

DIOCESE OF CLEVELAND CYO HIGH SCHOOL VOLLEYBALL RULES

The National Federation of State High School Associations (NFHS) Volleyball Rules apply in this league with the exceptions contained within. CYO game rules may not be altered by mutual consent of the coaches. Only the CYO office may authorize changes.

SECTION 1 - OFFICIAL TEAM

- A. Defined as an individual or group of children from one or more Members listed on the team roster that meet the eligibility rules and are approved by the Pastoral Designee/Athletic Director, Pastor and CYO Office.
- B. A CYO Team refusing to continue playing a scheduled match for any reason without the consent of the referee or CYO representative may be subject to penalties as outline in Bylaw 11. This also applies to CYO Sanctioned Events.
- C. An official team will be a minimum of 6 players on a roster.
 - 1. A team may begin a match with 5 players. If a 6th player arrives after a set has begun, they will enter the 6th position without penalty.
 - 2. A team may consist of all girls.
 - 3. A team may enter a coed team consisting of three females and three males in the Coed Division. More than three females may be on the court at anytime; more than three males may never be on the court at anytime. Positions must be alternated male, female, male, female
- D. A partial roster or combined roster cannot be entered into any tournament or sanctioned event.
- E. At any time, rosters cannot be split to form 2 teams.

SECTION 2 - OFFICIALS

- A. Officials that are certified and registered with the Diocese of Cleveland CYO will be assigned to each match.
- B. Officials have the power to warn or disqualify from the competition anyone who commits acts which intend to influence their decisions.
- C. One official will be assigned to each regular season match. Two or more officials may be assigned for sanctioned events and play-offs.

SECTION 3 - PLAYER ELIGIBILITY

- A. High School Volleyball Player Eligibility
 - 1. A member of an interscholastic high school (OHSAA) volleyball squad (any student who has played in a scrimmage, preview or regular season/tournament games as a substitute or a starter) sponsored by Board

of Education or Private School may participate in this program prior to and after the high school season under the following conditions:

- a. The number of interscholastic volleyball players from the same school on a team is limited to three (3) on the roster of that squad.
(Graduating Seniors who are participating after their final interscholastic contest of the season in the sport of volleyball are exempt from this limitation.)
- b. Participation includes tryouts, training, practice and competition.
- c. Violations of these rules WILL impact the athlete's status to participate on an interscholastic high school (OHSAA) volleyball squad.
- d. Submits an Interscholastic Participation Form with the CYO Eligibility Roster on or before the roster deadline date.

B. All sections of Bylaw 4-1-4 are in effect regarding player eligibility.

SECTION 4 - EQUIPMENT & UNIFORMS

- A. Tennis shoes must be worn. For safety reasons, players may not wear their game shoes into the gym.
- B. Chains, earrings, other jewelry, glitter, face paint, bobbi pins, clips, or other inappropriate items may not be worn during the match.
- C. All athletes are required to wear Member issued uniforms.
- D. Numbers on the jersey are mandatory. A number shall be printed on the front and back of each jersey. The number on the back of the jersey shall be at least 6 inches in height, while the number on the front of the jersey shall be at least 4 inches in height. The front number shall be placed so the top of the number is no more than 5 inches down from the shoulder seam; or placed so the number is centered no more than 5 inches below the neckline opening/ribbing.
- E. The uniforms shall be matching and of the same color. If visible apparel is worn under the jersey or shorts, it shall be of a solid color and the same for each team member wearing the apparel.
- F. If a libero is used, the player shall wear a uniform top in clear contrast and distinct from other members of the team.
- G. Cutoffs or sweatpants under the uniform shorts are not permitted.
- H. Bare midriff tops are prohibited. Uniform top shall be tucked in or hang below the waistband.
- I. All athletes must have the CYO Emblem on their uniform either sewn or stenciled.
- J. An American flag and or a commemorative/memorial patch not to exceed 2 by 3 inches and with the approval of the CYO Administration may be worn on each of the uniform apparel provided neither the flag nor patch interferes with the visibility of the team's name.

