



2011 CYO/ REACH VOLLEYBALL SPECIFIC RULES

*******All New Rules/ Guidelines, Etc for the 2011 Season have been Bolded and Underlined**

Players must be under 15 years of age as of September 1, 2011 and restricted to 5th, 6th, 7th and 8th grades. **Coaches if necessary may recruit 4th grade students for the JV LEAGUE ONLY.**

Definition

Volleyball is a game played by 2 teams of 6 players each with an inflated ball on a rectangular court separated into 2 areas by a net. One team serves the ball over the net trying to make it land within the opponent's playing area. The receiving team attempts to return the ball over the net in such a manner that it will land within the opponent's playing area. Only the serving team scores points.

The Game

1. **Scoring:** a point shall be awarded to the serving team when opponents violate a rule.
2. **Side Out:** to be decided when serving team violates a rule, ball is given to opponents (no points given).
3. **State of game/match:** coin toss shall be conducted between captains' ten (10) minutes before first game. Winner chooses either court or serve. Coin toss will be conducted also before the start of the third game if necessary in a two (2) out of three- (3) match, or on the fifth game in a three (3) out of five- (5) match.
4. **Termination (ending)of a game:**
JV League : a team who scores 15 points and is at least 2 points ahead wins or 15 minutes whichever comes first. If leading team does not have a two- (2) point advantage, play shall continue on until one team has a two- (2) point lead.
Varsity: will be utilizing the Rally Score system –please refer to that section of the rules. A team, which has scored 25 points (1st/2nd games or 15 the 3rd game) and has at least a 2 point advantage is the winner. If the leading team does not have a 2 point advantage, play shall continue until 1 team has a 2 point advantage. Each team will play 3 games, regardless of the outcome of the first two.

5. **Forfeited game:** a score shall be 15-0 if the game has not started. If game is in progress, offending team shall be awarded their acquired points and the opponents will get at least 15 points with enough for a two (2) point advantage. Referee shall declare a forfeited game if a team fails to play when directed to do so and properly warned.
6. **Suspended game:** If match is suspended due to power failure or other unforeseen circumstances, it may be resumed from the point of suspension, unless CYO determines otherwise. The score and line-up will be the same when it is resumed as it was at the moment of suspension.
7. **Serving area:** The serving area was changed to include the entire area behind the end line, from sideline to sideline. This allows better transition for the server in moving from the serve position to their position back on the court during play. In addition, it eliminates the former positioning disadvantage for a left-handed server. It strengthens the serve as an offensive play as the server may now move to their left or right to reduce their personal margin of error in serving.
8. **Out of bounds:** includes: the wall, floor objects and official on the floor outside the court; the net completely outside the vertical tapes and poles, (the boundary lines and vertical tapes themselves are not out of bounds); the ceiling or objects suspended from the ceiling; a ball striking the ceiling or an overhead obstruction (except on serve) shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net extended occupies by the team which played last and provided the ball is legally played next by the same team.
9. **Serving:** Players may not touch the back sideline when serving. The server must contact the ball within 5 seconds after the referee whistles for service. For each server an initial serving error will be allowed, but no others will be allowed after the ball has been put into play. If the ball, after having been tossed or released by the server lands without touching the player, it is considered a service tossing error. After the service tossing error, the referee must authorize the service again. One service tossing error is permitted for each service.

Players Equipment and Uniform

1. **Equipment:** a guard, cast or brace made of a hard and unyielding leather, plaster, soft plastic, metal or any hard substance, even though covered with foam padding is not permitted on the elbow, hand, fingers, wrist or forearm. Supports are permitted on wrists, elbows, knees, ankles, or other parts of the body as long as they are soft and yielding or padded with at least ½ inch foam. Artificial limbs which in the judgment of the CYO are no more dangerous than corresponding human limbs are permissible provided they are covered by at least ½ inch foam rubber padding and previous approval from CYO. ANY EQUIPMENT DESIGNED TO INCREASE A PLAYERS ADVANTAGE IS PROHIBITED.
2. **Uniform:** all players on a team shall wear like color uniforms consisting of shirts and shorts. No jeans will be allowed. Proper sneakers or tennis shoes are required (no street shoes, boots, etc). Each player shall be identified by a number on the uniform top which is not a duplicate of a teammate's number.

