

HAMILTON CYO VOLLEYBALL

Rules and Guidelines

DIVISIONS

JUNIORS (7th & 8th 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 parish athletic department).
- Teams play with 6 players on the court. (Teams can play with 5 players if a 6th is not available)
- All coaches in this division must meet the requirements of the Decree on Child Protection (VIRTUS) program as outlined by the Archdiocese of Cincinnati prior to the first match.
- Rosters with player's names and jersey numbers must be turned in by the first match. Roster additions can be made until the 4th 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 only if a coach requests it.
- The net will be set at 7' 4 1/8 " height and teams will play with regulation weight volleyball
- 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 (5th & 6th 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 6th is not available)
- All coaches in this division must meet the specifications of the Decree on Child Protection program (VIRTUS) as outlined by the Archdiocese of Cincinnati prior to the first match.
- 5th & 6th grade players will be allowed to 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 30/17 points, regardless of how many points they lead by (i.e. cap at 30/17 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.
- The net will be set at 6' 6" height and teams will play with a youth, light-weight (7 – 8oz) volleyball (a.k.a. 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 (4th 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 – 4th 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 11 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 server 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 during the side-out

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 must turn in a roster of players at their first match. Changes can be made to that roster up until the 4th week of play. A player can **ONLY** be listed on one roster in a single league, and a player must be on your team's roster in order to play. Players can be put on up to two rosters, as long as they are playing "up" in a different league (players cannot play down, nor can players switch teams within the same league). We recommend that Cadets **DO NOT** play in both Cadet & Junior leagues due to the difference in ball weight between the two leagues.

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 more than 30 minutes before the first match time – however, do begin your warm up 8 minutes prior to the scheduled start time so that the first match begins at the designated time

No red sports drinks are allowed in any gym. (No food or non-water drinks allowed in the Fenmont)

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

Basketball hoops that are in the field of play and are in the folded/up position are considered part of the ceiling and should follow regular ceiling rules if a ball hits the hoop. If a ball hits a basketball hoop that is down, but in the playing area, it is the referee's decision if the ball would have been playable and may call for a replay.

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. Do not bounce balls in the gym while games are in play.

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
- 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 during play.
- No coaches, players, or students are allowed on the stage area (Fenmont/J23) 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. The teams will shake hands and wish the other team good luck immediately following the prayer.

- 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.
- 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.
- Each team is responsible for providing one adult for a line judge for EVERY match.
- All players and coaches must be quiet after the referee signals to serve and before the serve is made.
- During a game, all players must stay seated on their bench while games are in play, unless they are going in for a substitution.
- A “Let” serve, a serve that hits the net but continues into the other teams court, is a legal and valid serve in all divisions.
- Hamilton CYO Volleyball does not allow for teams to designate a Libero player during matches.
- If the third game of a match is being played, teams may switch sides when one team reaches the score of 8 points. This will only happen if one of the coaches of the teams playing requests it. Only in cases where one side of the court has a disadvantage (such as sun through a window) should this be necessary.

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.