

CYO VOLLEYBALL REGULATIONS

A. GENERAL INFORMATION

1. Court

- a. The court is 60' x 30'
- b. The serving area is anywhere behind the baseline.
- c. The net height is 7'4-1/4"

2. Team

- a. Each team consists of six players on the court during play.
- b. Three players play in the front line near the net and three players play in the back row near the baseline.
- c. All players rotate clockwise in a circle.
- d. Substitutes enter at the left front position waiting with one player on the court and the substitute off the court. This procedure must be followed even during a time-out. When the game official signals, the substitution may take place.
- e. All players shall wear a shirt with their number on it. Shirts shall be worn **TUCKED** into the waistband.
- f. Court shoes with shoestrings and non-marking soles must be worn at all times.
- g. No chewing gum is allowed during play.
- h. **NO** jewelry of **ANY** kind may be worn during play unless jewelry is for medical reasons and must be taped. Discovery of jewelry during play will be up to the game official for reprimand.
- i. **NO** hair clips or any type of hair decoration may be worn during play. Rubber bands and soft bands are acceptable.
- j. **NO** taping of jewelry or clips is acceptable.
- k. **No Spandex shorts unless they are worn under P.E. shorts. All shirts must have a player number on them. No duplicate numbers permitted.**

3. Line-up and Rotation

- a. Line-ups are to be turned in to score keeper after the coin toss.
- b. Team serving, 1st server is listed as #1 on your line-up and the players number is circled.
- c. Team receiving serve, your 1st server is listed as #2 on your line-up and the player's number is circled, your team will rotate at the first side out.
- d. Coaches need to exchange their full roster to the opposing coach before match starts. This rule will be enforced. This will eliminate any questions about players not playing.

4. **Scoring During League Play (capped at 25 points)**

- a. **NEW RULE:** Each match will consist of the best of 3 games played to get 1 league win.
- b. Each game is played to 25 points (**DO NOT** have to win by 2 points). In “Rally Scoring”, the side winning the volley gets a point regardless of whether or not that side served.
- c. A team is allowed a maximum of 3 hits before the ball must cross the net. If this does not occur, the ball will be called dead and a side out or point will occur. Unless there is a block.
- d. A ball may be played off an overhead obstruction, as long as the ball contacted the obstruction on the player’s side of the net and came back down on that side of the net. All wall and bleachers are “Out of Bounds”.
- e. A ball is considered in as long as the circumference of the ball remains with the court (**A BALL ON THE LINE IS IN.**)

5. **Violations**

- a. No player may overlap another player on the court before the ball is served.
- b. No player may move before the ball is served other than to get out of the way of the server when serving the ball.
- c. Any player using foul language on the court will be removed for the remainder of the match. This misconduct will be reported to the team captain and the coach, who in turn should handle the situation: the schools athletic director will be contacted.
- d. All games will begin on time. Any team not present 5 minutes after the scheduled starting time will forfeit their game unless the reason is for traffic or weather. In this case the League Director needs to be notified immediately to notify official and opposing team they are schedule to play that day.
- e. A team captain on the court will be designated. This is the only player on the court able to speak with the official.
- f. Any grievances shall be directed to the league director, in writing through your respective school, and not at the game official. Any coach or spectator acting inappropriately will be asked to leave.
- g. Substitutions shall be called by the coach, and directed to the scorekeeper and then to the game official. Coaches, please be ready with substitutions so as not to hold up the game.
- h. It is a violation for the player’s foot to cross completely over the centerline.
- i. A player substituting for a player may only go back for the person they were removed for.

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