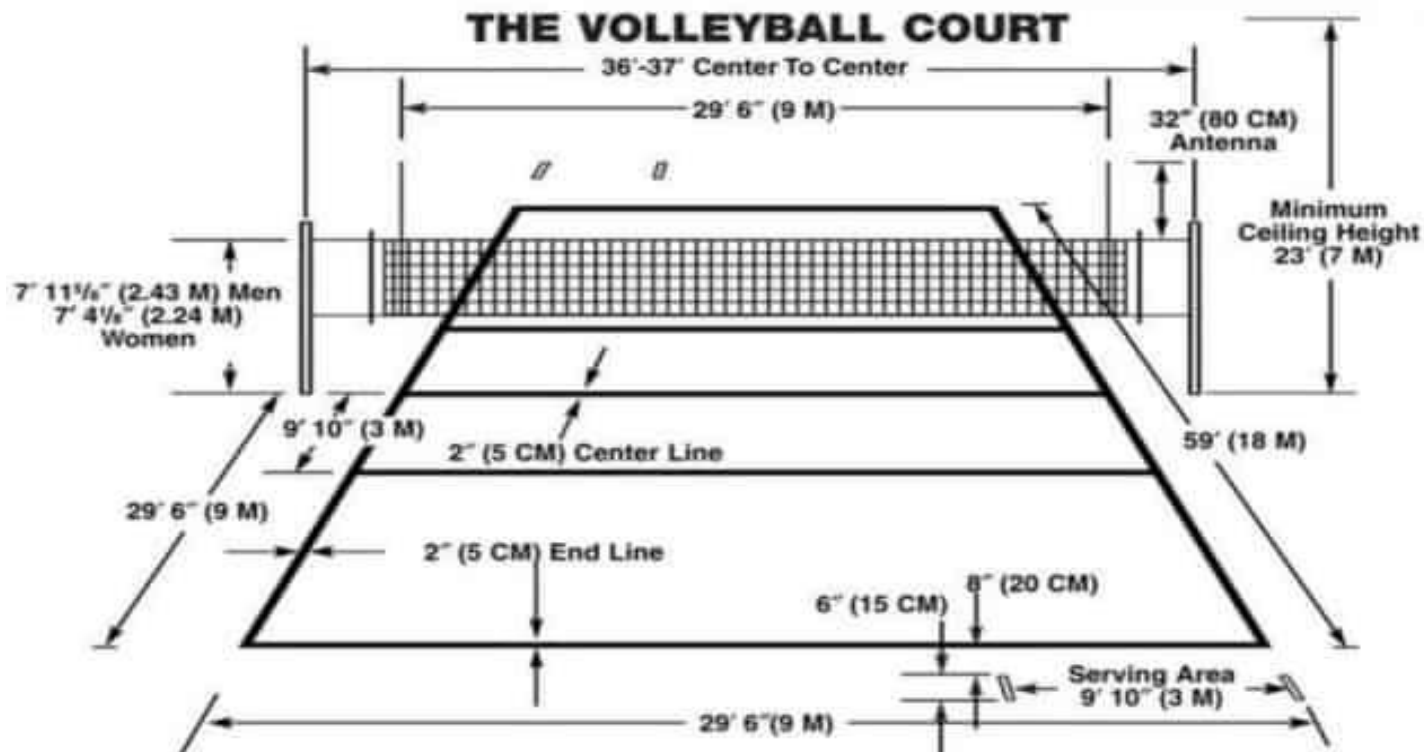


VOLLEYBALL RULES, REGULATIONS AND COURT DIAGRAM



Playing Area

- A. **Court** - The playing surface shall be a rectangular 60 feet long and 30 feet wide, including edge of lines, free from obstructions, and having a height of 30 feet (recommended) which is free from apparatus or other obstructions or projections. A ball striking the ceiling, or an overhead obstruction shall remain in play provided the ball, the ceiling or the side of the net is occupied by the team which played last.
- B. **Boundary Lines** - The boundary lines of the court shall be two inches in width. These lines on the short sides of the court shall be termed the end lines; those on the long side, the sidelines.
SPECIAL NOTE - A player may play a ball over a non-playable area if the player has a body part in contact with the playable area at the time the ball is contacted and may enter the non-playable area after playing the ball. Players can now break the plane of any non-playable area without any penalty.
- C. **Center Line** - There shall be a centerline, two inches in width parallel to and equidistant from the end lines.
- D. **Ten-Foot Line/Attack Line** - There shall be a 10-foot line two inches in width, 10 feet from the center line and parallel to the end lines. Measurement of the 10 feet shall be from the middle of the centerline to the middle of each 10-foot line.
- E. **Net** - The net shall be an official volleyball net, 3 feet wide over-all and 32 feet in length when stretched. It is to be stretched tightly by the four corners between the walls or uprights, which are to be used, and which must be entirely outside the court. The net is to cross the midway between the end lines and parallel to them, on a cable one-quarter inch in diameter. The cable is to be drawn tightly so that the top of the net is level and measures 7 feet 4 1/8 inches for grade school and high school leagues. It is mandatorily that net antennas be used. This will allow officials and linesmen to make in and out of bounds calls more accurately.

TIPS FROM OUR VETERAN OFFICIALS

Sample:

Team A makes the following substitutions at different times during the set: 1 for 13, then 9 for 11, then 12 for 9. These players may enter the set an unlimited amount of time as long as the entry is in the original position. Any number of players may enter into a position. However, none of these players may enter a different position in the rotation order for that set.

