

## SIMPLIFIED VOLLEYBALL RULES

### CYO ATHLETICS OFFICIAL GUIDE – 2017

1. COURT
  - (a) 60 ft. long
  - (b) 30 ft. wide
  
2. EQUIPMENT
  - (a) NET
    - 1) Preferably black or dark brown
    - 2) Height is 7 ft. 4 inches from the floor to the top of the net.
    - 3) Net should be drawn taut.
  - (b) BALL
    - 1) The ball must be leather or synthetic leather.
    - 2) 5<sup>th</sup> & 6<sup>th</sup> grade teams will use volleylites. A lighter ball.
  - (c) SCORING DEVICES
    - 1) A scoreboard, flip score or blackboard, when available, must be located in a place where it is visible to all players, substitutes, coaches, officials and spectators.
  - (d) UNIFORMS
    - 1) ALL PLAYERS OF A TEAM SHALL WEAR A PLAYING UNIFORM OF NEAT APPEARANCE AND OF THE SAME COLOR AND DESIGN. NUMBERS MUST BE ON THE FRONT OR THE BACK OF THE UNIFORM.
    - 2) ALL PLAYERS MUST WEAR TENNIS SHOES.
    - 3) NO JEWELRY MAY BE WORN. THIS WILL BE STRICTLY ENFORCED.
    - 4) HAIR CLIPS ARE NOT ALLOWED.
    - 5) FACE PAINT OR ANY OTHER SPRAY ON IS NOT ALLOWED AS IT GETS ON THE COURT AND THE BALL.
    - 6) GLITTER IS NOT ALLOWED AS IT GETS ON THE COURT AND THE BALL.
    - 7) CLOTHING WITH GLITTER ALREADY ATTACHED IS NOT ALLOWED.
    - 8) PLAYERS MAY NOT PLAY WITHOUT A TEAM UNIFORM.
  
3. GAME
  - (a) All games are now played in a rally score format. This means a point is scored on every served ball. Twenty-five(25) points shall constitute a game.
    - 1) A team must be ahead by a two point margin to win. However, due to time constraints, games which go over 25 will have a cap at 27. This means that 27-26 is a final score.
    - 2) The 3<sup>rd</sup> game of all matches will be played to 15.
    - 3) All matches are best of 3. Should a match end in a 2-0 sweep the 3<sup>rd</sup> game will not be played regardless of the time left prior to the next match. Officials will not referee extra games once a match is completed.
    - 4) The 3<sup>rd</sup> game of a match is not capped at 17. A team must win by two points.
  
4. CHOICE OF PLAYING AREAS  
Coin Toss
  - (a) Prior to the first game of the match the referees will meet with the captains and coaches to go over ground rules and toss the coin. The referee will designate which captain will call the toss.
  - (b) Winner of the toss has the choice of serving first or playing areas(side).
  - (c) There will be a coin toss prior to the 3<sup>rd</sup> game of the match. The other captain will call this toss. If this game is for participation only, there is no need for a coin toss.

5. SERVICE
- (a) The ball must be served within 5 seconds following the referees whistle and beckon for serve or a side-out will occur.
  - (b) In 5<sup>th</sup> and 6<sup>th</sup> grade matches, the server will be allowed to let the ball drop to the floor once every service point without penalty.
  - (c) In 7<sup>th</sup> and 8<sup>th</sup> grade matches, the server will be allowed to let the ball drop to the floor once every service rotation without penalty.
  - (d) Server: The right back player of the serving team shall be the first server of the game. After the first side-out the new serving team will rotate into serve.
  - (e) Alternating Service: When the serving team commits a foul, the ball shall be given to their opponent, who shall rotate one position clockwise.
  - (f) In 5<sup>th</sup> grade matches, the serving team will rotate, but keep service, when a server scores 5 consecutive points.
  - (g) POSITION OF SERVER
    - 1) Server shall serve from within the serving area. The serving area extends the entire length of the end line. 5<sup>th</sup> and 6<sup>th</sup> graders may move up to a line 4 ft. inside the end line to serve. A 6<sup>th</sup> grader playing in a 7<sup>th</sup> grade league must serve at the end line. The officials may further modify this rule if it is in the best interests of the game being played.
    - 2) In 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade matches, the server may not step over the service line until the ball has been contacted or a foot fault shall be called.
    - 3) In 5<sup>th</sup> grade matches, the server may step their front foot over the service line before contact with the ball without penalty.
6. OFFICIALS
- (a) Each team will provide one lines person.
    - 1) The lines person shall position themselves outside and near the corners of the court and watch the assigned court lines.
    - 2) They shall stand on the left side of the baseline when facing the net.
    - 3) Lines person on the service side is responsible to call foot faults at the proper grade levels.
    - 4) Each team shall provide a scorer.
    - 5) All games will be officiated by a CYO approved referee.
7. TEAMS
- (a) A team has six (6) players on the floor and substitutes.
  - (b) When, for any reason a team is reduced to less than 5 players, the game shall be forfeited.
  - (c) All players, other than the server shall be within their playing area (but may touch boundary lines) in serving order with each of the 3 front row players forward, not necessarily directly in front of her corresponding back line player at the instant the ball is contacted for serve.
  - (d) After the ball is contacted, the players may move from their respective positions.
  - (e) A match may start with 5 players. However, a team with 5 players will automatically be charged with a side-out and the opposing team will score a point each time the missing players rotation comes up for serve.
8. SUBSTITUTION
- (a) While the ball is dead, the coach may make a substitution to the referee, however, substitutions will not be honored after the referee has blown the whistle for readiness to play.

