

Section Three – GIRLS VOLLEYBALL RULES

Volleyball Playing Rules

1. Before the match all team members will meet at the net to shake hands.

2. Interpretations
 - a. All games shall be played in accordance with rules and interpretations adopted by the National Federation of State High School Associations.
 - b. Exceptions to the rules (and supplemental interpretations) may be made at the discretion of CYO Athletics.
 - c. Interpretations approved by CYO Athletics will be made available, upon request, by the CYO Athletics office.
 - d. Specific revisions to the rules are contained in the special rules following herein.

3. Court
 - a. The playing court shall be 60 feet long and 30 feet wide.
 - b. Serving area is 9 feet wide for 3rd, 4th and 5th grades (the basketball key, sideline is boundary), and 30 feet wide for 6th, 7th, and 8th grades.

- c. 3rd, 4th, and 5th grade service line is 10 feet from the end line, 20 feet from the center line.
 - d. Back row player's attack line is 10 feet from the centerline.
 - e. Liquid on court - No liquid or powered substance is allowed on the court. If teams are using those within six feet of the court, they should be warned to keep the substance at least six feet away. Repeated offenses may be penalized. A team warning may be issued by the referee and all subsequent violations of this rule by this team shall result in a side-out and point for the opposing team.
4. Equipment
- a. Net
 - 1) Preferably black or dark brown.
 - 2) 3rd, 4th, 5th and 6th Grades height is 6 feet 4 inches from the floor to the top of the net.
 - 3) 7th and 8th Grades height is 7 feet 4 inches from the floor to the top of the net.
 - 4) Net should be drawn taut.
 - 5) Net, regardless of how it is constructed, extends from sideline to sideline.
 - 6) All measurements are at center of net are to be considered minimum, with a maximum raise of 1.5 inch at the sides of the net.
 - b. Ball
 - 1) A Volley-Lite ball or comparable reduced weight trainer ball shall be used for all 3rd, 4th, 5th and 6th grade games. In the event a Volley-Lite Ball is not available, a regular ball shall be used.
 - 2) A regular ball, which may be leather or synthetic leather, shall be used for all 7th and 8th grade games.
 - 3) For all grades, the air pressure in the ball should be 4.3 to 4.6 pounds per square inch.
 - 4) A ball of any color or multi-colors may be used at the discretion of the referee.
 - 5) A game ball may be changed during a match through the mutual consent of both coaches. In the event that mutual consent of both coaches cannot be reached, the referee will decide on the game ball.
5. Scoring Devices
- A scoreboard, blackboard or score cards, etc, must be located in a place where it is visible to all players, substitutes, coaches, officials and spectators.
6. Uniforms
- a. All players of a team shall wear a playing uniform of neat appearance and of similar color and design. Numbers must be on the front and back of uniforms in order to play.
 - b. All players must wear athletic shoes.
 - c. No one may play without a team uniform, except a bloody uniform may be removed without penalty. If the player is no longer bleeding, she may continue to play (or re-enter) without a legal uniform.
 - d. ABSOLUTELY NO JEWELRY may be worn. Illegal jewelry penalty - Unnecessary delay (team time-out). In the event a team is out of time-outs, a side-out or point is awarded.

- e. EARRINGS MAY NOT BE TAPED OVER. THEY MAY NOT BE WORN UNDER ANY CIRCUMSTANCES.
- f. Hair devices may be worn if they are made of soft material.
- g. Hard plastic knee pads are not allowed.
- h. The referee at his/her discretion may allow or not allow questionable equipment.

