

VOLLEYBALL GUIDELINES

(Revised 6/26/14)

TEAM ENTRY: See '*TEAM FORMATION*' in *General Guidelines*'. Notification of a schools intent to participate, and the number of teams participating, must be in the CYO office on or before the roster due deadline (see agenda). Teams will be put in a pool and names drawn to form two conferences (Angels & Saints). If there are two teams at the same grade level, they are to be divided equally, **based on equal talent. Teams are not to be 'stacked'**.

TEAM REQUIREMENTS: A minimum of eight (8) players, with a maximum of fifteen (15), may be on a roster. Teams are allowed **either** one (1) head coach, and two (2) assistant coaches **or** one (1) head coach, one (1) assistant coach and one (1) scorekeeper, **for a maximum of three (3) bench personnel** on the roster **or on the team bench during any match**. If a school has a large number of participants that would be over the limit on a roster, they are to have two teams. All players listed on the roster, and coaches with proper identification (sports pass), will be admitted to the games at no charge.

Once the season has started, no additions should be made to a roster unless a student moves to the area during the **current sports** season and there is room on the roster without making cuts from the current players. The principal or Athletic Director of the school involved must clear any exceptions through the CYO Executive Director.

PRACTICE SESSIONS: See *agenda sheet* and '*General Guidelines*'.

LINE JUDGES: a) There shall be a minimum of two (2) volunteer line judges (one per team).

b) Line judges are to be considered a part of the officiating crew and are not to talk to the teams during play.

c) Line judges are not to move once they are placed in position by the official and are not allowed to stand behind or near the servers.

d) Line judges cannot be a coach from the team that is playing. Any of the above actions would be considered an unsportsmanlike act and will be dealt with as such (see General Guidelines).

LINE-UP/ROSTER SHEET: All names **and jersey numbers**, of those listed on the original roster on file at the CYO office are to be listed on the line-up sheet. Those **girls/boys** who are *not playing in the first game of the match, starting in the second game* of the match, or *not playing at all*, are to have the reason for their not playing written next to their name (ineligible, late, discipline, etc.). Failure to do so will result in a point/side-out for the offending team.

MANDATORY PLAYING RULE:

5th-8th grade: All players must play. In game one, each team starts with 6 players, with no substitutions being allowed (unless an injury or health problem occurs) until one team **reaches eleven (11) points**. At this time an official's time out will be called. Both teams will substitute up to 6 new players. If a team has less than 6 new players, they must substitute as many new players as they have.

These players must stay in the remainder of the game and can only be substituted for in case of an injury or a health problem.

In game two, if a team has more than twelve (12) players, they must start the extra player(s) in the second game. These players must stay in the game until one team has reached **eleven points**. There are no restrictions if a third game is needed.

Failure to comply with the mandatory playing rule will result in a point/side-out for the first offense; a second offense in the same game will result in a forfeit of the match for the offending team.

MOVING PLAYERS: See ‘*General Guidelines*’. If a team needs to move players, they are to move enough to field a team of six (6) and leave enough on the team moved from to field a team of six (6) and one extra. If there are two teams in the same grade level, the move is to be made from within that grade level. If there is only one team in the grade level, the move must be made from a team **only one- (1) grade level** below the level they are playing.

A moved player can play in only one ‘match’ per day. Entry into one game of the match constitutes a ‘match’ and the player is no longer eligible to play in any further CYO competition for that day (this includes other CYO sports).

NOTE: Players shall not be moved or added to a team during the end of season tournament.

NUMBER OF PLAYERS ON THE COURT: A team must start the match with six (6) players. If a team has any number less than six players after the match has started, it shall continue to play. The IHSAA guidelines shall be followed in this situation.

There will be a ten (10) minute grace period for a match before a forfeit is called. The ten-minute grace period begins from the scheduled time of play.

SUBSTITUTIONS (other than mandatory): All teams will follow IHSAA guidelines by reporting to the official. 18 Total Substitutions per team/per game of each match.