- (b) The substitute shall not enter the court until the referee announces the sub to the scorer and signals the sub into the game.
- (c) If the substitute is not immediately ready to play when the requested substitution is made, the team making the substitution will be charged a time out.
- (d) The substitute shall take the position on the floor of the player she is replacing. No change in position on the floor shall occur among the other players after a substitution.
- (e) After a player has re-entered the game, she shall be in her original position in relation to her teammates.
- (f) A player may enter a game as many times as the coach desires. However, a team is restricted to 18 total substitutions in a given game.

9. PLAYING THE BALL

- (a) The ball may be hit by any part of the body above and including the waist.
- (b) The ball may be volleyed three (3) times before going over the net. A volley is one hit by a player.
- (c) A ball that touches the top of the net is in play, INCLUDING ON THE SERVE.
- (d) The ball may be recovered from the net provided the player does not touch the net.
- (e) In returning the ball a player may follow through over the net, providing she contacts the ball on her side of the net. Players in the act of blocking may reach across the net, but may not contact the ball until the opponent has contacted the ball to return it.
- (f) The players of a team shall not reach under the net deliberately, and interfere with the members of the opposing team.
- (g) A foot may cross over the center line as long as part of the foot remains on or above the line. Complete cross over shall be called a foot fault and a point shall be awarded.

10. FOULS AND PENALTIES

A point is awarded for the following:

- (a) Not clearly hit, this includes pushing, throwing or catching.
- (b) Hit out of bounds
- (c) Double hit
- (d) More than 3 hits on a side before it crosses the net
- (e) Body contact below the waist
- (f) Taking more than 2 time outs in a game
- (g) Player out of position
- (h) Serving out of position
  - (1) When a server is found out of position, all points for that service rotation are nullified and a side-out occurs. Rotation is rectified and play resumes.
  - (2) If a serving rotation is found to be out of order after the referee has blown the whistle, but before the serve occurs, the rotation is corrected and play continues.
- (i) Touching the net
- (j) Crossing the center line(see rule 9-g)
- (k) Illegal substitution
- (l) Illegal serve
- (m) Delay of game
  - (n) Failure to serve the ball within 5 seconds of referee whistle to play.

11. TERMS

- (a) Control of play: At the start of the game or after a dead ball, the referee shall signal readiness to play by blowing the whistle and giving a visible sign.
  - (b) Holding, Catching, Pushing, Throwing and Lifting. The ball comes to rest in the hands(palms and/or fingers)
  - (c) Overlapping: at the time of service all players must be in their respective positions.
  - (d) Double Foul: Two opposing players committing a foul at the same time. (serve is replayed)
12. GROUND RULES: May be needed in certain gyms because of low ceilings, etc. A ball, other than the serve, may strike one or more times on the ceiling and/or fixtures or obstructions which intrude upon the height of the court or that of the surrounding playing area, and may still be in play by the offending team as though the ball had not touched such obstructions. However, no such rebounding ball may legally strike above the opponent's side of the net, nor may it legally fall to the opponent's court after touching the obstruction. Should the ball come to rest on or become wedged in an obstruction, the referee will declare the ball dead.
13. PARTICIPATION RULES
- (a) 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> B and 8<sup>th</sup> B: All players who start the first game of the match must play until one team reaches 12 points. At this point both coaches may sub at their discretion. All players who did not start game 1, must start game 2 and those players play until one team reaches 12 points. Coaches may sub out players in game two that started game one before the 12 point mark in the game. In game 2 the 12 point rule only applies to the players who did not start game 1. If a team has more than 12 players they must sub in the players who did not start either of the first two games in the 2<sup>nd</sup> half of games 1 and 2.
  - (b) 7<sup>th</sup> A and 8<sup>th</sup> A: There is no participation rule in regards to amount of playing time. However, players who do not start game 1 are still required to start game 2.
14. FORFEIT RULE
- When, for any reason, a team is reduced to less than 5 players, a forfeit will result. If a team does not have 5 uniformed players 5 minutes after the scheduled start time, the first game is forfeited. If the 5<sup>th</sup> player does not arrive by 20 minutes after the scheduled start time, the match will be forfeited.
- TEAMS WHO CANCEL GAMES WITHOUT PERMISSION OF THE LEAGUE OFFICE WILL BE CHARGED A DOUBLE FORFEIT!**
15. INTERPRETATIONS
- (a) For situations not covered in these rules, refer to the USVBA Official Guide.
  - (b) Exceptions to the rules (and supplemental interpretations) may be made at the discretion of the athletic advisory board for volleyball.
  - (c) Interpretations approved by the athletic advisory board will be made available, upon request, by the CYO office.