7. Game

- a. The team that wins the best two out of three games wins a match.
- b. In the case of a 1-1 tie the deciding third game is played as a tie-breaker to 15 points and no point cap.
- c. A game (except the deciding third game) is won by the team which first scores 25 points with a minimum lead of two points. In the case of a 24-24 tie, play is continued until a two-point lead is achieved (26-24, 27-25, etc.).
- d. A deciding third game is won by the team which first scores 15 points with a minimum lead of two points. In the case of a 14-14 tie, play is continued until a two-point lead is achieved (16-14, 17-15, etc.)
- e. If a team fails to serve properly, return the ball, or commits any other fault, the opponent wins the rally and scores a point. The consequences of winning the rally are:
 - 1) If the serving team wins the rally, it scores a point and continues to serve.
 - 2) If the receiving team wins the rally, it scores a point and gains the right to serve.
 - 3) In 3rd grade games after serving 3 consecutive points by the team on serve, there will be an automatic side-out without a point awarded to the opposite team. (Please note that a substitution of the server due to injury does not renew the 3 serve rule by the serving team).
 - 4) In 4th grade games after serving 4 consecutive points by the team on serve, there will be an automatic side-out without a point awarded to the opposite team. (Please note that a substitution of the server due to injury does not renew the 4 serve rule by the serving team).
 - 5) In 5th grade games after serving 5 consecutive points by the team on serve, there will be an automatic side-out without a point awarded to the opposite team. (Please note that a substitution of the server due to injury does not renew the 5 serve rule by the serving team).
 - 6) In 6th, 7th and 8th grade games after serving 10 consecutive points by the team on serve, there will be an automatic side-out without a point awarded to the opposite team. (Please note that a substitution of the server due to injury does not renew the 10 serve rule by the serving team).
 - 7) At the end of the first game, teams will change sides and remain in their present positions and serving order. If a team takes more than 1-minute to change sides, they will be charged with a time-out. The team who received first in the first game will be the first server in the second game. The second game will start fresh on all limits for 3rd, 4th and 5th grade teams.
 - 8) If a third tie-breaking game is required, the coaches will exchange a new lineup for that game. The coaches have an opportunity to make any adjustments in their line they deem necessary. There is no changing of sides during the third game.
 - 9) There is no intermission between games 1 and 2.

8. Time-outs

- a. Each team is limited to two time-outs per game.
 - b. The allotted length for a team time-out is 60 seconds.
 - c. At the end of the first game, teams will change sides and remain in their present positions and serving order. If a team takes more than 1-minute to change sides, they will be charged with a time-out.
 - d. A team time-out, unless requested, is not charged in an injury or warning/disqualification situation for any unusual delay declared by the referee.
 - e. Injury time-out: If a coach comes onto the court or is beckoned by the official to attend to an injured player, that player must leave the game and may not re-enter until the next legal substitution opportunity.
 - f. Protest time-out: The playing captain is allowed to approach the official after her coach has called time-out, for a rule interpretation. Should the captain be correct in the protest, the timeout will not be charged. If the official's decision prevails, the team requesting the conference will be charged with a time-out. If the team has already used its allotted time-outs, it shall be penalized by point/side-out awarded the opponent.
9. Choice of Playing Areas
- a. The home team shall choose the home bench. If both teams are guests of the facility then the team listed on the left hand side of the CYO schedule will be considered the home team.
 - b. Only team members may sit on the team bench. A team consists of players, a coach, an assistant coach and a scorekeeper.
 - c. For the first game of a match, the captain or representative of the visiting team shall call the toss of the coin.
 - d. Winner of the toss may choose to serve or receive. The loser of the toss shall be given the remaining choice.
 - e. Teams change playing areas (sides), benches for the second game. All grades will not change service or rotation, just sides of the net.
 - f. If a third game is necessary, the captain or representative of the home team shall call the toss of the coin. The winner of the toss shall choose to serve/receive or playing area. The loser of the toss shall be given the remaining choice.
 - g. The teams shall not change playing areas (sides) during the third game.
10. Service
- a. Respect for the Server: No yelling or talking once serve whistle is blown until the ball is served. If the referee decides that extraneous noise has caused a service fault, a replay will be called.
 - b. First serve: The right back player of both teams shall be the first server of the game.
 - c. Thereafter, when a team is awarded a side-out, the player in the right front position rotates to the serving area.
 - d. The serving time limit is seven (7) seconds.
 - 1) Referees are asked to be lenient if the server appears to be making an effort to contact the ball within that time.
 - 2) The server may toss, drop or catch the ball as often as she wants before serving within the 7 second time limit.
 - e. Position of Server

