



Athletics

**COED VOLLEYBALL
HIGH SCHOOL & ADULT
2008**



VOLLEYBALL

General Rules 1 - 21 cover eligibility, coach's responsibilities and other regulations for CYO Volleyball. Additional information will be available at the pre-season coaches meeting. The National Federation Rules will govern all games. The following rules and regulations cover exceptions and special rule interpretations.

RULE 1 - ELIGIBILITY

Section 1 COACHES - All coaches must attend a CYO approved coaches training program every year. No Exceptions! (See General Rules for Coaches Orientation.)
A. All coaches must attend a CYO approved coaches training program every year. No exceptions! (See General Rules for Coaches Orientation).
B. Coaches must comply with diocesan and parish requirements of Virtus Training and criminal background checks.
C. If a male coach is the head coach of a coed team, one (1) of the assistant coaches must be a female. Male coaches are not permitted in the women's restrooms/locker rooms. Coaches are limited to a maximum of three (3) on the bench.
D. The head coach is responsible for their spectators.

Section 2 PLAYERS participating in other volleyball tournaments may compete for CYO provided there are only two (2) players on any one (1) CYO team. Teams must identify players on the roster. Those teams will be placed in the upper divisions of their age group.

Section 3 Teams may not participate in tournaments not sponsored by the CYO Athletics without permission. Teams may play in two (2) additional tournaments. Any violation will disqualify that team from the CYO tournament.

RULE 2 - UNIFORMS AND EQUIPMENT

Section 1 No players shall be allowed on the playing floor unless they are wearing gym shoes and regulation volleyball uniforms. Cutoffs, jams, sweatpants, etc. will not be permitted. Sanitary shorts may not be worn underneath the uniform shorts. Spandex shorts may be worn as the uniform shorts. Uniforms that are inappropriately labeled are prohibited. Players may not wear their shorts below the waist. This is cause for ejection. All other National Federation uniform rules apply.

Section 2 No player is allowed to wear playing shoes to the game or enter the gym in stocking feet without shoes. Penalty: Immediate match suspension. (It is the responsibility of the coach to inform player and parent.)

Section 3 Absolutely no beads, hair/face glitter, paint, etc., is permitted. Please refer to General Rule Book for additional information.

Section 4 CYO will provide a regulation leather game ball for each match.

Section 5 Net Height: Seven (7) feet and four (4) inches.

RULE 3 - GAME

Section 1 A team must consist of six (6) players. Five (5) players must start the game. If the sixth player arrives after the match has begun, they must enter into the sixth service position and may enter immediately without any penalty, i.e., substitution or time out. Twelve (12) is the recommended number of players that must constitute a first team before a second may be entered on the same level. No roster will be accepted with less than nine (9) players without the prior approval from the CYO

Director of Athletics.

Section 2 Coaches may not reschedule games. Any game not approved by the CYO athletic staff will be considered an unofficial game.

Section 3 Officials - Officials will be in complete charge of each match.

Section 4 Captain's Choice and Team Benches - Before the coin toss the home team chooses which bench to sit at for game one, if not pre-determined by CYO. A coin shall be tossed between the two (2) captains before the game. The visiting team will call the coin flip. The winner of the toss may take either the first serve or receive. At the beginning of subsequent games, the serve shall alternate. If the match goes into the third game, another coin toss will be held and the designated home team makes the call. The winner of this coin toss may choose serve, receive or side of court, after which, the other team may choose one of the two (2) remaining options. Each team must designate one responsible adult line judge for each match. Line judges will not switch sides every game.

Section 5 A: Grace Period - Each team must be present and ready to play with their roster filled out, 15 minutes prior to their scheduled match. If a team does not have enough players (at least 5) at game time, their opponents will win by default.

B. **Defaulted Game:** If a team lost the first game of the match by default, that team shall be allowed a fifteen minute grace period to acquire the necessary players for the remainder of the match.

C. **Scheduled Start Time:** A match may begin ten (10) minutes before game time if both teams have six (6) players to begin the game.

Section 6 Scoring: See Divisional Rules

Section 7 Changing Positions - At the beginning of a new game, the players may be arranged again in their positions. The scorer shall be notified of change in positions of players and serving order.

A. Players on the receiving team will rotate when they obtain the serve

B. At the end of first game in the match, teams shall change courts and benches.

C. All players, except the server, must be in bounds when the ball is served.

Section 8 Court Protocol - The game starts at center court with the CYO prayer. After the prayer, players will line up and shake hands. To start the first game, the starting six (6) players will take their starting positions on the floor. The official will check the line-up before the start of the game. The finishing players return to their end lines and the referee signals the teams to switch courts. The procedure for the first game is repeated (except the hand shake) in the second game. In the event of a third game, captains should report to center court and the official will conduct the final coin toss.

