

CATHOLIC YOUTH ORGANIZATION

VOLLEYBALL RULES/REGULATIONS

I. PLAYING RULES:

- A. Official Rules: The rules of the CYO Volleyball League are those of the National Federation of State High School Associations (NFHS) and Michigan High School Athletic Association (MHSAA). It is imperative that each coach has a working knowledge of the NFHS and MHSAA rules in addition to those rules governing CYO Athletics.
- B. Purpose of these Rules: CYO wishes to stress that scores are not to be run-up by winning teams, and also wishes to emphasize that coaches must make every effort to play as many team members as possible in a given match.
- C. Team Minimum: A team must be able to field the minimum number of players (6) at match time or the match is forfeited. If a player is ejected, becomes ill or injured and is unable to finish the match, the team may finish the match with fewer players.
- D. Match Time: Match time is forfeit time. If one team is not present and ready to play at the time that a contest is scheduled to begin, their opponent may accept a forfeit victory for that contest. Officials shall sign the score sheet to verify forfeit. No official is required to wait beyond the scheduled match time for a team.
- E. Match Warm-Up: Warm-up prior to the first match of the day should start fifteen (15) minutes prior (10 minutes warm-up, five 5 minutes pre-match announcements) for 7/8th grade or thirteen (13) minutes prior (8 minutes warm-up, five 5 minutes pre-match announcements) for 4th and 5/6th grades. After the first match, timed warm-up should start immediately after conclusion of last match. If the net needs to be adjusted, then the timed warm-up will start immediately after the net is adjusted.
1. 7/8th Grade Warm-Up Time: Ten (10) minutes.
 - a. First four (4) minutes, the home team has entire court, then four (4) minutes the away team has entire court, then two (2) minutes shared serving.
 - b. Off team can ball handle off court out of the way. Off team is not obligated to shag balls for on court team.
 - c. Officials may adjust if requested by coaches, but not to exceed ten (10) minutes.
 2. 4th and 5/6th Grades Warm-Up Time: Eight (8) minutes
 - a. Each team has five (5) minutes on own side of court for ball handling, then three (3) minutes shared serving.
 - b. Officials may adjust if requested by coaches, but not to exceed eight (8) minutes.
- F. Match Length: The best two (2) out of three (3) games with a three (3) game mandatory play constitutes a match. In the event that one team wins the first two (2) games all substitutes must be used in the third game.
- G. Match Format: Rally scoring format will be used including let serve. With rally scoring, a ball contacting and crossing the net shall remain in play provided that the ball is entirely within the net antennas.

- H. Order of Play: There will be no pre-match meeting, unless requested by the official.
1. The home team shall serve first.
 2. There will be no change of sides unless there is a disadvantage between sides. This would include, but not limited to smaller playing area on one side, overhead obstructions common to one side, dropping batting cage, off center curtain/divider, shorter serving area, etc.
 - a. A coach must make a request to the official for changing of sides. This request should be made to the official prior to the start of the match. The Official will use their discretion to ensure fairness and make a final decision.
 - b. If the games are one each, for the third (3rd) deciding game, a coin toss will take place. Visitors will call the coin toss. The winner of the coin toss will have the choice of serve or receive. If switching sides, this is added as a choice for the coin toss winner.
- I. Termination of Game: The first two (2) games shall go to 25 points with a cap of 30 points and the third (3rd) game shall go to 15 points with a cap of 20 points. A team that has scored 25/15 points and is at least 2 points ahead is the winner. If the leading team does not have a 2-point advantage, play shall continue until one team has a 2-point advantage or cap point is reached. No time limit. No more than two (2) minutes between games for 7/8th grade and no more than three (3) minutes between games for 4th and 5/6th grades.

II. MATCH RULES/REGULATIONS:

- A. Playing Court: Home team must provide a marked court free from obstructions with the following regulations:
1. Net System/Supports: Must be secure and padded otherwise forfeiture may result.
 2. Official's Platform: Must be stabilized and padded.
 3. Net Height: 4th and 5/6th grade - 6 feet 6 inches, 7/8th grade - 7 feet 4 1/8 inches.
 4. Serving Line: Shall be behind the end line and from sideline to sideline.
 5. Service Area (4th and 5/6th Grades Only): Service line (tape, paint, etc.) parallel to and five (5) feet from the end line. The 4th and 5/6th grades service line shall be a different color than the endline.
- B. 4th and 5/6th #2 Divisions and Below Serving Rule: A server who has served six (6) serves in a row should not serve a seventh (7th) serve. This team should rotate. The next server will continue the service. The official scorer should notify each team after serving number five (5.) If neither team realized the server passed the sixth (6th) serve, the server will immediately rotate when discovered, however points will remain as is.
1. 5/6th Divisions with #1 and #2 Teams: Teams will follow the rules of the majority in the division. For example, if a division has six (6) teams and four (4) are #2 and below teams and two (2) are #1 teams this division will follow the rules for #2 and below teams. Same goes for if a division has four (4) #1 teams and two (2) #2 below teams, that division will follow #1 team rules. Coaches can discuss before games if they would like to play under #1 or #2 team rules, but a decision must be agreed upon with an official present. If no decision is reached the game will play under rules of the division.
- C. Libero Player: The CYO does not allow the use of a libero player(s).
- D. Protective Equipment: Kneepads are recommended.

