

# 2011 CYO VOLLEYBALL

## Rules and Guidelines

### DIVISIONS

#### **SENIORS (9<sup>th</sup> – 12<sup>th</sup> Grades / High School)**

- High School division teams must consist of at least 8 registered players. These players can be both boys and girls in any grade (9th thru 12th) who belong to one of the 6 Hamilton CYO Parishes or who attend Badin. All Players must meet the CYO qualifications for participants.
- Co-ed teams must alternate male and female players in their line up, and boys cannot outnumber girls on the court at any given time (teams can play with more girls than boys). Teams can make player for player substitutions from the bench, or can include bench players in a greater than six player rotation, as long as the prior stated rules continue to be followed. Rotation style CANNOT be changed mid-game, but can be changed between games within a match.
- Teams will play with a maximum of 6 players on the court. Teams may play with 5 players if a 6th is not available, dead spot rules apply if a female player is missing - no more than 3 boys can play on a five man team. Normal rules apply if a male player is missing.
- Each team must have a parent representative (or coach) in attendance, sitting on the bench, during all matches. This adult must be the parent of a player on the team, and must meet the specifications of the Decree on Child Protection program as outlined by the Archdiocese of Cincinnati at the time the team registers.
- The senior division will play one match a week consisting of three games. All games will use rally scoring - the first two games of a match will be played to 25 points (winner must have 25 points with at least a two point lead; or have reached the maximum of 27 points). The third game will be a rally scored game to 15 points (max 17 points). All games will be played regardless of the outcome of the first two.
- A per team league fee will be collected at sign up – this fee is to be paid by the individual players, not their parish boosters. There will be no admission charged for high school matches – parents of high school players will receive passes which will grant admission to all HS matches.
- There will be no line judges to officiate these matches; therefore we ask that teams play with a spirit of sportsmanship and cooperation.

#### **JUNIORS (7<sup>th</sup> & 8<sup>th</sup> Grade)**

- Junior division teams are allowed to cut players from teams and/or parishes may separate players into A and B teams (this is at the discretion of each parishes athletic department).
- Teams play with 6 players on the court. (Teams can play with 5 players if a 6<sup>th</sup> is not available)
- All coaches in this division must meet the requirements of the Decree on Child Protection program as outlined by the Archdiocese of Cincinnati prior to the first match.
- Rosters with players names and jersey numbers must be turned in by the first match. Roster additions can be made until the 4<sup>th</sup> week of competition.
- All players should be given the opportunity to play at some point in every match. This does NOT include players being disciplined for grades or other team infractions. This does **NOT** guarantee that all players will have equal playing time. Any playing time concerns/issues will be brought to the attention of and will be addressed by the individual school's Athletic Director.
- These divisions will play a match consisting of the best two out of three games. The first team to win two games shall be the winner of the match. All games will use rally scoring - the first two games of a match will be played to 25 points (winner must have 25 points with at least a two point lead; or have reached the maximum of 30 points). The third game shall NOT be played unless it is necessary to determine the winner of the match. If the third game is played, it will be a rally scored game to 15 points (max 17 points) – teams will switch sides at 8pts during the third game.
- Teams in the junior divisions MUST play a six man rotation. Only player for player substitutions can occur from the bench (i.e. teams cannot include bench players in a greater than 6 man rotation.)

## **CADETS (5<sup>th</sup> & 6<sup>th</sup> Grade)**

- There are no tryouts for these divisions – everyone plays. If multiple teams are formed from one grade within a single parish, the teams should be divided as equally (skill wise) as possible.
- Teams play with 6 players on the court. (Teams can play with 5 players if a 6<sup>th</sup> is not available)
- All coaches in this division must meet the specifications of the Decree on Child Protection program as outlined by the Archdiocese of Cincinnati prior to the first match.
- 6<sup>th</sup> grade players will be allowed to serve up to the 2.5' serving line. 5<sup>th</sup> grade players may serve up to the 5' serving line.
- These teams will play three games at every match. These will be rally scored games – in the first two games, teams will start with 4 points each, and will play to 25 points. The final game will be played from 0 to 15 points. The game will end when one of the following occurs:
  - One team reaches the score of 25/15 points and has at least a two-point lead
  - One team scores 27/17 points, regardless of how many points they lead by (i.e. cap at 27/17 pts)
- All players should play in every match. It is recommended that each player receive at least one full game of playing time per match. This does NOT include players being disciplined for grades or other team infractions. This does NOT guarantee that all players will have equal playing time. Any playing time issues will be brought to the attention of and will be addressed by each school's Athletic Director.
- Cadet team matches will be played with a youth, light-weight (7 – 8oz) volleyball (e.g. Volley-Lite).
- Teams have the choice of either rotating ALL players onto the court (i.e. the players on the bench are included in the normal rotation of players), or playing with a six man rotation on the court and substituting player for players from the bench. Once chosen, a team may NOT switch their rotation style in the middle of a game. They can, however, switch styles between games in a single match.