SUBSTITUTIONS

Multiple players for the same position. That simply means that you can have different subs come in for the same position, but this means that they are locked into that spot, they cannot sub any other position on the court.

Here are examples.

Position.	PLAYER NO.
1.	4. 5.4.3. 5.9.3.4
2.	6
3.	7
4.	8
5.	10
6	11

Note the subs 5, 3 and 9 are now locked into position 1 and cannot sub anywhere else on the court except in the first position no matter where they are at on the court

LINE UP CARDS

Please get them in as soon as you get on court. Games are permitted to start 10 minutes early, please be prepared to begin early if necessary.

COACHES. please have your line judges and score keeper assigned so that they are ready prior to the start of the game. This will help keep the games on schedule. Coaches, remember **NO JEWELRY** is allowed on players and players are not allowed to cover any piercings with tape.

RULE I - TEAMS

- A. **Number of Players** - In all matches, teams shall be composed of six players for all levels of play. A team may not begin with fewer than **four** players for all leagues. There is no penalty for using four players. If you have additional players that arrive late for the match, you may put them in the match upon arrival.
- B. **Players' Numbers** - Each player must have clearly visible numbers on the front and back of the playing uniform. As with all other sports, all volleyball players are to wear CYO emblems on their uniforms. The CYO logo may also be **silk-screened** on the uniform shirt or jersey.
- C. **Position of Players** - The positions shall be known by name, as indicated in the court diagram (i.e., left front, center front, right front, left back, center back and right back for all teams on the High School, Cadet, 56 and 4th grade levels.
 1. 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. Circling that player's number on the line-up sheet should identify a team's first server of each game.
 2. The server shall serve within the designated serving area and not touch the lines bounding this area or the floor outside of this area at the instant the ball is contacted on the serve. A part of the server's body may be in the air over and beyond these lines.