No jewelry permitted (except for medical ID or religious medals. If such medals are worn they are to be taped to the body under the uniform).

Playing the Game

1. **Positioning:** The position of the players in order of the serve shall be; right back, right forward, enter forward, left forward, left back, center back. All players except the server shall be within the team's playing area at the time of the serve. All players shall be in correct serving order. After the ball is contacted for the serve, players may move from their respective positions. When the serve is awarded to a team, that team rotates clockwise one position. The player in the right front position rotates to the serving area. The first server of the game is the player in the Right Back position. Thereafter, when a team is awarded a side-out, the player in the Right Front position rotates to the serving area. The team not serving first in the previous game of a match shall serve first in the second game.
2. **Penalties for illegal positioning:** for illegal alignment, point side out is awarded to the opponents for:
 - a) Overlapping by players other than the server and out of position for opponents of server;
 - b) For players on the serving team being out of order, point side out shall be given to opponents (up to referee after proper warnings). Any points known by the official scorer to have been made on this turn of service before error shall be canceled, points scored by the serving team while opponents were in error are not lost.
 - c) **Illegal Back Row Attacks ...** The rule is simply that a *“back row player cannot contact the ball above the height of the net in front of the ten foot line. She can bump or set the ball but she cannot direct the ball using an overhand motion over the net.”*
3. **Roster and Line-up:** Ten minutes before the first game, each team shall submit in writing or verbally to the scorer:
 - a) A roster giving names and number of all players;
 - b) A line-up giving the numbers of the six starting players in serving order;
 - c) Between games, the scorer shall be informed of any changes if any in the starting line-up.
4. **Timeouts:** Each team will be given two time outs per game – 1 minute long.
5. **Serve:** A legal serve is contact with ball to initiate play.
 - a) Ball shall be contacted within 5 seconds of signal to serve.
 - b) For a serve before a referee's signal, a replay shall be called unless in the judgement of the referee, it was a deliberate act.
 - c) A serve is illegal when the ball...
 - 1) touches the floor on the server's side of the net;
 - 2) touches one of the server's teammates;
 - 3) touches or passes under the net;
 - 4) is swung at and missed;
 - 5) touches the ceiling;
 - 6) it is not served within 5 seconds;
 - 7) player commits a foot fault – player may not step on or over the boundary line at serve.
6. **Simultaneous contacts:** When a player contacts the ball with two or more parts of the body at the same instant, it is permitted and considered one hit on a serve receive. When teammates contact the ball at the same instant, it is permitted and considered one hit. Either player involved is allowed to participate in the next play. When opponents contact the ball at the same instant, the player on the opposite side of the net from which the ball falls shall be considered the players to have touched the ball last. The other player may participate in the next play and the simultaneous contact shall not be counted as one of the three legal hits.

7. Net Play:

On a Serve the receiving team may ONLY bump or set the serve. It cannot be spiked or blocked on a serve. A Player may not reach over the net unless the ball has been hit a total of three times by the opposing team

- a) reaching over the net is permitted during:
 - 1) the follow through of a hit made on the player's own side;
 - 2) an attempt to hit;
 - 3) a fake hit;
 - b) blocking a ball which is entirely on the opponents side of the net, is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered completed when:
 - 1) the attacking team has had the opportunity to spike the ball or in the referee's judgement directs the ball with intent to return it to opponents court;
 - 2) the attacking team has completed their 3 allowed hits;
 - 3) the ball is falling near the net, and in the referee's judgement, no member of the attacking team could reasonably make a play on the ball;
- 8.** Line boundaries are good hits.
- 9. Penalty for net foul:** (Item 8-point side out up to judgement of referee.
- 10. Team Hits:** Each team is entitled to a maximum of three hits to return the ball to the opponents. Team hits include not only intentional hits by the player, but also unintentional contacts with the ball.
- 11. Ball in Play:** The rally must begin with the referees whistle. The ball is in play from the service contact which MUST take place within 5 seconds of the whistle.
- 13.** *"Any circumstance not covered in the above rules will be first resolved by consulting NJSIAA rules for high school volleyball (which uses the National Federation Volleyball Rules) and if not covered there, a decision by the CYO Youth Ministry Office will be final. **More information can be found at <http://www.nfhs.org/volleyball.aspx>***

Other Rules

- 1.** No jewelry permitted (except for medical ID or religious medals. If such medals are worn they are to be taped to the body under the uniform.
- 2.** No gum chewing
- 3.** No food or beverage. ONLY WATER BOTTLES FOR TEAM MEMBERS ARE ALLOWED, COACHES MUST CONTROL WATER BOTTLES.

