



ARCHDIOCESE OF NEWARK CYO VOLLEYBALL RULES (BOYS AND GIRLS)

(revised 08/30/24)



National Federation of State High School Associations (NFHS) volleyball rules will generally apply except where superseded by this document.

In addition to the Volleyball-specific rules here, all guidelines in the Office for Youth and Young Adult Ministry CYO Athletic Handbook apply to CYO Volleyball. Be familiar with that document.

Rules are not subject to change or negotiation by any coach, program director, game official, etc. – even if there is agreement among those parties for a particular contest.

League Coordinator, in conjunction with the CYO Office, can modify (or interpret) these rules as seen appropriate at any time before, during or after the sports season.

ELIGIBILITY

CYO Athletics are available for youth who meet all age and gender qualifications and who attend either Archdiocesan grammar schools or Religious Education Programs at an Archdiocesan Parish.

For the complete guidelines on Athlete Eligibility (Section 1), Age and Grade Limitations (Section 2), Gender Guidelines (Section 3) and Program Participation/Eligibility (Section 4), please see the CYO Athletic Handbook.

ROSTERS

See the CYO Athletic Handbook for general guidelines on Rosters (Section 5). In addition, for Girls and Boys Volleyball:

1. The **minimum number of players on a roster is 8**; the maximum is 15. Any exceptions must be discussed and approved by the CYO Office.
2. **Coaches must bring a copy of their CYO team roster to the scorer's table before each match.**
3. In an effort to reduce forfeits and ensure athletes have the chance to play, the CYO allows limited use of temporary players for a given match. Those temporary players must be rostered on another CYO volleyball team for that program and must meet all age/gender/grade eligibility requirements for that match. (For example, a 7th grade player may not be the temporary player for a Girls Grade 5/6 team... a boy cannot be the temporary player on a girls' team... etc.) Although the team using the temporary player receives an automatic loss for that match, it avoids a forfeit (and preserves the team's ability to compete in the playoffs). See complete rules around use of temporary players in the CYO Athletic Handbook (Section 5).

COACHING ELIGIBILITY

The CYO understands the importance of good coaches who act as teachers and role models for our student athletes. See the CYO Athletic Handbook for Coaching Eligibility (Section 9). There are no exceptions to these requirements.

TEAM BENCH

See the CYO Athletic Handbook (Section 7) for guidelines around Team Benches. Only one coach may stand during match play. For Volleyball, any players not on the court must sit on the bench or stand beyond the end line.

OFFICIATING AND SCORETABLE RESPONSIBILITIES

1. Each team must provide a scorekeeper for each match. The home team or the host team should or also provide a scoreboard (or score-flipper) so that the score is visible to both benches.
2. The home team book is the official book.
3. Everyone seated at the scorer's table must be competent and trained – and at least in the 9th grade.
4. No coaching is permitted from the scorer's table.
5. The winning team is responsible for reporting the final score of the match per instructions from the League/CYO Coordinator.
6. Each team will provide one competent line judge per set. Line judges must be at least 18 years old.
7. The game referee is assigned to all matches by the League Assigner.

COURT AND EQUIPMENT

1. The net will be set to a height of 7' 4 1/8" (7 feet and 4 and one-eighth inches)
2. Areas that are out of bounds will be indicated by the referee before the match and can include objects suspended from the ceiling (including basketball backboards).
3. Official League Ball Requirements
 - a. **Grade 5/6 Boys and Grade 7/8 Boys will use the Tachikara SV-5WSC volleyball that carries the NFHS logo at all League matches.**
 - b. **Grade 7/8 Girls will use the Tachikara SV-5WSC volleyball that carries the NFHS logo at all League matches.**
 - c. **Grade 5/6 Girls will use a lighter volleyball. For match play, the official ball will be the Tachikara SVMNC Volley-Lite (7.0 – 7.7 ounces)**
 - d. Teams can use balls other than the specified game balls for practice.
 - e. The host site is responsible for supplying 2 game balls. Balls can be colored or all-white.