3. At the instant of contact on the serve all players must be within their own court. The feet of all players (other than the server) must be clearly beside the feet of those persons who are in adjacent positions on the same row or clearly in front or behind the feet of respective front- or back-line players.
 4. After the ball is contacted on the serve, the players may move from their respective positions. Players on the serving team shall not intentionally screen or obstruct their opponents' views of the server.
- D. Substitution - There is no limit to the number of substitutions in a game. The request for substitution can only be made by the coach during a dead ball situation. Only one request per team during the same dead ball is allowed and all substitutes from the same team must report at the same time. Coaches will need to signal the official to call for a substitution(s) by standing up in view of the official. The players will then stand near each other at the line. The official will then signal for the sub(s) to come into the game
1. No substitution shall be made after the referee has signaled for the next serve to begin. Coaches should stand up (in view of the referee) to call for a substitution.
 2. The position of the substitute shall be that of the player replaced without change in the order of service. The substitute may enter the game for the server before or during the service.
 3. A re-entering player shall not return to the game during the same dead ball during which the player was replaced. The re-entering player must assume the original position in relation to other teammates in the serving order, except in the case of injury when all squad members have played but none has played in the injured player's position. In this case, any substitute, otherwise legal, may re-enter at the vacant position, but the injured player shall not re-enter the game.
 4. An injured player who is replaced by a substitute who has not previously entered the game at another position may re-enter the game.
 5. In case of an illegal substitution, the offending player must be removed as soon as the error is discovered. If the team in error is serving when the error is discovered, all points scored by the offending team, during the substitution, must be cancelled and side-out shall be called. If the opponents have already served, the offending team shall incur no loss of points, no point shall be awarded in favor of the team offended.
 6. For substitutions to be less confusing for both teams, official score sheets and line-up cards are made available for all teams:
 7. To ensure that all players are allowed to participate in a particular game, be sure to put all players' names on your score sheets and line-up cards before the start of each match. **Be sure to include players that may be arriving late for a game.**
 8. Be sure that only coaches and game participants are on your respective bench during a game.
- E. Minimum Playing Time Rule - The following rule is intended to ensure that all participants, regardless of their skill level, are given the opportunity to play in every match. Any player that did not play in the first game of the match must be included in the starting line-up for the second game of the match.
1. This rule is in effect for all CYO Volleyball regular season and postseason matches.
 2. The CYO does not permit the cutting of players from team rosters
 3. All players listed on the official team roster and dressed for a game must play in each official match.

4. Coaches do have the prerogative to exclude a participant from being in uniform and entered in the scorebook due to a disciplinary situation, an injury, absenteeism, personal, etc. In these cases, it is strongly recommended that the reasons for exclusion be discussed with the participant's parents. If a player is dressed for the game, they must play.
5. The substitution rules as outlined in the CYO Volleyball Official Rules and Regulations remain in effect.
6. Any coach who violates these rules may be subject to probation or suspension for a portion or all the season. In addition, serious violations may be referred to the CYO Athletic Policy Committee for appropriate action. Depending upon the circumstances, rule violations could also result in a game being forfeited.

RULE II - DEFINITION OF TERMS

- A. **Block-A** defensive play in which a player(s) at the net attempt to interfere with the flight of the ball while reaching higher than the top of the net at the moment of contact in which a ball is being returned by the opponents
- B. **Dead Ball**- Ball that is temporarily out of play
- C. **Foot Fault** - Server steps on or over the end line at the moment the ball is contacted
- D. **Foul-A** fault for which a point is awarded
- E. **Illegal Hit** - Ball visibly comes to rest momentarily on any part of the body
- F. **Legal Hit** - Ball that is given immediate impetus with any part of the body
- G. **Legal Serve**-Putting the ball into play over the net into the opponent's court by a player positioned within the serving area. A net serve is a legal serve
- H. **Match** - Contest between two teams in which the team first winning two games is declared the winner
- I. **Out of Bounds** - Any surface or object outside the court except a player in the act of playing the ball
- J. **Point** - Scoring until awarded to the team that wins the rally
- K. **Rotation** - Act of shifting positions in a clockwise direction as shown in the court diagram
- L. **Serving Order** - Sequence of service of a team's players which coincides with the official method of rotation
- M. **Side Out** - Decision following the infringement of a rule by a team at which time service is awarded to the opposing team. When a side-out is awarded to a team, the team then rotates one position clockwise
- O. **Term of Service** - Server continues to serve until side-out is called
- P. **Hit/Attack** - A ball (other than a serve) which is hit forcibly from a height greater than the top of the net
- Q. **Time-Out** - Temporary suspension of play for purpose of rest, substitution, injury or use by officials.
- R. **Net Serve** - A serve that contacts the net and goes over into the opponent's court

RULE ID-PLAY THE GAME

- A. **The Game** -All matches shall be best two-of-three games. The first two games shall be played to 25 points with a cap of 25 points. If needed, the third game shall be played to 15 points. The winning team does NOT need a two- point advantage, once it reaches the cap.
- B. **Scoring**- One point shall be awarded to the team that wins the rally.
- C. **Home Team and Bench Selection**: - The host team is the home team and before the pre-game meeting will select their team bench. In the event the match is played at a neutral site, the team that travels the farthest distance from the site will be designated as the home team and will select their team bench before the premeeting.