## **INSTRUCTIONAL (4<sup>th</sup> Grade)**

- All rules for Cadets apply except for those specified in this section.
- Instructional players may serve from anywhere behind the 10' spiking line (or at the referee's discretion – 4<sup>th</sup> graders who can serve overhand may be asked to serve behind the 5' line).
- In this division, the first 3 weeks of the season will be played with the following Instructional rules:
  - Games will be timed 13 minutes each
  - No score will be kept
  - Players will have three (3) tries to get their "first" serve over the net – only one try will be allowed on subsequent serves during that same rotation. Once the player gets a serve over – she is only allowed, at most, three consecutive serves, then an automatic side out is called.
- For the remaining weeks, all normal volleyball rules will be followed except:
  - Players may serve from anywhere behind the 10' spiking line (or at the ref's discretion).
  - Players will only be allowed, at most, five consecutive serves, then an automatic side out is called, however, no point is awarded to either team in this situation.

## **MATCH RULES**

### **PLAYERS ARE NOT ALLOWED TO WARM UP BEFORE COACHES ARRIVE FOR THE GAME.**

If a team does not have an adequate number of players to start their first game at the scheduled match time, they will be given a 5 minute grace period. At the end of the five minutes, if the team still does not have enough players, the first game will be forfeited, and a second five minute grace period will be awarded. If at the end of the second grace period, the team still does not have enough players to play, the second game will be forfeited. If this is a best two of three matches, then the match is forfeited at this time. If a third game is always played, an additional 5 minutes will be granted to allow for the team to acquire enough players. If at the end of the third grace period, the team still does not have enough players to play, the third game will be forfeited.

Teams that forfeit will be required to pay their ref fees, as well as pay an additional \$25 fine to cover gym rental.

Each team is allowed two 30-second time outs. When the Buzzer sounds, both teams are to be ready to play.

## **FACILITY RULES**

Games will NOT start earlier than scheduled – your warm up time is 6 minutes, plus 2 minutes to serve – total 8 minutes. You must stay on your own side of the net unless both coaches agree to hit over the net.

For the first game of the evening, please do not be at the facility before 5:45 – however, do begin your warm up 8 minutes prior to the scheduled start time so that the first match begins at 6:00. Because of the lack of space, DO NOT have your players come more than 15 minutes before your game time.

Players should bring a water bottle to the game in a sealed container that does not leak.

The official can call a replay anytime a ball/object rolls/falls onto the court and interferes with play.

Areas of the facility that are outside of the court can be used to warm up your players WITHOUT using a ball. DO NOT bounce, hit or pass any ball in the lobby, this also includes the walls in the gym.

**Parents are responsible for any younger children they bring to the gym.** Children are not to run, yell, scream or climb on anything in the facility. If any of these problems occur during the game, the parents will be asked to control their children. If they cannot, they will be asked to leave the gym/building. If these problems seem to occur from the same team, week after week, then that team will lose their time outs, or a side out will be called if the official has to stop the game to get parents to control the children.

## **TEAM RULES**

All players must wear the same uniform shirts with numbers on the back and on the front shoulder in plain sight for the referees.

## **GUIDELINES FOR GOOD SPORTSMANSHIP**

ALL CYO PROGRAMS HAVE A ZERO TOLERANCE POLICY FOR UNSPORTSMANLIKE CONDUCT. THIS POLICY APPLIES TO COACHES, REFEREES, PLAYERS AND PARENTS. INDIVIDUALS DISPLAYING INAPPROPRIATE BEHAVIOR WILL BE ASKED TO LEAVE THE SITE OF THE SPORTING EVENT. PLEASE REVIEW THE ZERO TOLERANCE POLICY POSTED AT EACH EVENT SITE.