- k. If a player wearing an illegal uniform or equipment attempts to enter the game or is discovered in the game, unnecessary delay shall be assessed the team, the player shall not enter the game until the illegal equipment is removed or made legal.
- L. For all matches, CYO will provide a regulation game ball.
- M. The court, net and antenna must meet NFHS standards.

SECTION 5 - PRE-CONTEST COACHES RESPONSIBILITIES

- A. Coaches must be CYO certified.
- B. CYO Credentials are to be worn and visible at all times.
- C. Coaches are responsible for the supervision of their team before the match.
- D. Coaches should be prepared to provide one competent adult to serve as a line judge.
- E. At each match and practice, coaches are to have in their possession: an official team roster, a copy of each athlete's Preparticipation Form and Emergency Medical Authorization Form and a first aid kit.
- F. A pre-match conference will be held between the officials, head coaches and captains. Coaches must submit their official line-up sheet to the score table.
- G. Bench personnel are limited to players listed on the eligibility roster, and three (3) non-players. Non-players 18 years of age or older must be CYO certified. Non-players under the age of 9 are not allowed on the bench.
- H. Teams shall occupy the bench located on the side of the net adjacent to their playing area throughout the match, including when teams switch sides for 2nd and 3rd sets.
- I. The head coach of any high school team must be at least 25 years of age as outlined in the Bylaws; assistant coaches must be at least 18 years of age.
- J. All coaches associated with interscholastic high school athletic/volleyball programs must inform the CYO Athletic Administrator by the eligibility roster deadline and comply with any OHSAA limitations. Failure to inform CYO will result in the coach's ineligibility until this requirement has been completed.

SECTION 6 - PARTICIPATION

- A. Each athlete must be treated with dignity regardless of his or her ability.
- B. A player on a CYO team may not participate on any other volleyball team during the CYO season. For purposes of defining eligibility, a player may not be on another team from the published CYO roster due date and the completion of the team's final match.
- C. If a coach chooses not to play a player because of missed practice, unsportsmanlike conduct, academics or injury, the coach must inform the official before the match begins and mark the player as not participating on the official score sheet.
- D. By the end of the second set, all players must have entered and participated in every match.
- E. Violation of these rules will result in a forfeit of the match and disciplinary action against the coach and/or parish.

SECTION 7 - GAME & TIME LIMITATION

- A. No team or player is permitted to play more than 22 matches in a season. No team or player may play in more than three (3) matches in a day.
- B. No team or player may play more than seven (7) matches per week. The week runs Sunday through Saturday.
- C. Events on Sunday cannot begin until 1:00 PM.
- D. Events cannot start after 8:00 PM except during Easter break.
- E. Practice sessions must be completed by 10:00 PM.

SECTION 8 - LIBERO

- A. The libero is a back-row defensive specialist.
- B. ALL NFHS libero rules are in effect. See handout on the web site and Coach's Packet.
- C. The libero cannot be used in the Coed Division.

SECTION 9 - SUBSTITUTIONS

- A. A team will be allowed 18 substitutions per set. Libero substitutions do not count toward this limit.
- B. Substitutions may be made in case of an injury. If through injury a player is unable to continue and all substitutes have entered the set, the injured player may be replaced under the following conditions:
 - 1. The substitute was not in the set at the time of the injury.
 - 2. The substitute has not already entered the set although they may have played in a different position in the serving order.
 - 3. The injured player does not re-enter during the remainder of the set.
- C. In the Coed Division, a female may substitute for a male. If all six players on the court at the start of the set are female and a male is substituted into the set, the first male will determine the alternating positions.

SECTION 10 - SCORING AND STANDINGS

- A. Rally scoring will be used at all divisions.
- B. Matches shall be the best two of three format.
- C. All sets shall score to 25 points with no cap.

