Out** - If any player commits a foul, a side-out shall be called and a point awarded.
3. **Replay** - If fouls are committed by players on opposite teams simultaneously, the ball shall be reserved.

Rule VIII - Conduct

A. Conduct of Players

1. Unsportsmanlike conduct includes actions which are unbecoming an ethical, fair and honorable individual. It consists of acts of deceit, disrespect or vulgarity.
2. No player shall act in an unsportsmanlike manner during a game or between games. This includes any act the official deems poor sportsmanship such as:
 - a. Use of disconcerting acts or words when an opponent is about to play the ball;
 - b. Derogatory remarks to officials or opponents;
 - c. Questioning or trying to influence officials' decisions;
 - d. Showing disgust with officials' decisions;
 - e. Using insulting language or gestures or baiting acts that engender ill will;
 - f. Making any contact with an opponent which is deemed unnecessary and which incites roughness;
or,
 - g. Using any part of a teammate's body or any object to gain support for advantage in playing the ball.

B. Conduct of Persons other than Players (Please read very carefully)

1. Unsportsmanlike conduct by a coach, scorekeeper, substitute, gym personnel or other team attendant shall be charged against the individual and the team **may** be penalized by the official. Unsportsmanlike conduct by non-players includes acts such as:
 - a. Entering the court while the ball is in play;
 - b. Attempting to influence a decision by an official;
 - c. Disrespectfully addressing an official;
 - d. Indicating objection to an official's decision;
 - e. Using an artificial aid to coach or direct a play or mechanical device to attract attention;
 - f. Holding unauthorized conferences; or,
 - g. Re-entrance of a disqualified player;

The rules listed above also apply to spectators.

- C. Whenever an individual becomes unruly or interferes with the orderly progress of the game, the official may request the home management to remove that person from the premises. An official **may** penalize the team if necessary.
- D. **Special Note** - Coaches may not stand on the sideline to direct their team. Coaches are only allowed off the bench to respond to an outstanding play or to signal the official during a dead ball situation to request substitution(s).

E. Conduct and Gym Procedures (See Warm-up Procedure Information Sheets)

1. Games are to be played according to the schedule, as much as possible. Teams will be given a **maximum of seven minutes warm-up** prior to the start of their match. If games are running ahead of schedule the official may begin the warm-up procedure as much as 30 minutes prior to the scheduled game time. ***A game may begin 20 minutes prior to the scheduled game time.*** In all cases, good discretion must be used. **Please inform all parents and other volunteers connected with your volleyball program that they must be prepared should games run ahead of schedule.**

2. No team will be allowed access to a gym earlier than 30 minutes before the first game of the day at the gym.
3. Each gym has the right to charge admission to spectators. Players, coaches and cheerleaders will be admitted free of charge. Admission prices are set by the CYO Board
4. Each gym is to make arrangements for a time keeping system and a competent timer.
5. With the safety of players and spectators in mind, gym managers should see that adequate and safe provisions are provided. Please take precaution to inspect bleachers and pad all obstacles in the vicinity of the playing surface. Any posts, walls, stages, etc. at the end of the floor should be padded for example.
6. An adult must be with the players at all times when they are inside the gym or lockerroom. This rule is to be strictly followed to prevent abuse of the facilities and personal properties. Parishes will be liable for damages to gym property by actions of their players, coaches and spectators.
7. The gym manager has the authority to stop a game if, in the opinion of the gym manager, a situation is developing that could be harmful to the CYO program. Prior to this action, it is recommended the gym manager consult with the official(s) and the two head coaches. In all cases, coaches, players and fans should cooperate fully with the gym manager or other parish personnel.
8. Gym managers will report all unsportsmanlike acts, unethical behavior, ejections from games or violations of the rules to the CYO Office. A form will be provided by the CYO Office. Reports of such incidents will also be filed by the game officials.