1. There will be no exchanging of benches EXCEPT for matches played at Our Lady of Lourdes. At

OLL, teams will switch sides after the 1st set. In the event teams go to a 3rd set, the winner of the coin toss will pick side, serve or receive. Again, we are only switching benches at Our Lady of Lourdes. **(NEW RULE)**

2. At the CYO Center, if Lumen Christi is playing, they are the home team
3. During the post season tournaments, the team listed at the top of the bracket will be designated the home team

D. Pre-game meeting - There shall be a meeting conducted by the Official with the head coaches ONLY to go over specific gym rules.

E. Coin Toss - We will be using the IHSAA rule as follows: The visiting team will begin serving for the 1st game and the home team will begin serving for the 2nd game. If a 3rd game is necessary, then the home team captain will call the coin toss. The winner of the coin toss will have the choice of serve or receive.

The Volley-Lite will be used for the 56A, 56B, 56C and 4th grade leagues in both boys' and girls' leagues. All Cadet Leagues will use the regulation Volleyball for both boys' and girls' leagues.

F. Ball Put in Play - At the start of each game, the ball shall be put in play by the player in the right back position from within the serving area of his or her own court.

G. Serving Order-The serving order must be followed by both teams. All six players for High School, Cadet, 56 and Fourth Grade levels must be included in the serving order

1. Each player has one term of service each time the proper serving order is repeated
2. Service shall alternate as point/loss of rally (side out) is called
3. Whenever a service is interrupted by a time out and not ended by a point/lost of rally (side out), the player is not considered to have completed the term of service

Five Serve Rule for 56B, 56C girls and 4th grade girls and boys only: If a team serves five consecutive points, they must rotate one rotation before the sixth serve. ONLY THE TEAM SERVING WILL ROTATE. The process repeats as long as the team maintains the serve. It is the responsibility of the scorekeeper and not the officials to keep this on track.

H. Re-Serve - A re-serve shall be called when the server releases the ball for service and then catches it or drops it to the floor. This is only allowed one time per team's term of service per server. No time out is allowed or requested substitution during a re-serve

I. Rotation - 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.

J. Legal Service - The server may:

1. Hit the ball directly off the holding hand.
2. Hit the ball after tossing it from the holding hand.
3. Hit the ball with one hand, opened or closed.
4. Ball must be served within five (5) seconds of referee's signal.
5. During a re-serve the server is allowed (5) seconds after the whistle.

K. "Power Serve" - A side-arm serve will be considered a "power serve", therefore the end line must be used as the serving line and the player may not come into the court. No side arm serves will be allowed from the shorter serving line.

L. Serving Out of Turn

1. If a player serves out of turn, and it is discovered before a side out occurs, a point is awarded as well as a side out to the opposing team. As soon as the mistake is discovered, any points made on the service before the error was discovered shall be cancelled. The serving order shall be corrected immediately.

2. If the mistake in serving order occurs and is not discovered until after the opponents have gained the ball for service, but before they have begun to serve, the game shall be stopped, and all points made by the improper server shall be cancelled. Their serving order shall be corrected immediately.
 3. If the mistake in serving order occurs but is not discovered until after the opponent has served, there shall be no loss of points and no penalty. On the first dead ball, the serving order shall be corrected immediately.
- M. Playing the Ball - The ball must be given immediate momentum at contact. A player may not hit the ball twice in succession except when there is simultaneous contact by opponents on the first hit or the first contact is an action to block. In these two instances the team's next play is considered its first hit. Multiple contacts are also permitted on any **first** team hit.
- N. Contact by Team - The ball may be contacted a total of 3 times by a team before it's sent over the net
- O. Simultaneous Contact - If two or more players of the same team contact the ball simultaneously, it is considered one play, and players involved may participate in the next play. This next play should be counted as an additional contact.
- P. Ball Crossing the Net:
1. The ball must pass over the net within the two antennas.
 2. If the ball touches the net on the return, it must touch the net on or between the antennas and go over onto the opponent's court.
 3. A ball striking the net and going over is still in play. A served ball that contacts the net and goes over into the opponent's court **is a live ball.**
 4. A ball is across the net when:
 - 1 it has passed entirely over the net.
 - 2 it is partly over the net and is **legally** contacted by an opponent; or,
 - 3 it is not over the net but is legally contacted by a blocker.
- Q. Net Play
1. A ball may be recovered from the net provided the player avoids touching the net.
 2. If two or more players from opposing teams contact the ball simultaneously above the net, any of the players involved are eligible to participate **in** the next play, which shall be considered the first of three contacts allowed to the team.
 3. If one or more player(s) is attempting to block and is contacted by the ball, this player is eligible to participate in the next play, which shall be considered the first contact for that team
- R. Ball Touching Boundary Line - A ball touching the boundary line is **in bounds.**
- S. Dead Ball - The ball is dead:
1. After an official's decision which suspends play due to an infringement of a rule.
 2. When the ball strikes the floor within the boundary lines of the playing court.
 3. When the ball strikes the floor or an object outside the playing court.
 4. At any time deemed necessary by the referee or umpire.
- T. Changing Positions - At the beginning of a new game, the players may be rearranged in their positions. Scorekeepers and officials shall be notified of change in positions of players and serving order. Remember, the first server of each game should be identified by circling that player's number on the line-up sheet.