- E. Regulation Ball:
 - 1. 7/8th Grade: The National Federation volleyball specifications is an approved ball.
 - 2. 4th and 5/6th Grades: The "Tachikara Volley Lite" ball is the approved ball.
- F. Uniform Numbers: Jersey or shirt must have numbers, even if only taped.
- G. Roster Exchange: Preceding ALL CYO Volleyball Non-League/Crossover and/or League Contests, each team is REQUIRED to exchange rosters with the opposing team ten (10) minutes prior to the start of the game. This list should be prepared in numerical sequence indicating jersey number and name of each player. Line-ups shall be submitted two (2) minutes prior to the start of the first game and one (1) minute before each game thereafter. Any team that does not provide a roster to exchange with the opposing team will receive a forfeit loss for that contest.

III. LEAGUE RULES/REGULATIONS:

- A. Officials: CYO will assign Michigan High School Athletic Association registered officials for all matches. The home team is responsible for paying all officials prior to the start of the match. One (1) official will be assigned for all matches.
- B. Officials Not Present: In the event that the assigned officials are not present to officiate the match(es) the teams will have two (2) options:
 - 1. Play the match with individuals they mutually agree to have officiate the match(es). If a mutual agreement is made to play, the contest(s) results will stand.
 - 2. Re-schedule the match(es) with the CYO office after mutually agreeing on date(s) and time(s).
- C. League Standings: The league standings will be computed on the basis of two (2) points for a win and zero (0) points for a loss. Non-league matches do not count in division standings.
- D. Roster Limitations: There is no limit as to the number of players that a team may have. Additional players may be similarly registered (as per eligibility rules) at any time during the regular season.
- E. Schedules: The recommended time for scheduling matches would be 70-75 minutes for 7/8th Grade and 60 minutes for 4th and 5/6th Grades.
- F. Insurance - Archdiocese of Detroit (AOD) Parish/School/Academies: Secondary medical insurance is provided for athletic participants within the AOD through the Michigan Catholic Conference. This coverage has some limitations and is secondary to parent's medical coverage. Information can be obtained through the AOD School Principals or AOD Parish Pastors.

IV. PLAY-OFFS:

- A. 5/6th Grade: There are no play-offs for 5/6th grade teams.
- B. 7/8th Grade: The CYO will sponsor a play-off and tournament at the conclusion of the season for all 7/8th grade qualifying teams. Teams qualifying for play-off and tournament may not enter into any other tournament(s).
- C. Division Tie Breaker for Play-off and Tournament Seeding:
 - 1. Head-to-head games between tied teams.

2. If still tied, point differential.
3. If still tied, head-to-head by common opponent.
4. If still tied, blind draw or flip of a coin.

D. Play-Off and Tournament Bracket Team Placement:

1. CYO Play-Off Teams: #1 Divisions – Divisions comprised of 50% or more of #1 teams.
2. CYO Tournament Teams: #2/Lower Divisions – Divisions comprised of 50% or more of #2/lower teams.
3. #1/Only Teams: No matter where the team was placed in regular season alignments, if this is a #1 and/or Only team, if qualified, that team will be placed in the Play-Off Brackets. At the discretion of the CYO Athletic Department, team grade set up will be taken into consideration and an exception may be granted.

E. Play-Off and Tournament Format:

1. Best two (2) out of three (3) games will constitute a match. If one team wins the first two (2) games, a third (3rd) game is not mandatory and should not be played unless needed. Play-offs are a one (1) match knockout format, only winners advance.
2. The first two (2) games shall go to 25 points with a cap of 30 points and the third (3rd) game shall go to 15 points with no cap. (In the third (3rd) game, if the leading team does not have a 2-point advantage after scoring 15 points, play shall continue until one team has a 2-point advantage.)

V. VIOLATION AND PENALTIES:

Violations of CYO rules and regulations shall subject a member Parish/School to any or all, but not limited to, the following: censure, probation with competition, probation without competition, forfeiture, suspension, and expulsion.