Officials and their Duties

A. **Officials** - The game is administered by a head official, and an official scorer. It is recommended that two linesmen be available. If volunteer officials are used, the referee is determined by a flip of the coin prior to the first game of the match. The volunteer official losing the initial coin toss will then serve as the referee for the second game, and so on. If a paid official is assigned by the CYO Office, that individual will always serve as the referee.

Duties - The Head Official

1. The official is to toss the coin to determine which team serves first and choice of courts.
2. Decides whether the ball is in play or dead.
3. The head official shall be positioned on the platform at the net. The additional official (when available) will be stationed on the floor.
4. Decides who is awarded a point and indicates by hand or arm movement plus whistle (or vocal call, if no whistle is available).
5. Blows whistle time-out (when allowable) requested by players or coach of team.
6. Recognizes substitutes, making sure substitutes numbers are reported to the scorekeepers.

7. Makes any decision on rule violations from the time the match begins until the scorebook is signed after the match. These decisions shall include acts on or off the court during playing time, time-out, or between games. Officials must always be sure that a copy of the official CYO rules is available at the court to support any decision, with the rulebook of the CYO always serving as the final authority, subject to final interpretation of the CYO Office.
8. Federation rules will apply when the rule or situation is not covered in the CYO Rules.
9. Makes decisions on points not covered in the rules.
10. At the request of the captain, announces the score during a time-out or when the ball is dead, if a scoreboard is not used or visible.
11. The official signs the scorebook at the end of each game.
12. Assists the scorer in seeing that players follow the serving order and rotate in order according to the line-up received from the scorer for that game.
13. While serving as head umpire, records all time-outs and rest periods taken for any allowable reason, noting that time limits prescribed in the rules are not exceeded. The whistle is to be sounded at the beginning and end of each time-out, and at the end of the game and match.

C. Duties of the Scorer

1. The home team scorekeeper is to serve as the official scorer. The other is the assistant, and is to check on the official scorer. There shall be no change in scorers during the course of the match except for reasons of inefficiency, or in case of a scorer entering the game as a substitute. If the game is being played at a neutral site the scorekeepers will decide on the official scorer.
2. Keep the official score of the game.
3. Before each game of a match, secures from each coach or captain, the numbers of all players and serving order of each team, and enters them in the scorebook.
4. Be sure the team's first server is identified by circling that player's number on the line-up sheet.
5. Checks to see that players follow the proper serving and rotation order and informs the umpire when serving is out of order.

D. Duties of the Linesman

1. It is recommended that a linesman be present at each court side.
2. The linesman shall make the call when a server steps on or over the serving line.
3. The linesman is ***expected*** to signal "in" or "out" whenever the ball strikes the floor.

Filming, Telecasting or Video Taping

Filming, telecasting or video taping for scouting purposes of any season contest by any party other than the two participating schools shall be prohibited.

Volleyball Lite Volleyballs

Please keep in mind that the ***56 B, 56 C and 4th grade leagues*** will be using the volley-lite volleyball for all games. The Cadet A, Cadet B, Cadet C and 56 A Leagues will be using the regulation volleyball for all games.

Roster Information

Grade School Level

1. It should be understood that players on any Cadet team may never move down to a 56 team. However, a 56 player may be moved up to the Cadet category after the opening of the season until the date announced in which all rosters are frozen.
 - a. Within the Grade School Level, if a parish has two or more teams, a player may begin the season with one parish Cadet or 56 team and be switched from one parish team to another one time only after participating in a regular season game. All such changes must be announced to the CYO Office before the player participates in a regular season game for the new team and any such change must be accomplished with the understanding that the player may not participate on both teams during the same playing date. This must take place before the roster deadline date published by the CYO Office. After the final roster deadline, no switching of players between the parish teams is allowed.
2. A grade school level participant may not play for a CYO team and another ***school*** team concurrently.

Suggested Warm-up Procedure

Immediately following the conclusion of the previous match a pre-game meeting shall take place. The referee, coaches and captains meet to discuss rules and determine which team serves first. At this point 2 linesmen should be appointed and discuss procedures with the referee.

