

**NFHS VOLLEYBALL RULES WILL APPLY WITH THE FOLLOWING  
EXCEPTIONS:**

**RULES SPECIFIC TO OUR CYO LEAGUE**

1. No more than 3 boys may play in the game at one time.
2. 5<sup>th</sup> graders only will be allowed to step into the court ten feet to serve, underhand only.
3. A 5th grader serving overhand must serve from behind the backcourt line.
4. *A 5<sup>th</sup> grader that plays any grades up cannot use the 10-ft. serve line.*
5. No player may play down a grade level, but may play up a grade level.
6. Each team must have a coach present at matches for their team.
7. A team that does not have 6 players at a game may play if they have a minimum of 4 players. They may not play more than 3 boys at a time.
8. An all girl team is acceptable.
9. No parent or spectator shall be on the team bench at any time (except scorekeeper).
10. Each team shall provide 1 line person for each game. The game official will assign each line person to his or her respective positions. Line judges must be high school age or adults. The game official can overrule the call of a line judge.
11. Every “eligible” player must play in league & tournament matches.
12. Every “ineligible” player must be declared BEFORE the start of the match.
13. *A player must play in at least 50% of league games to play in year-end tournament (to-be-discussed-with-coaches)*
14. Coaches must exchange complete rosters BEFORE the start of the match.
15. All rosters must be on file with the league director before league play starts.
16. All rosters are considered final after league play begins.
17. A player may be on only 1 team all season.
18. Substitutions are allowed in all of the six positions.
19. The HOME TEAM will provide the scorekeeper. This is the “official” score. The HOME TEAM is defined as the first team listed on the schedule.
20. There are 2 time outs per game for each team with NO carryovers.
21. There are no time outs during “Rally Scoring” play.
22. All players must be enrolled in one of the league schools.
23. Establish gym rules with game official BEFORE the start of each match.
24. There is to be a gym supervisor in charge and present at each game.
25. League Director will resolve any and all disputes.
26. If a team (minimum of 4 players) is not present at game time, they must forfeit the first game. Game 2 will begin 20 minutes after scheduled start time.
27. All 7<sup>th</sup> & 8<sup>th</sup> grade CYO volleyball teams will play with standard size volleyball and 5<sup>th</sup> & 6<sup>th</sup> grade will play with lightweight volleyballs.