#### GENERAL RULES OF CONDUCT – PLAYERS, COACHES & SPECTATORS

Teams taking part in CYO volleyball must take position on their own side of the court. Coaches and squad members must remain on their side and are not allowed on either end line or on the opposite side of the court. The referee shall warn a coach when violation of this rule occurs. Failure to comply and/or repeated warnings for such failure will result in forfeiture of the game.

A team's head coach is responsible for all her/his participants(players, asst. coaches and spectators).

Coaches, squad members on the bench and spectators are not to come on the court at any time. Exception! If given permission by the referee to attend to an injured player.

Coaches may only address a referee for substitution or time out. (Unless a referee, at his/her discretion, addresses a coach on some specific matter, which a coach may acknowledge).

Communication with the referee must be done through the team captain.

Violation of the following Rules of Conduct is cause for disqualification by the referee, in which event disciplinary action will be taken by the Athletic Advisory Board.

- 1) Coaching from the sideline is permitted, i.e. – giving direction to one's own team on points of strategy and position provided the tone of voice of the coach or assistant is informative and not a harangue.
- 2) No one is to make derogatory remarks or gestures to the referee, other players, squad members or spectators.
- 3) No one is to use profanity.
- 4) No one is to incite, in any manner, disruptive behavior.

Disciplinary rulings and punishments are at the discretion of the Athletic Advisory Board, and the following are considered to be the MINIMUM ACTIONS that may be taken:

- 1) At the referee's order, a coach **MUST REQUIRE**, a disorderly spectator to immediately leave the gym. Failure of said spectator(s) to abide by the rules will result in the referee stopping the game, in which case, the Athletic Advisory Board has the authority to refuse to allow the offending spectator(s) to attend future games. A coach who refuses to cooperate with a referee in handling unruly spectator(s) may be considered by the Athletic Advisory Board to be guilty of the action of such spectator(s) and subject to the same penalties.
- 2) If there is provocation, players guilty of fighting before, during or after a game shall receive a one game suspension. A second such offense will result in the player being suspended for the remainder of the season.
- 3) Players guilty of making unprovoked, threatening gestures against other players, coaches, spectators, or referees shall receive a two game suspension.
- 4) Coaches, assistant coaches and/or other team officials who make threatening gestures towards or use threatening language against opposing players, coaches or referees shall be disciplined to the following rules schedule:

**FIRST OFFENSE:** In addition to any specific game suspension that may be decided, a letter of reprimand will be sent to the offender and said offender will be placed on one years' probation.

**SECOND OFFENSE:** The offender shall be suspended for one year.

**THIRD OFFENSE:** The offender shall be suspended permanently.

(NOTE: SUSPENSION IS BY DECISION OF THE ATHLETIC ADVISORY BOARD).

If a referee disqualifies a player, coach or assistant coach and/or other team official, he/she must leave the gym immediately. Failure to comply will result in forfeiture.

A coach, assistant coach or player who has been disqualified may not attend their teams next match. Officials, opposing coaches and Athletic Directors will be notified of any participants who have been disqualified. The offenders Athletic Director will also be notified.

Any coach in doubt regarding the status of any team member should contact her/his Athletic Director. The Athletic Director will check with the league office to see if the player is eligible to play.

Participation by a suspended player or coach in a match will result in forfeiture of that match and the offender will be suspended for another match.

**PLAYOFFS:**

The top 4 teams in each division will make the playoffs. The 1<sup>st</sup> place team will play the 4<sup>th</sup> place team and the 2<sup>nd</sup> place team will play the 3<sup>rd</sup> place team. The winners will play for the championship. Playoff matches are best of 3.

For levels with 2 divisions, the playoff procedure above will apply, except the winner of each division final game will compete against each other for the championship.

For levels with 3 division, the top 4 teams in each division will make the playoffs. The 3 division winners and the 2<sup>nd</sup> place team with the best record will receive 1<sup>st</sup> round byes. If there are two 2<sup>nd</sup> place teams with the same record we will look to see if one is tied for the division title and, if so, that team will get the nod. Otherwise, it will be a coin flip.

Both teams participating in the championship match will receive trophies.