Timer: Puts seven (7) Minutes on the clock.

DURING THE TIMED WARM-UP PERIOD THE FOLLOWING SHOULD TAKE PLACE.

Coaches -immediately following the pre-game meeting submit written line-up to the scorer's table. The line-up includes the name and number of each player on the team.

If a player is expected, but not yet present, include her on the roster.

If a player is not eligible to play because of disciplinary reasons or injury, notify the scorekeeper and coach of the other team.

Teams Warm-up on their respective side of the court.
When both coaches *agree*, the hitting warm-up may be omitted and the time may be added to the passing and/or serving warm-up. In no case may the warm-up time exceed the allotted seven (7) minutes.
Suggestion: 2 minutes - Passing
2 minutes - Hitting (down the left side only)
2 minutes - Serving
1 minute - Gather up the balls, communicate the line-up to the players and pray.

Referee Reviews responsibilities with timer, line judges, scorekeepers and umpire if provided.

Coaches Turn in **written line-up** to scorer's table while the teams are serving. The line-up includes the number of the :
*Starters listed in serving order; circle the first server to avoid any confusion.
*Substitutes available to enter the game.

Scorekeeper Record the line-up for each team in the scorebook/scoresheet.
Note: The scorekeeper for the home team keeps the official book for the match.

Timer Sounds the buzzer when one (1) minute remains on the clock.

Teams Stop serving, collect the volleyballs, meet with the coach at the bench.

Timer Sounds the buzzer when one (1) minute expires.

At the buzzer/whistle signaling the end of the warm-up period, the following procedure should take place:

Officiating Crew take their positions on the court. (This includes linesmen.)

General Eligibility Standards

CYO **GENERAL ELIGIBILITY STANDARDS**

This document is designed to provide information for parishes and individuals participating in the CYO program at the Grade School (Cadet, 56 and 4th grade), and High School (Freshman-Sophomore and Junior-Senior) levels.

There may be rules accompanying each activity which may impose additional limitations or provide for participation by additional youth not specified in this general description. However, this document should enable the parish, coaches and parents to determine in the vast majority of cases whether or not a potential participant is eligible.

These standards have been approved by the Indianapolis CYO Board of Directors, working through its Athletics Policy Committee, and are in effect until further notice.

Applications for exceptions to these standards may be made to the Athletics Policy Committee of the CYO Board of Directors. If the exception requested concerns participation in a specific activity, application must be received by the Athletics Policy Committee no later than three weeks prior to the start of that particular activity's season. Any such application must be made in writing to the CYO Office. All particulars of school and residence circumstances, age, grade and any other factors, including but not limited to roster size, which are pertinent to the proposed exception must be included in the application.

If any uncertainty concerning the eligibility of a potential participant remains after reading these standards, the CYO Office should be contacted.

CADET AGE GROUP

1. **Age and Grade** - Fifth, sixth, seventh and eighth grade students who have not reached the age of 16 before the completion of the athletic season in which they are competing. Any student over this stated age limit who wishes to participate, must submit a written request to the CYO office for review at least three weeks prior to the start of an athletic season.
2. **Parish and School Affiliation** - All full-time students of the parish school and all registered members of the participating parish. Registration in the parish must have occurred at least one year prior to the start of a sport season. If it is determined that parish registration has taken place in order for a student to become eligible to play sports at that parish, the student may be declared ineligible.
3. **Non-Affiliated** - Each team will be allowed **one student (1)** not registered in the parish or a student of the school. However, this individual must have legal residence within the official parish boundaries.