- 1) The server shall serve from within her serving area and she shall not touch her serving line or the floor outside the lines marking the width of her serving area at the instant the ball is contacted for the serve.
 - 2) The server's body may be in the air over or beyond the serving area boundary lines, having left the floor from within the serving area.
- f. Service Areas
- 1) In all 3rd, 4th and 5th grade games, the serving line is 10 feet inside the court (20 feet from the net), and the width of the serving area extends from the right sideline a distance of 9 feet inside the court or to the side of the key.
 - a) If a 3rd grade server steps over the serving line but has at least one foot on, over or behind the serving line when making contact with the ball the serve will be allowed.
 - b) The coach will be then reminded to have that player move back the appropriate distance to maintain the proper position for a legal serve.
 - c) If a 3rd, 4th, or 5th grade player chooses to serve from the end line, they will be allowed the entire width of the end line (30-ft) and are not restricted to 9 feet from the sideline or to the side of the key.
 - 2) In all 6th, 7th and 8th grade games, the serving line is the end line, except that each serving area shall be a minimum of 6 feet in depth. In the event that such a space is not available behind the end line, the serving areas shall extend into the court to whatever distance necessary to provide the minimum depth and be so marked. The width of the serving area is the entire width (30 feet) of the court.
 - a. COACHES: Each team may only have one head coach, one assistant coach, and one scorekeeper. The scorekeeper must remain seated and may not engage in coaching or giving instruction regardless if they possess a coaches' card. Only one of the two coaches may stand during play. The other must remain seated. The standing coach must remain between the 10-foot line and the end line. The standing coach may not enter the substitution area from the 10-foot line and the net.
 - 3) Officials and Lines persons – Scorers – Correcting Errors
 - a. Referees approved by the volleyball officials assigner will officiate all volleyball games 3rd through 8th grades. If the assigned CYO official is not present at game time and another CYO Volleyball referee is present, he/she may referee the game.
 - b. Each team will provide one linesman.
 - 1) The linesperson must not cheer, clap or yell. The linesperson must be quiet as to not distract the players.
 - 2) The linespersons should stand at the left hand corner on their respective side. When a server is from the left portion of the service area in the 6th, 7th and 8th grades, the line judge must move back and in line with the left sideline. Once the ball is contacted for serve, the line judge should return to the original position.
 - 3) The linesperson should stand on their opponent's side of the court and at the left hand corner on their respective side.
 - 4) The lines persons watch the end line and sideline the whole length of the court. The lines person signals the ball "in" or "out." (Any ball that lands on part or all of the line is "in".)
 - 5) Lines persons should not interfere with the play of the ball. Lines persons should not touch or catch any ball that is coming towards them.

- 6) If a linesman interferes with the play in any way it will be the discretion of the referee whether or not to call a replay.
 - 7) If a lines person catches or touches the ball and the receiving team has not made a play on the ball, the referee, at his/her discretion shall call "in", "out", or a replay.
 - 8) The referee has general supervision of the line judges, and he/she may make a decision or call a replay if the responsible linesman is unsure of or unable to make the call.
 - 9) The referee shall, in the spirit of good sportsmanship and CYO Athletics philosophy, promptly handle any unexpected situation.
- c. Scorers & Timers
- 1) There is no designated official scorer. Each team will provide a scorer and a score sheet for each game. The gym director will provide the scoreboard operator and, whenever required, a timer.
 - 2) Prior to each game, the scorers will exchange their line-ups and serving order.
 - 3) If an eligible starting player is not properly recorded on the score sheet(s) – i.e., she is in the game but another squad member not in the game is listed in her place – the correction shall be made without any penalty and whether discovery is made prior to or during the game.
 - 4) During the game both scorers will record all team timeouts, points scored, side outs and any other information (e.g., conduct warnings/violations) if requested by the referee.
 - 5) Both scorers are mutually responsible for proper scoring of the game. Any scorekeeping questions shall be resolved by the referee and at his/her sole discretion.
 - 6) The scoreboard operator shall perform his/her duties in accordance with the rules and instructions from the referee.
 - 7) Each team will maintain its own scoresheet, listing the first and last names of all present squad members.
- d. Correcting Errors
- 1) If the wrong team is serving because a side-out has been mistakenly declared or executed or for any other reason, any points scored during this term of service shall be canceled, and serve shall be returned to the other team's server, provided the mistake is discovered before the ball becomes alive on the other team's first serve thereafter.
 - 2) Whenever an illegal substitute is found in the game:
 - a) When discovery is during a team's serve, all points during that term of service and while the illegal substitute was in the game shall be canceled, and it is a side-out.
 - b) When discovery is after a team's serve and before contact of the first service by the opposing team, all points during that term of service and while the illegal substitute was in the game shall be canceled, and it is a side-out.
 - c) After the serve has alternated and the first serve is contacted, there shall be no cancellation of points.
 - 3) Whenever an improper server is found in the game:
 - a) When discovery is during a team's serve, all points during that term of service and while the improper server was serving shall be canceled, and it is a side-out.