U. Time-out

1. May be called by either the referee or the umpire.
2. May not be called when the ball is in play except in the case of injury to a player; if this occurs, the play must be repeated.
3. May be requested by the coach or team captain at any time the ball is dead.
4. A time-out shall not exceed one minute. During this time-out period, the players may leave the court to confer with their coaches at or near their benches.
5. Only two such time-out periods are permitted for each team during the first 2 games without penalty.
6. There will only be ONE TIME-OUT ALLOWED for each team DURING THE THIRD GAME OF THE MATCH.

V. Time Between Games - The rest period between games of a match shall be two (2) minutes.

RULE IV-FOULS AND PENALTIES

A. Serves the Ball Illegally

1. Fails to give ball immediate impetus upon contact.
2. Causes ball to contact the net but does not go over into the opponent's court.
3. Fails to cause the entire ball to pass within the two antennas.
4. Causes ball to strike an object or land outside the playing court.
5. Causes ball to strike an object directly over the court unless local ground rules alter this.
6. Fails to be within own serving area.
7. Commits a foot fault.

B. Plays the Ball Illegally

1. Fails to return the ball within opponent's court.
2. Fails to cause the entire ball to pass over the net or within the two antennas.
3. Hits the ball illegally.
4. Plays the ball more than once in succession, except as stated in Rule VI, Section M
5. Becomes the fourth player on the team to contact the ball, except as stated in Rule VI, M
6. Commits a body foul.
7. Catches or touches the ball, either on or off the court, and calls it out.
8. Plays the ball while supported by any player or object

****Illegal Kick** - It is illegal to "kick" the volleyball in all CYO Leagues. Any maneuver of the foot moving, to make contact with the ball, in the official's opinion, is illegal. If the player has their foot planted flat on the ground and the ball deflects off of the foot, it is a legal hit and will count as one of the team's three hits. This should make it very clear as to the illegal and legal aspects of a kick in volleyball.**

C. Plays Illegally at Net

1. Holds or pushes the ball against the net.
2. Touches the net with any part of the body, except **loose** hair, while the ball is in play. If the ball is driven into the net with such force, it causes the net to contact a player on the opposing team, no foul shall be called, and the ball shall continue to be in play.
3. Reaches over the net:
 - a. Reaching over the net is permitted during a follow-through of a hit made on the player's own side as well as legally blocking a return
 - b. Blockers shall not be penalized when they follow-through over the net but fail to contact the ball because of deceptive play of the opponents.

4. Blocking a served ball is not permitted. A blocked serve occurs when a player from the receiving team **attempts to prevent the serve from crossing the plane of the net by jumping at the net and making contact with the ball.**
5. Attacking a served ball is not permitted. In order for an illegal attack to be called, all of the following must occur:
 - a. **The ball must be contacted completely above the height of the net**
 - b. **The receiving player must be directing the ball toward the opponent's side of the court**
 - c. **The attack must be completed (the ball crosses back over the plane of the net or the serving team makes a legal contact on the ball)**
6. Reaches under the net:
 - a. Touches the ball or player of opposing team when the ball is in play **completely** on opponents' side of net.
 - b. Interferes with play of the opposing team by entering opponents' court.
A player may cross the centerline with his or her foot (feet) and hand if part of the foot (feet) or hand remains on or above the centerline and the player does not interfere with play.