PLAYER CONTROL

All-Play Rule

1. All players are guaranteed a minimum amount of playing time during each match (includes regular season, playoffs and championships):
 - a. For teams with twelve (12) or fewer eligible players in attendance, each player must be on the court for a minimum of ten (10) serves during the match.
 - b. For teams with thirteen (13) or more players in attendance, each player must be on the court for a minimum of six (6) serves.
 - c. The required playing time must take place within the first two sets of every match.
 - d. Coaches may not ask players to skip matches to have fewer players on the bench for a match.
 - e. A medical condition or a permissible reason why a player would be given playing time below the defined levels.
 - f. Protests related to All Play violations must be made at the time of the violation - reported to the match official and logged in the scorebook. Evidence of the All Play violation must be present in the scorebook. A team raising an All-Play protest **MUST** alert the opposing coach to the potential violation before either team scores 15 points in the second set of the match. This gives the coach an opportunity to rectify the situation via substitution. If not remediated, the violation should be reported to the County Coordinator when the match is concluded.
 - g. See the CYO Athletic Handbook (Section 6) for further information on the All Play Rule as well as the penalties for violation of the rule.

Team Celebrations / Huddling

1. No excessive celebrating or huddling is permitted after a point is scored during the match.
2. Referees can consider this delay of game and assign a yellow card.

Player Responsibilities

1. No gum chewing or eating is permitted on the bench or court.
2. Water is the only permitted liquid/beverage in the bench area.
3. No jewelry is to be worn by any player.

Uniforms

1. All players must wear identically styled uniforms consisting of shirts and athletic shorts/pants. Court shoes/sneakers are required (no street shoes, boots, etc).
2. Jerseys must have unique numbers printed on front and back. Jerseys with numbers only on the back will be permitted only with permission of the League/CYO Coordinator.
3. **All players must wear knee pads. This is not optional. The match referee can disallow participation for failure to wear knee pads.**
4. Any item deemed to pose a safety threat to the player or to others will not be allowed (including all jewelry). The decision of the match referee is final.
5. See additional guidelines on Uniforms in the CYO Athletic Handbook (Section 12).

SCHEDULE CONTROL

The CYO expects all teams to respect the league schedule. Once matches are committed at scheduling time, that final schedule should not be changed.

Cancellations and Postponements

1. The decision to postpone a match due to inclement weather falls to the program director of the hosting venue in consultation with the opposing teams and the League Coordinator. That program director will then notify all coaches and the League Assignor of the postponement.
2. Else, the only two acceptable reasons for match postponement would be:
 - a. When a host facility is no longer available for play (and no alternate site is available)
 - b. When a parish/school event makes it impossible to field six players to start a match.
3. All requests for match postponement must be brought to the League/CYO Coordinator for approval BEFORE any communication of postponement with opponents, officials, etc. Decision of the League Coordinator is final. An agreement between two coaches to postpone a match IS NOT a valid reason for a schedule change.
4. Short notice match postponements will be subject to a cancellation fee to cover the cost of officials. Determination of a fee and responsibility for payment is at the discretion of the League Coordinator.

Forfeits

1. A team will forfeit a match if they do not have six (6) players by 15 minutes after the scheduled start of the match.
2. Referee will declare a forfeited game if a team fails to play when directed to do so after warning.
3. Other reasons for forfeiting will be as per NFHS rules.
4. The score shall be recorded as 15-0 for each forfeited set. In sets forfeited after the start of play, the final score will be raised so the winning team has at least 2 points more than the forfeiting team.
5. A team will not be eligible for the league playoffs if they forfeit more than one match in the regular season. Remember, a team may use temporary players (as explained earlier) to avoid a forfeit.

Suspended Match

1. If a match is suspended due unforeseen circumstances, it may be resumed from the point of suspension, unless the League Director decides otherwise. The score and line-up will be the same when the match is resumed as it was at the moment of suspension.

PLAYOFFS

All eligible teams will compete in a season-end playoff tournament:

1. Playoff format will be defined prior to the end of the season by the CYO Office or the League Coordinator.
2. Winner of the Grade 7/8 Girls division in each county will represent their county in the Archdiocesan Tournament of Champions. (Due to the smaller number of Boys teams, there is currently not a Boys Tournament of Champions.)
3. Playoff sites are determined by the League Coordinator and CYO Office.