Teams may not use any cheers that disrupt the game, are loud or are offensive.

All players going through the line at the end of the game will shake hands and say “good game” – if any player is seen NOT doing this, it will be considered an un-sportsmanlike conduct foul and a yellow card will be given to that player.

## VOLLEYBALL RULES

- All divisions will use rally scoring for their games. In rally point scoring, a point is awarded after every play regardless of which team is serving.
- A coach or parent must accompany a team at all times
- **ABSOLUTELY no gum, food, candy, or drinks** (except water in a sealed container) are allowed in the gym. No food will be sold at sporting events in the gym.
- Players and coaches must wear tennis shoes in the gym and during the game
- All players must wear kneepads during the game – they will NOT be permitted on the court without them.
- Players may NOT play while wearing casts or braces on arms, legs, wrists, ankles or fingers. Soft wraps that have no metal or hard plastic components, can be worn for medical reasons, if accompanied by a doctors note stating the necessity for and approval of the wrap.
- No coaches, players, or students are allowed on the stage area until their game time.
- **NO JEWELRY IS ALLOWED** – this includes rings, watches, necklaces, friendship bracelets and anklets, eyebrow rings, tongue piercing studs, navel rings, earrings and/or starter earrings. **NO BANDAGES ARE ALLOWED TO COVER EARRINGS.**
- Both teams and coaches will meet at center court to recite the CYO team prayer before each match. One player or coach from the home team will read the prayer. The teams will shake hands and wish the other team good luck.
- A coin toss will be held before the prayer. The winning team will choose serve/receive. If a third game is required another coin toss will be held. The winner will choose serve, side or receive. The other team will choose next.
- The server must wait for the referees signal to serve. The server has five (5) seconds to serve the ball after the referee's signal. If the server lets the ball drop to the floor or catches it, and does not attempt to serve, then the referee can initiate a re-serve. This can be allowed only once per service side out.
- The server may NOT touch the end line prior to contacting the ball during a serve (Instructional and Cadets may serve behind the designated serving line for their age group).
- If the ball hits the ceiling on a play from your side of the net and comes down on your side of the net, it is a playable ball. If the ball goes off the ceiling and crosses the net – it is a dead ball.
- Be sure you are substituting the correct way – same person / same position. If you are planning to include bench players in an "over-six" player rotation, please notify the referee and scorekeeper prior to the start of the game.
- A player can step on, but NOT completely over the centerline during play. A player can pass completely over the center line if they do NOT contact the floor on the other side of the net and if they do NOT interfere with a player on the opposing team.
- No more than three (3) hits are allowed on a side. Pushing and lifting the ball are illegal.
- A player can NEVER touch the net. Even if a player is not playing the ball, she cannot touch the net. However, if the net is pushed into the player by force of the ball, no foul is called.
- Blocking a served ball is NOT permitted.

- Setting a serve is legal, as long as it is a legal set (i.e. not a push or lift).
- The first ball over the net is allowed to hit a player twice as long as the ball does not roll up the arm or come to rest on any part of the body.
- Each team is responsible for providing one adult for a line judge for EVERY match.
- All players and coaches must be quiet after the referees signals to serve and before the serve is made.
- Replays shall be declared when: an official mistakenly blows the whistle; a player unintentionally serves the ball prior to the referee's signal to server; or something unintentionally interferes with play.
- During a game, all players must stay seated during the game, unless going in for a substitution.
- If a ball is blocked at the net, but does not go back over the net – that player may hit the ball again. A touch on a block does not count as a hit - three additional hits are allowed on that side.
- Back row players shall not: participate in a block or an attempt to block, nor in an attack on a ball which is completely above the height of the net while positioned on or in front of the 10 foot attack line.
- A "Let" serve, a serve that hits the net but continues into the other teams court, is a legal and valid serve in the 6<sup>th</sup> Grade and Junior divisions.
- Hamilton CYO Volleyball does not allow for teams to designate a Libero player during matches.
- If a third game of a rally scored match is played, teams will switch sides when one team reaches the score of 8 points.

NATIONAL FEDERATION HIGH SCHOOL (NFHS) RULES WILL GOVERN OUR LEAGUE, UNLESS OTHERWISE NOTED ABOVE, OR AT THE DISCRETION OF THE OFFICIALS. A COPY OF THE NFHS RULEBOOK IS AVAILABLE WITH EACH REFEREE.