56 AGE GROUP

1. **Age and Grade** - Fifth and sixth grade students who have not reached the age of 14 before the completion of the athletic season in which they are competing. Any student over this stated age limit who wishes to participate, must submit a written request to the CYO office for review at least three weeks prior to the start of an athletic season. (Fourth graders are eligible for some 56 sports. Check with the parish athletic director or CYO Office).
2. **Parish and School Affiliation** - All full-time students of the parish school and all registered members of the participating parish. Registration in the parish must have occurred at least one year prior to the start of a sport season. If it is determined that parish registration has taken place in order for a student to become eligible to play sports at that parish, the student may be declared ineligible.
3. **Non-Affiliated** - Each team will be allowed **one student (1)** not registered in the parish or a student of the school. However, this individual must have legal residence within the official parish boundaries.

4th Age Group

1. **Age and Grade** - 4th grade students who have not reached the age of 12 before the completion of the athletic season in which they are competing. Any student over the stated age limit who wishes to participate, must submit a written request to the CYO Office for review three weeks prior to the start of an athletic season. (Fourth graders are eligible for some 56 sports. Check with the parish athletic director or CYO office).
2. **Parish and School Affiliation** - All full-time students of the parish school and all registered members of the participating parish. Registration in the parish must have occurred at least one year prior to the start of a sport season. If it is determined that parish registration has taken place in order for a student to become eligible to play sport at that parish, the student may be declared ineligible.
3. **Non-Affiliated** - Each team will be allowed **one student (1)** not registered in the parish or a student of the school. However, this individual must have legal residence within the official parish boundaries.

3rd Grade Age Group (34 Football Only-Please Note)

1. **Age and Grade** - 3rd grade students who have not reached the age of 11 before the completion of the athletic season in which they are competing. Any student over the stated age limit who wishes to participate, must submit a written request to the CYO Office for review at least three weeks prior to the start of an athletic season.
2. **Parish and School Affiliation** - All full-time students of the parish school and all registered members of the participating parish. Registration in the parish must have occurred at least one year prior to the start of a sport season. If it is determined that parish registration has taken place in order for a student to become eligible to play sport at that parish, the student may be declared ineligible.
3. **Non-Affiliated** - Each team will be allowed one **student (1)** not registered in the parish or a student of the school. However, this individual must have legal residence within the official parish boundaries.

HIGH SCHOOL AGE GROUP

1. **Age and Grade** - Freshmen, Sophomores, Juniors and Seniors in high school who have not reached the age of 20 before the completion of the athletic season in which they are competing, which includes the following summer. A potential participant who is not presently attending regular high school also is eligible to participate during the school year and including the following summer as long as this person falls within the age rule outlined above and the class with which he or she completed grade school has not graduated from high school. Any student over this stated age limit who wishes to participate, must submit a written request to the CYO Office for review at least three weeks prior to the start of an athletic season.
2. **Parish Affiliation** - All registered members of the participating parish. Registration in the parish must have occurred at least one year prior to the start of a sport season. If it is determined that parish registration has taken place in order for a student to become eligible to play sports at that parish, the student may be declared ineligible.
3. **Non-Affiliated** - No non-affiliates will be allowed to participate in the CYO girls and boys high school basketball leagues. Please refer to the CYO Boys and Girls Basketball Rules.