- b) When discovery is after a team's serve and before contact of the first service by the opposing team, all points during that term of service and while the improper server was serving shall be canceled, and it is a side-out.
- c) After the serve has alternated and the first serve is contacted, there shall be no cancellation of points.
- 4) Serving for 3rd, 4th and 5th grades:
 - a) In a 3rd grade game, whenever a team serves more than 3 points during a term of service, all points in excess of 3 shall be canceled if the mistake is discovered before contact of the first service thereafter by the opposing team.
 - b) In a 4th grade game, whenever a team serves more than 4 points during a term of service, all points in excess of 4 shall be canceled if the mistake is discovered before contact of the first service thereafter by the opposing team.
 - c) In a 5th grade game, whenever a team serves more than 5 points during a term of service, all points in excess of 5 shall be canceled if the mistake is discovered before contact of the first service thereafter by the opposing team.
- 5) Scorekeeping mistakes (i.e., any errors by the scorers) may be corrected anytime during the game.
- 6) If a game is incorrectly ended, any correctable error may be rectified (and the game resumed) prior to the referee's approval of the score but not thereafter.

12. Teams

- a. A team has six (6) players on the court.
- b. If a team has fewer than six (6) eligible players due to illness, injury or disqualification after the start of a match, it shall continue play, with a side-out penalty imposed each time any vacant player position is due to serve.
- c. At the moment of serve, all players shall be in proper positions in accordance with National Federation Rule 6, Section 3 except that in 3rd, 4th and 5th grade games the serving team's right back (i.e. the server) cannot overlap the center back.

13. Rotation

- a. The next player on the roster should be ready to enter the court to the middle back position, when her team is awarded a side out, in place of the back right player leaving the court:
 - 1) It is suggested that next player to enter the game should be standing on the sidelines paying attention and ready to go.
 - 2) The exchange of the previous server and the new middle back should be immediate and smoothly accomplished as soon as the referee indicates a side-out.
- b. If a missed rotation is discovered then these steps will be taken to correct the player positions:
 - 1) The team with the incorrect positions will have a time-out assessed.
 - 2) If serving and there are no time outs left, it will be a side-out with a point awarded the other team.
 - 3) If not serving and no time outs left, a point will be awarded to the other team.
 - 4) The incoming player will be placed on the court to match the correct serving order.

- c. Injured players:
 - 1) Will be replaced by having the substitute enter into the middle back position, all the other players will rotate position to accommodate. If the server is the injured player then the right front player will take over the serving duties with the remaining serves available. (i.e., for 3rd grade, if 1 serve has already been successfully made, then there are only 2 remaining possible serves.)
 - 2) If the injured player is later judged well enough to return to the game she must wait until her position comes up again in the regular rotation.
- d. Late Arrivals:
 - 1) Late arriving players can only be added to the end of the established serving order.
 - 2) A time-out is charged with the same stipulations as substitutions for adding the late player(s).
 - 3) A coach may withhold adding the late player(s) until the end of the serving order is reached.
 - 4) Only one time-out is assessed for adding any number of late players.
 - 5) Each occurrence for adding late players results in a time-out penalty.