GAMES: a) 7th & 8th grade will play ‘rally scoring’ volleyball, with a point being scored on every serve. The team scoring twenty-five (25) points, with a cap of twenty-five (25), will be declared the winner. The winner of the match will be the best two (2) out of three (3) games. The third game, if needed, will go to fifteen (15) points with a cap of fifteen (15). The winning team does not have to be ahead by two.

b) 5th & 6th grade: will play ‘rally scoring’ volleyball, with a point being scored on every serve. The team scoring twenty-one (21) points, with a cap of twenty-one (21), will be declared the winner. The winner of the match will be the best two (2) out of three (3) games. The third game, if needed, will go to fifteen (15) points with a cap of fifteen (15). The winning team does not have to be ahead by two.

Let serves that fall in the opposing team’s court will now be considered a good serve and the opposing team should play the ball.

- 1) Teams may, but do not have to, stand at the end line at the start of the game.
- 2) For 5th & 6th grade only underhand servers and side arm servers the service line should be moved up to the five (5) foot line (line should extend to at least half of end line distance).
- 3) Overhand servers (**girls/boys in grades 5th-8th**) **must start their serves behind the end line;** they can no longer step on, or over, the end line. If they do step on or over the end line this is considered a foot fault.
- 4) Volley-Lite balls must be used at all 5th & 6th grade (GIRLS ONLY) CYO games. **Boys in grades 5th-8th will use standard volleyball ONLY during CYO games.** Volley-Lite balls are available at the CYO office.

- 5.) **Coaches may stand to instruct players in front of their benches. Must be four (4) feet from the line. (will not be able to apply in some schools)**
- 6.) **Unadorned bobby pins and flat barrettes may be worn, no more than 2 inches in length. No Beads or Glitter may be worn in the hair.**
- 7.) **Medals & Medical ID bracelets may be worn, but taped down.**
- 8.) **Tying of jerseys will be allowed to a point.**
- 9.) **Legal Contact is a touch of the ball by any part of the player's body which does not allow the ball to visibly come to rest or involve prolonged contact with a player's body. (any part of the body to be considered legal contact with the ball)**

KEY ITEMS: (a) Line-ups are to be submitted five (5) minutes before the scheduled time of a match. Failure to do so will result in a point/side-out.

(b) If a player shows up late during game one, the player cannot play during that game. However, the player must play in game two of the match. If the player is late for game two, the player must play in game three if there is a game three.

(c) All teams on the floor at the end of each game shall go to the end line and remain there until the official either gives the 'change benches' signal (one arm in front of body pointing to the right, the other arm behind the back pointing to the left - at this point they shall follow their team mates on the floor to the appropriate bench); or the 'end of match' signal (arms crossed in front of chest).

(d) All members of the team on the bench at the end of each game shall remain at the bench until the official either gives the 'change benches' signal, or the 'end of match' signal.

(e) The second team listed on the schedule will be considered the home team.

Procedure for scoring when a vacant position rotates to serve in the right back position due to the team playing with fewer than six players as a result of illness, injury or disqualification. Loss of Rally and point.

NET HEIGHT- (7' 4 1/8") High School Requirement Height

UNIFORMS: (See 'General Guidelines') Refer to IHSAA guidelines for uniform conformity. **Safety straps must be worn with glasses (penalty: child can not play without strap).**

CONFERENCE PLAY: Conference play for girls will be August through October and for boys will be March through April. At the end of conference play, there will be a single elimination tournament. If two or more teams tie for first place they will be co-champs and a blind draw will determine placement for the tournament. All other ties will also be settled by a blind draw.

AWARDS: Individual medals will be awarded to the first and second place teams in the conference and in the Diocesan Tournament. In the case of a tie, there will be co-champs and medals will be awarded to reflect this.

Two teams from the same school competing at the same grade level for the CYO Championship will be considered Co-Champions. There will not be a final game in this instance. In this instance, schools may choose to come to the finals to receive their awards or have their awards picked up at the CYO office for presentation at another time by their school Athletic Director.