SPECIAL REQUIREMENTS AND CONSIDERATIONS AFFECTING THE CYO ELIGIBILITY STANDARDS

1. Any public school student in the grade school program must obtain written permission from the principal of his or her school on the official CYO Principal Release Athletic Form in order to participate.
2. The fact that a parish does not operate a grade school shall not make such a parish ineligible to conduct a Cadet or 56 age group program.
3. Participants may be required, depending on the activity, to fill out and have signed by at least one parent or legal guardian a CYO Athletic Eligibility Form. The eligibility forms for all participants in a particular activity are to be filed at the CYO Office at a time specified.
 - a. The CYO Athletic Eligibility Form, once completed and turned in to the CYO Office for any participant, is in effect for the entire school year and summer following that school year. No additional parental permission is needed for that participant in any CYO athletic activity.
 - b. All participants in the Cadet and 56 age group athletic activities must have a physical examination before playing in any official league games. This examination is to be recorded on the CYO Physician's Certificate, which is printed on the bottom half of the CYO Athletic Eligibility Form. The physician's certificate, once completed and filed at the CYO Office for any participant, is in effect for the entire school year and no additional examination is required for an athletic activity which takes place later in that school year.
4. There may be individual cases involving youth affiliated with another parish or school who want to participate because their own parish or school does not sponsor that particular activity. These individuals may participate for a bordering parish when that parish is willing to grant permission.
5. The CYO Board of Directors allows teams or groups sponsored by organizations and churches other than Catholic parishes to participate in certain CYO programs. In all such cases the sponsoring organization must make application to the CYO Office for permission to participate. The normal affiliation requirements do not apply to these teams or groups, except that any affiliated participants wishing to participate as part of the team or group must receive the permission of his or her parish pastor. All requirements concerning age and grade, however, are applicable. The CYO Office reserves the right to determine that a reasonable equitable competitive situation exists and establish other criteria for participation before any application to participate can be approved.

SPECIAL NOTE: In addition to the general eligibility standards for participation in CYO sports and the specific eligibility rules for each sport, all student athletes are subject to the academic policies of the sponsoring school or parish. Scholastic eligibility is always the prerogative of the Catholic school administrator. (See Catholic schools policy manual 502.2).

PLEASE READ THE FOLLOWING INFORMATION CONCERNING CASTS, BRACES, HEADGEAR, JEWELRY, ETC.

Rule: A guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance, even though padded, is not permitted on the finger, hand, wrist or forearm. Supports are permitted on other parts of the body (an elbow brace shall not extend more than halfway down the forearm) if in the judgment of the official, they are not considered dangerous. Officials will require any sharp edges or points on a support/brace to be covered or padded.

- A player wearing a cast on her hand which is padded is illegal equipment.
- A player wearing a flexible plastic support on the forearm is illegal equipment
- A player wearing a thick layer of sweatbands on the forearm is legal.
- A player wearing a knee brace which has exposed plastic supports is legal as long as the official does not consider it dangerous.
- A player wearing a knee a brace with an exposed sharp edge is illegal unless the sharp edge is properly covered or padded.
- A player wearing a padded mask covering a broken nose is legal.

NOTE: any sharp edges or points on a support/brace must be covered or padded.

Rule: Hair devices made of soft material may be worn to control the hair. Hair adornment made of soft material may be worn

- A player with her hair tied back with a ribbon is legal.
- A player with her hair tied back with metal barrette covered with tape is illegal equipment
- A player with her hair tied back with a bandana folded is legal.
- A player with her hair tied back with a bandana covering the entire head is illegal equipment
- A player with a reflective, sparkling headband is legal

Rule: Players shall not wear jewelry (including during pre-match warm-ups)

- A player wearing jewelry that is or becomes visible (belly button/tongue/ears) is illegal. No tape or coverings of any type over jewelry is ever acceptable.

Rule: Players shall not wear body paint or glitter on their hair, face, uniform or body.

- A player wearing a temporary tattoo on her cheek is legal.

**CYO GIRLS' VOLLEYBALL RULES AND
REGULATIONS – REVISED DECEMBER, 2005**
COURT DIAGRAM

**PLEASE NOTE THAT A NET SERVE IS NOW A
LEGAL SERVE IN CYO LEAGUES**

ANY INFORMATION NOT COVERED IN CYO VOLLEYBALL RULES AND REGULATIONS WILL BE COVERED IN THE IHSAA (FEDERATION) VOLLEYBALL RULES BOOK

Special Note: The serving line for the 56B, 56C and 4th grade leagues will extend into and be marked on the court, 8 feet from the end line. This serving area is along the right sideline only.

Serving Area: The serving area shall be behind the end line and from sideline to sideline. This serving area will be used for all 56A, Cadet and High School leagues. The 56B, 56C and 4th grade leagues may also use this area.

Net Serve: A serve that contacts the net and goes over into the opponent's court is now a legal serve.