14. 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, except:
 - 1) A block shall not be counted as a hit;
 - 2) Simultaneous contact by opponents is not counted as a hit;
 - 3) Simultaneous contact by teammates is counted as only 1 hit, and in all above exceptions any player may make the next hit.
- c. A ball that touches the net is in play, even 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 provided she first makes contact the ball on her own 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 had opportunity to complete their attack per National Federation Rule 9, Section 6, and Article 4.
- f. The players of a team shall not reach under the net deliberately and interfere with members of the opposing team.
- g. A player may touch the floor across the center line with one or both feet or with one or both hands, provided part of the foot/feet or hand/hands remains on or above the center line.
- h. The ball must be clearly hit.
- i. Blocking or spiking the serve – a served ball may not be legally blocked or spiked while it is completely above the height of the net.
- j. Back row players – a back row player shall not attack and /or direct a ball which is completely above the height of the net while positioned: (1) On or in front of the attack line or its out-of- bounds extension; (2) In the air, having left the floor from on or in front of the attack line or its out-of-bounds extension. A foul shall not be called on back row player until the ball is considered to have crossed the net per National Federation Rule 9, Section 4, and Article 4.
- k. Simultaneous contacts by teammates counts as one team contact. Either player may make the next play on the ball. Example: The CF and LF of the receiving

team contact the ball at the same time on the first team contact; the LF then sets the ball the RF, who spikes the ball to the floor of the serving team. It is ruled legal, because the simultaneous contact between the CF and LF is counted as one team contact.

- l. In CYO League Play we are very lenient with the calling of sets. We want to encourage all of the girls to set the ball and we hope that being lenient the girls will be more eager to set. Basically all sets are legal as long as the girl who sets is making an attempt to set to a teammate for a bump or spike. If the ball accidentally goes over on the set, then the CYO leniency rule does not apply and the referee will rule on the legality of the set based on normal volleyball rules.
- m. A player who is across the out-of-bounds extension of the centerline may play a ball which has not completely crossed the plane of the net extended.

15. Fouls and Penalties

The following statements do not supersede or change the application of any National Federation playing rules. A point or side-out (depending upon which team, serving or receiving, committed the foul) is awarded for the following:

- a. not clearly hit, this includes pushing, throwing, catching, etc. except in the motion of breaking of the wrist
- b. hit out of bounds
- c. successively contacted (double hit) except for first contact.
- d. more than 3 hits on a side before it crosses net to opponent's side.
- e. body contact below the waist
- f. taking more than two (2) time-outs; no more than 60 seconds for each time out.
- g. player out of position
- h. serving out of position
 - 1) When a server is found to be out of position, all her points for that service are nullified and a side-out occurs. Rotation is rectified and play continues.
 - 2) If a serving rotation is found to be out of order after the referee has blown his /her whistle but before the server serves, the rotation is corrected, and there is no penalty.
- i. touching the net – if net extends into player, touching is ignored.
- j. crossing centerline
- k. illegal serve
- l. delay of game
- m. illegal attack by a back-row player

16. Terms

- a. Control of Play: At the start of game, or following a “dead ball” the referee shall signal readiness to play by blowing his/her whistle and giving a visible sign.
- b. Holding, Catching, Pushing, Throwing, and Lifting: Ball comes to rest in hands (palms and/or finger).
- c. Overlapping: At the time of service, all players must be in their respective positions, as per National Federation Rule 6, Section 3, and Article 2.
- d. Double Foul: Two opposing players committing a foul at the same time (Serve is taken over).

17. Ground Rules

- a. The referee has authority to establish non-playable areas and any additional ground rules.

- b. A ball other than the serve may strike one or more time on the ceiling and/or fixtures or obstructions which intrude upon the height of the court or that of the surrounding play area, and said ball shall still be in play for the offending team as though the ball had not touched such obstruction(s). 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 said ceiling, fixture or obstruction.
- c. Should a ball other than the serve rest or be wedged in the net or on/in an overhead obstruction over a team's own playable area, the referee shall call for a replay, if warranted.