During the coin toss both team's players who completed the second game should remain on their end lines. After the court choice is determined, captains advise the official of the decision and the official will release the players from the court.

Section 9 A. A served ball striking the net and continuing over to the opponents court is considered legal and in play.

B. **Legal Serve:** The server:

1. May hit the ball directly off the holding hand.

2. May hit the ball after tossing it from the holding hand.

3. Must serve the ball within five (5) seconds after the official's call for the serve.

C. **Ceiling Rule:** The ceiling rule for all gyms is as follows:

1. A serve striking any part of the ceiling will be considered out of play and a side out will be awarded.

2. A ball striking the ceiling or an overhead obstruction shall remain in play provided

the ball contacts the ceiling or obstruction on the side of the net extended occupied by the team which played last, and provided the ball is legally played next by the same team.

D. Any server is allowed one (1) re-serve if, the server catches or drops the ball during the five (5) second attempt to serve.

Section 10 Serving Out of Turn - If a player serves out of turn, a side out is called as soon as the mistake is discovered, and any points made on the serve before the error was discovered shall be canceled. The serving order shall be corrected immediately. Finally, a side out point is awarded to the opposing team. If the error is discovered after the opponents have served, a correction cannot be made.

Section 11 Simultaneous Contact - If two or more players of the same team contact the ball simultaneously, it is considered to be one play, and the players involved may participate in the next play. This next play should be counted as an additional contact.

Section 12 Ball Crossing the Net - The ball must pass over the net within the two (2) antennas.

A. A ball, even on a serve, striking the net and going over is still in play.

B. The ball (other than from a serve) may not be attacked or blocked until part of it has crossed the top of the net. It is not required for the entire ball to be on a player's side of the net.

C. A served ball may NOT be blocked or attacked.

Section 13 Double Foul - A double foul shall be called when players on opposing teams commit a foul simultaneously. A foul committed by a player in the same play at the net in which an opponent also commits a foul shall be considered a double foul, even if the foul did not occur at the same instant. In case of double foul, there shall be a replay.

Section 14 Time-Out - There are two 60 second time-outs per game. A time-out may be requested from the official. The time-out will end when the team requesting the time-out returns to the floor.

A. A time-out shall not be called when the ball is in play, except in the case of an injury. When this occurs, play will stop immediately and there will be a replay.

B. A time-out may be requested by either coach at any time the ball is dead. This time-out shall not exceed one minute.

C. A time-out for injury shall not exceed five (5) minutes. This time-out shall be charged to the officials.

D. During any time-out, the coach has the privilege of going on the court.

Section 15 Net Play - A ball may be rescued from the net provided the player avoids touching the net. 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 that shall be considered the first of three (3) contacts allowed to the team.

Section 16 Dead Ball - A dead ball can be called in the following instances:

A. After an official's decision, which temporarily suspends play due to an infringement of a rule.

B. When the ball strikes the floor within the boundary line of the playing court.

C. When the ball strikes the floor or an object outside the playing court.

D. At any time deemed necessary by the official.

Section 17 Penalties - The official shall have the power to warn, declare side out and point, or to disqualify from the game or match any one whom:

A. Addresses the official persistently in regards to decisions.

B. Makes derogatory remarks about or to the official.

C. Commits acts which are derogatory to the official or which tend to influence decisions.

D. Make personal or derogatory remarks about or to an opponent.

E. Intentionally obstructs opponent's view of the serve.

RULE 4: OTHER RULES

Section 1 The National Federation Service Rotation Rule (first rotation of the service receive team) is in effect.

Section 2 Double contact, even with the fingers in a setting motion, on any first ball is allowed. A setting motion must be straight up with hands above the head. A player may set the serve.

Section 3 Any player or coach may receive a yellow card, indicating a warning, for any inappropriate behavior or gesture including verbal confrontations with another player, coach, official or CYO representative. In the judgment of the official, a red card may be given if the severity of the behavior warrants it. The penalty for a red card is an opponent penalty point and the opponent would get or keep the serve. Any coach or player who receives a yellow and red card together will be ejected for the remainder of that match. If player or coach is ejected during tournament, they would not participate in the remainder of the tournament.

Section 4 CYO Volleyball does not use the Libero.