Conduct

Each coach will be responsible for the conduct of his/her players during and while waiting to play, and also for friends and relatives traveling with the team. At discretion of referee, if needed, point/side out shall be given if necessary in order to preserve order during the matches.

Ball Size

The 5/6 grade league will use the "Ultra Lite" ball for both leagues

The 7/8 grade league will use a regulation high school ball. The reasoning of this is to put the league

more in line with the high school to prepare them for this.

Coaches

ONLY the person(s) that are listed on your Roster/ Commitment Form may coach your team. A parent or another person may not “take your place” or “sit in” for you if you cannot make a game. All coaches AND Assistant Coaches must have completed all requirements. **“Coaches” are adults 21 years of age or older. This is as per the Archdiocesan Rule from the Diocesan Conduct and Norms Manual that NO ONE under the age of 21 may supervise youth unless under the DIRECT supervision of someone over the age of 21**

All Play Rule

The “all play rule” guarantees each young person a minimum amount of playing time. In addition, in each game, each player shall play the minimum time equal to the time of one game. IN VOLLEYBALL this is mandatory for all teams for regular season and playoffs. Athletic Directors or Principals shall monitor their program’s coaches for compliance. Repeated violation shall be a breach of sportsmanship. Coaches, under the supervision of their Athletic Directors should be certain that all players receive playing time beyond the minimum. .. *IN VOLLEYBALL this is mandatory for all teams for regular season. During playoffs all players on the bench MUST play within the first two games.*

Utilizing a Libero for the 7/8 grade league

Teams in the 7/8 grade league will have the OPTION of using a Libero if they so choose to.

The libero is a special defensive player on the team that is only allowed to play for back row players. [Rules in volleyball](#) allow the libero to quickly make exchanges with back row players during dead ball situations. These exchanges are different from regular subs because the libero can replace any player in the back row.

Liberos are defensive players who are responsible for receiving the attack or serve. Libero means 'free' as they have the ability to substitute for any other player on the court during each play. A player designated as a libero for a match may not play other roles during that match. Liberors usually wear a different color jersey, shirt, or jacket than their teammates.

The Libero must be recorded on the score sheet before the match in the special line reserved for this. The number must be recorded on the line-up sheet of the first set (game).

The libero’s number must be indicated on the line-up sheet for each set.

- The libero may not block, or attempt to block. The libero may serve for one designated player per game

- Replacements involving the libero aren't counted as regular subs. The libero can only be replaced by the player whom he/she replaced.

RALLY SCORING (Varisty)

During the 2010 Season we will be introducing RALLY SCORING for the 7/8th grade League.

The first game will be played to 25 points

The 2nd game will be played to 25 points

The 3rd game will be played to 15 points

ALL THREE GAMES WILL STILL BE PLAYED

If the team that served the ball wins the rally and gets a point, they continue to serve, whereas if the receiving teams wins the point, their lineup rotates and they serve. This is being done to bring the teams more in line with what they would see in High School.

The rally scoring system is not the same as the traditional sideout method of scoring, and the differences between the two are important. In the sideout scoring system, only the team that serves is able to score a point. If the receiving team makes a kill or forces an infraction on the serving team, they are then awarded the ball and become the serving team. However in Rally scoring either team has a chance to score the point.

Utilizing Line Judges (For JV and Varsity)

Starting with the 2011 season, we will be using one certified volleyball Ref per court. We will need coaches to delegate 1-2 players to be used per game as a LINE JUDGE. If there is a question on a call the Refs can confer with the line judge but the Up Judge can override the call of a line judge.

What are Line Judges?? |

The two players at the corners of the court are official line judges and play a very important role in the game. Their duties are to watch the two court lines where they are standing, the short line – which is the back line or serve line, and the long sideline all the way to the end of that line to the opponent's side of the court. The line judge's duties are to watch for foot faults on a serve (the servers foot must not touch the line) and determine if the ball is in or out on their respective lines. The line judge is to make the appropriate hand signal to the head referee. The head referee will look to the line judge for their determination of call. The head referee, and only the head referee, has the right to override their decision.