4. Playoff brackets are designed to typically promote more competitive early round matches and reward the higher seeds with early round byes. All eligible teams will compete in the playoff.
5. The unpredictable outcome of winners and losers in a playoff tournament make it impossible to work around any individual program scheduling issues. Teams must be available for playoff matches as scheduled. Failure to field a team for a playoff match results in a forfeit.

STANDARDS OF BEHAVIOR

The CYO Office expects all parties involved in CYO Athletics to participate in a positive manner with an emphasis on sportsmanship and fair play. See the CYO Athletic Handbook (Section 16) for a complete description of Standards of Behavior for Players, Coaches and Spectators – and penalties for not complying.

Specific to Volleyball, there is an expectation that all spectators, players and coaches remain silent during a serve from either team. An official may grant another serve to a player if the official feels that interruption impacted the serve. A spectator can be removed from the gym for this violation.

MATCH PLAY

Start of Play

1. A coin toss shall be conducted between captains. The winner gets to choose whether or not to serve.
2. Warmups are 5 minutes per team, full court. The team who wins the coin toss has the court first.
3. Line-ups and rosters must be provided to the scorer's table at least two (2) minutes before the start of the set. No changes are permitted after turning in the lineup.
4. Teams will not switch sides unless switching is agreed before the start of the first match. The official will suggest that switching occur if he/she feels there is a distinct advantage to one side of the court. Either coach can also petition the official to approve switching sides. The decision to switch sides cannot be revisited once play has begun. If switching does not occur, the official should ask the line judges to change sides between sets... although failure for the judges to change sides is not grounds for a protest of the match.
5. Prior to the start of the match, players should stand at the end line and when instructed by the referee they should walk down the sideline to the net to greet the opposing team.

Players

1. Each match must start with six players on the court for each team.
2. If a player becomes ineligible to play during the match and there is no eligible replacement player, a team will be allowed to play with five players. In that case, each time the missing player's spot comes up in the serving rotation, it is a side-out point for the other team.

Scoring

1. All sets, including the third set to break a tie, are played to twenty-five (25) points. A team must win by two (2) points, with no cap to total points. Play continues until one team attains that 2-point advantage.
2. There will be a 3-minute intermission between sets.
3. Match is best of 3 sets; a third set is only played if the first two sets are split.

4. However, if a match is decided in two sets (and there is adequate time), the teams may elect to play a third “friendship” match. This match should be for fun and should not be reflected in the scores reported for the match. The third match can be stopped at any time as determined by the Official.
5. At the conclusion of the match, players go to the end lines, wait to be instructed, and walk to the net via the sideline to congratulate the opposing team in the fashion explained by the official

Timeouts

1. Each team will be given two timeouts per game. Each time out is one minute.
2. A yellow card will be given if a team calls a time out with no timeouts remaining.

Serving

1. The server must contact the ball within 5 seconds after the referee whistles for service.
2. For a serve before a referee’s signal, a replay shall be called unless, in the judgment of the referee, the early serve was a deliberate act.
3. A service tossing error can be indicated by the referee if it is tossed or released by the server and lands without touching the player. After the service tossing error, the referee must again authorize the service.
4. One (1) service-tossing error is permitted for each service.
5. There is a special serving rule/allowance for players (Boys and Girls) at the Grade 5/6 level only:
 - a. That serving line will be set back 23 feet from the mid-court line (7 feet closer than the regulation 30-foot end line). Hosting gyms must have this line visible.
 - b. A player who serves from the closer line **MUST** serve underhand.
 - c. Any player serving overhand or side-arm must serve behind the standard end line.
 - d. This rule will apply to the regular season and the playoffs.
 - e. Despite this allowance, coaches are encouraged to work with younger players on regulation serving in practice and in any “friendship matches” throughout the season.

Libero

1. Libero will not be used at either Boys or Girls matches at any grade levels.