

CYS Grade School Volleyball Rule Addendums*

Version 2025-2026

CYS follows normal NFHS rules except those that were amended below. CYS have made changes that benefit our young athletes and increase competition for their age level.

Uniforms

- All players must wear the school CYS uniform shirt and CYS black shorts.
- **Spandex shorts or leggings are not permitted.**

Knee Pad

- All players MUST wear knee pads during active play

Ball Size – Volley Lites

Net Height – 7 feet

Libero – Grade School Volleyball will NOT use a libero

Game Site Preparation

- All teams must be prepared with the following
 - Warm Up Balls (Volley Lites)
 - Line Judge from each school
 - Home Team - Scorekeeper

Skills Training - All Teams will take part in pre-game skills training that will last ½ long

Timeouts

- Each team is allotted 2 time outs per game
- Length of time out is 1 minute

Scoring

- All games will be played using rally scoring, three sets which are scored and timed
- Sets 1 & 2 will be played to 17 points, win by 2, with a cap at 19 or 20 minutes whichever occurs first
- Set 3 will be played to 15 points, win by 2, with a cap at 17, or 15 minutes whichever occurs first
- Flip Scoreboard is used

Live Balls

- A served ball that touches the net and continues over is a live ball.
- The ball may be played with any body part if there is no prolonged contact

CYS Grade School Volleyball Rule Addendums*

Version 2025-2026

Serving

- Players may serve in front of the Volleyball line (underhand serve only)
- Players serving overhand must serve from behind the volleyball line
- A player may serve 2 times before the team must rotate serve to opposing team to encourage participation by all players

Pre-Game Conference

- There will be a pre-game conference that includes 1 coach and 1 captain from each team. Referees will cover the ground rules of the facility, and they will conduct a coin flip with the coaches and captains
 - The visiting team will call the coin flip, and the winner may elect to serve or receive for Set 1. The other team will serve first in Set 2 depending on the outcome of the coin flip. Then for Set 3 the team who served in Set 1 will serve the finals set.
 - Teams will not switch sides between sets

Pre-Game

- Warmups will consist of 8 minute period.
 - Each team will have 4 minutes to utilize the court and includes serving time
 - The visiting team will have the first 4 minutes following the pre-game conference.

Substitutions

- Substitute must be ready and may be standing near the bench.
- Only 1 sub may enter the substitution zone at the same time
- Players may substitute for any player except the server

Miscellaneous

- No Jewelry (including small posts)

CYS Coaches' Responsibilities

CYS coaches represent Catholic values and act as sport-ministers. They must teach:

- Teamwork & Sportsmanship
- Commitment & Dedication
- Compassion & the Right way to win

Coaches must adjust their game to avoid running up the score. Coaches are expected to use the **GOLDEN RULE** in every practice and game!