RULE 5 - TOURNAMENT AND TOURNAMENT GAMES

Section 1 All eligible teams will participate in a single elimination tournament.

Section 2 Tournament pairing will be decided by final team standings.

Section 3 The parish registrar will receive all tournament information and submit it to each designated coach.

Section 4 CYO will provide line officials for all championship matches.

Section 5 All rules will be in effect for all games including tournament.

RULE 6 - AWARDS

Section 1 All awards will be distributed at the championship game of that division.

Section 2 The James E. Sovacool championship trophy to the championship team.

Section 3 Runner-up trophy or plaque of the championship game.

Section 4 Team trophy to the regular season champion.

Section 5 CYO Championship Certificates to all players on the championship team, upon request.

Section 6 CYO Participation Certificates to all participants in the program, upon request.

HIGH SCHOOL COED

ELIGIBILITY - Students in Grades 9-12, and 19 years of age or under as October 1. Each player must play 50% of the regular season to be eligible for the tournaments .

EQUIPMENT - Regulation volleyball.

COURT DIMENSIONS - 30 ft X 60 ft. The serving line is the end line 30 ft from the net.

SCORING

All games will be rally scoring. (i.e. a point awarded on every serve to the team that maintains or gains the possession of the ball). Two (2) games must be won to win a match. A game is completed when one (1) team scores at least 25 points with a two-point advantage or reaches the 30 point cap limit in games one (1) and two (2). If the match goes to three (3) games, then this game is completed when one (1) team scores 15 points with a two-point advantage, with no cap.

GAME PLAY - If during a rally, the ball is contacted by more than one (1) player, before returning over the net, a female must have made one (1) of the contacts.

PARTICIPATION

1. All players must have participated by the end of the second game.
2. All players must have the opportunity to start a game, provided no more than three (3) males are on the court at the same time.

SUBSTITUTION

1. Each team is allowed a maximum of 18 substitutions per game.
2. All starters/substitutes must enter the game in proper serving order. No change shall be made in the order of rotation.
3. ** A female may substitute for a male. If all six players on the court at the start of the game are female and a male is substituted into the game, the first male will determine the alternating positions and serving order.
4. No player may be substituted before a team's first single position rotation or time-out. An injured player can be substituted out even before the first team rotation.
5. The coach may make a request for substitution from the official only when the ball is dead. Time-out for substitution must be obtained before the substitute reports to the sideline.
6. The substitute proceeds to the sideline and waits for the official to receive confirmation of the substitution from the scorekeeper. Players then exchange places.

TOURNAMENT AND TOURNAMENT GAMES - All eligible teams will participate in a single elimination tournament within their divisional levels.

ADULT

The purpose of the program is to provide players the opportunity to participate in an organized, competitive program. NFHS rules will govern all matches.

ELIGIBILITY

1. Any player out of high school is eligible to participate.
2. Players must be Catholic to be eligible.
3. Each player must play 50% of the regular season to be eligible for the tournaments.

EQUIPMENT - Regulation volleyball.

COURT DIMENSIONS - 30 ft X 60 ft.

SCORING - All games will be rally scoring. (i.e. a point awarded on every serve to the team that maintains or gains the possession of the ball). The match is three (3) games. A game is completed when one team scores 25 points with a two-point advantage or reaches a 27 point cap limit. The third game is to 25 points with a cap of 27. Standings will be recorded by the number of games you win.

GAME PLAY - If during a rally, the ball is contacted by more than one (1) player, before returning over the net, a female must have made one of the contacts.

SUBSTITUTION

1. Each team is allowed a maximum of 18 substitutions per game.
2. The coach may make a request for substitution from the official only when the ball is dead. Time-out for substitution must be obtained before the substitute reports to the sideline.
3. All starters/substitutes must enter into the proper serving order. No change shall be made in the order of rotation.

TOURNAMENT AND TOURNAMENT GAMES - All eligible teams will participate in a single elimination tournament within their division.

VOLLEYBALL PLAYERS DIG CYO!

CYO ATHLETIC PRAYERS

Pre-Game Prayer

**Lord God, thank You for bringing us
together in Your name.**

**We know You are with us now as You
promised.**

**Please help the players, coaches, and
officials to play and be fair. Keep us all
safe from injury.**

**Thank You for giving us the chance to
teach our faith to others by our actions.**

Amen

Post Game Prayer

**Lord, we thank You for the
opportunity and challenge of this game.**

**You call us to compete well, finish the race,
and grow in our Faith!**

**Help us to remember
we can do all things through You,
who gives us strength.**