18. Forfeit Rules

- a. When the first game of a match is forfeited because a team is not present at game time, 15 minutes shall be allowed for that team to appear for the second game.
- b. No Cancellations. A team who cancels will forfeit. If both teams cancel, it will be a double forfeit.
- c. A match will be automatically and immediately forfeited if two (2) coaches, players and/or squad members are disqualified by the referee for unsportsmanlike violation of the General Rules of Conduct.
- d. When for any reason a team is reduced to less than 2 players, the game shall be forfeited.

19. General Rules of Conduct - Players, Coaches and Spectators

- a. Any breach of conduct is penalized by a point or side-out.
- b. Three penalized conduct violations by the same team during a match constitutes a forfeit. Any flagrant acts of misconduct may result in either the removal of the offending party (ies), or forfeiture of the match. Please refer to the General Rules of Conduct in the Guidebook for more information.
 - 1) These rules supersede National Federation Volleyball Rule 12 – conduct, which provisions and procedures do not apply to CYO Volleyball games.
 - 2) The various rules specified herein do not supersede Guidebook Section Two (General Rules and Conduct) of which various provisions may be invoked at anytime, in any situation, either at the discretion of CYO Athletics or by the decision of the CYO Athletics Advisory Board.
- c. 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 violations of this rule occur. 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 of his/her participants (players, assistant coaches and spectators).
- d. Coaches, squad members and spectators are not to come on the court at anytime. Exception: If given permission by the referee to attend an injured player.
- e. Coaches may only address a referee for a time-out, unless a referee, at his/her discretion, addresses a coach on some specific matter, which a coach may acknowledge.
- f. Violation of the following Rules of Conduct is cause for disqualification by the referee. CYO Athletics will take disciplinary action.
 - 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.
- g. Disciplinary rulings and punishments are at the discretion of CYO Athletics, and the following are considered to be the minimum actions that may be taken:
 - h. At the referee's order, a coach **MUST REQUIRE** a disorderly spectator to immediately leave the gym. Failure of spectator(s) to comply will result in the referee stopping the game. Any spectator, who is removed from a match, shall be immediately removed and suspended for a minimum of his/her team's next two games whether it is league or playoffs. This means they may not attend the game. Any violation of this rule will result in an immediate forfeit of the game.
 - i. If any coach spectator(s) is removed from a game for disorderly conduct twice during the CYO season he/she cannot coach or attend any CYO games for the remainder of the season.
 - j. A coach who fails to cooperate with a referee in handling unruly spectators may be considered by CYO Athletics to be guilty of the action of such spectators and subject to the same or similar penalties.
 - k. If a player, coach or assistant or any other team official is disqualified by a referee, he or she must leave the gym immediately. Failure to comply results in forfeiture.
 - l. A coach, assistant coach or player who has been disqualified for unsportsmanlike conduct will be suspended for a minimum of his/her team's next two games (i.e., an automatic 2-game suspension). Officials and opposing coaches will be notified of any participants who have been disqualified. The offender's program's Athletic Director shall also be notified.
 - m. If any coach, assistant coach, bench personnel or spectator is disqualified twice in one season for unsportsmanlike he/she cannot coach or attend any CYO games for the remainder of the season.
 - n. Any coach in doubt regarding the status of anyone on his /her team should contact his/her Athletic Director.
 - o. Participation of a suspended coach, squad member and/or spectator at a game will result in forfeiture of that game.

Section Four – CROSS COUNTRY RULES

Introduction

In July 1980, the CYO Athletics Advisory Board acknowledged a need for a new CYO activity stressing individual participation and achievement, encouraging a life of involvement and fitness. The CYO Cross Country Run was initiated in keeping with the spirit of individual achievement and acknowledging the child's participation.

Supervision

Responsibility for supervising the Cross Country Run is vested in the CYO Cross Country Committee.

Location

Three courses have been established near the Polo Fields in Golden Gate Park.

Date and Times