SECTION 11 - COURT PROTOCOL

- A. Coin-flip – The team listed first on the team schedule will be the Visiting team. The visiting team shall call the toss. The winner shall choose either to serve or receive. If necessary, prior to the deciding set of a match, the home captain shall call the toss. The winner shall choose the serve/receive or the playing area. The loser of the toss shall be given the remaining choice.

- B. At the end of the timed warm-up period and pre-match prayer, the officials shall take their positions on the court. The referee blows the whistle and directs the starting players to their respective end lines. When all officials are ready, the referee blows a second whistle and signals the players onto the playing court. Then the umpire checks the line-ups for each team.
- C. At the end of the set the referee shall blow the whistle and signal “end of set” directing players to their respective end lines. With the players remaining on their respective end lines, the referee visually confirms the score of the game with the umpire; then blows the whistle, directs the teams to the appropriate team benches.
- D. Bench Protocol
 - 1. For set 2 in a 3-set match, teams shall immediately change playing areas and benches at the direction of the referee.
 - 2. When directed to change courts, the non-playing team members proceed immediately to their new team bench, and the on-court players proceed counter clockwise along the sideline past the standard to their new team bench.
 - 3. When directed to do so, the teams proceed immediately to their respective team bench.

SECTION 12 - TIME OUTS

- A. Only the head coach is permitted to signal for a time out.
- B. Each team is limited to two (2) time-outs per set.
- C. Time-outs shall not exceed 60 seconds.
- D. In case of injury, an official's time out will be held and then a replay.

SECTION 13 - SERVICE

- A. The serving area will include an area beyond each end-line from sideline to sideline.
- B. There is no limit to the number of serves any single player may serve.
- C. If a team started the set with fewer than 6 players, there is no penalty awarded each time a vacant position rotates.

SECTION 14 - CAUTION AND DISQUALIFICATION

- A. Teams are expected to conduct themselves in a manner that the game officials and CYO administration feel shows respect and dignity towards its opponent.
- B. Excessive celebration(s) is considered to be a disqualification (yellow/red) when the set is delayed or a player(s) draws attention to himself/herself. This can include but not limited to, ace cheers, slam cheers, and dances.
- C. From the whistle signaling for the serve until the server makes contact with the ball, there shall be no deliberate outbursts or distraction by any opponent on the floor or in the bench area.
- D. Violations for any of the above will be assessed as follows:

1. Yellow card on the head coach or player
 2. Red card on the head coach (ejection of head coach)
 3. Forfeit of the match
- E. Whenever an official issues a card, the player, coaches, the scorer and the other officials shall be notified of the reason for the caution or disqualification.
- F. Red carded coaches and adults must immediately leave the competition area. Red-carded players must remain supervised by a coach or other adult.
- G. A coach or player ejected from a match for any reason shall be suspended for the next scheduled match. The ejected person may not associate with the team during the duration of the suspension, this includes practices and scrimmages.
- H. Any player, coach or other person who receives two (2) red cards during the course of the season will be suspended for the remainder of the season and may be subject to additional disciplinary action.

SECTION 15 - CONTACT WITH THE BALL

- A. Legal contact is a touch of the ball by any part of the player's body that does not allow the ball to visibly come to rest or involve prolonged contact with a player's body.
- B. Illegal hits occur when a ball visibly comes to rest or has prolonged contact with a player during contact. The only valid criterion for judging an illegal hit is that of vision by the official. These include, but not limited to, a push, lifts, throw, or carry.
- C. If during a rally, more than one (1) player contacts the ball, before it is returned over the net, a female must have made one (1) of the contacts.

SECTION 16 - CEILING RULE

- A. A ball striking the ceiling or an overhead obstruction shall remain in play during a volley provided the ball contacts the ceiling or obstruction on the side of the net extended occupied by the team which played last and provided the ball is legally played by the same team.
- B. A serve cannot strike the ceiling at any time.

(Reviewed February, 2015)