D. Plays in An Illegal Position

1. Fails to be in the correct serving order when the ball is served.
2. Blocks or spikes from a position that is not clearly behind the 10-foot line while in a back-row position
3. Plays the ball over the net from a position which is not clearly behind the 10-foot line at a height greater than the top of the net while playing a back line position.

E. Enters the Game Illegally

1. Fails to follow the correct procedure for a substitute entering the game.
2. Re-enters the game after being disqualified.

F. Delays the Game

1. Persistently consumes excess time serving the ball.
2. Consumes excess time in recovering the ball from out-of-bounds.
3. Persistently rotates positions slowly.
4. Team takes more than two allotted time-out periods.
5. Team fails to be ready to play without delay at the beginning of each game; and,
6. Any act which results in deliberate delay of the game.

G. Penalties

1. **Point** - If any player on the receiving team commits a foul, one point shall be scored for the serving team.
2. **Loss of Rally**- If any player commits a foul, a side-out shall be called and a point awarded.
3. **Replay-If** fouls are committed by players on opposite teams simultaneously, the ball shall be re-served.

RULE V- CONDUCT

A. Conduct of Players

1. Unsportsmanlike conduct includes actions which are unbecoming an ethical, fair, and honorable individual. It consists of acts of deceit, disrespect, or vulgarity.
2. No player shall act in an unsportsmanlike manner during a game or between games. This includes any act the official deems poor sportsmanship such as:
 - a. Use of disconcerting acts or words when an opponent is about to play the ball.
 - b. Derogatory remarks to officials or opponents.
 - c. Questioning or lying to influence officials' decisions.

- d. Showing disgust with officials' decisions.
- e. Using insulting language or gestures or baiting acts that engender ill will.
- f. Making any contact with an opponent which is deemed unnecessary, and which incites roughness
- g. Using any part of a teammate's body or any object to gain support for advantage in playing the ball.

B. Conduct of Persons other than Players (Please read very carefully)

1. Unsportsmanlike conduct by a coach, scorekeeper, substitute, gym personnel or other team attendant shall be charged against the individual and the team **may** be penalized by the official.
2. Unsportsmanlike conduct by non-players includes such acts as:
3. Entering the court while the ball is in play.
4. Attempting to influence a decision by an official.
5. Disrespectfully addressing an official.
6. Indicating objection to an official's decision.
7. Using an artificial aid to coach or direct a play or mechanical device to attract attention.
8. Holding unauthorized conferences.
9. Re-entrance of a disqualified player.

NOTE: The rules listed above also apply to spectators

- C. Special Note -The head coach may stand in the area from the 10' Line (Attack Line) to the End line during a dead ball to coach the players. If a card (yellow or red) is issued to the head coach, assistant coaches or any bench personnel, the head coach must remain seated for the remainder of the match except to make a substitution or request a time out.

D. Conduct and Gym Procedures

1. Games are to be played according to the schedule, as much as possible. **Teams will be given a maximum of 4 minutes warm-up per team prior to the start of their match. Teams may agree to warm up together and share the court for all 8 minutes (NEW RULE).** If games are running ahead of schedule the official may begin the warm-up procedure as much as 15 minutes prior to the scheduled game time. A game may begin 10 minutes prior to the scheduled game time. In all cases, good discretion must be used. Please inform all parents and other volunteers connected with the volleyball program that they must be prepared should games run ahead of schedule.
2. An adult must be always with the players when they are inside the gym or locker room. This rule is to be strictly followed to prevent abuse of the facilities and personal properties. Parishes will be liable for damages to gym property by actions of their players, coaches, and spectators.
The gym manager has the authority to stop a game if, in the opinion of the gym manager, a situation is developing that could be harmful to the CYO program. Prior to this action, it is recommended the gym manager consult with the official(s) and the two head coaches. In all cases, coaches, players, and fans should cooperate fully with the gym manager or other parish personnel.
4. Gym managers will report all unsportsmanlike acts, unethical behavior, ejections from games or violations of the rules to the CYO Office. A form will be provided by the CYO Office. Reports of such incidents will also be filed by the game officials.

RULE VI- OFFICIALS AND THE DUTIES

- A. Officials - The game is administered by a head official (**Referee**), and an official scorer. It is recommended that two linesmen be available. If volunteer officials are used, the referee is determined by a flip of the coin prior to the first game of the match. The volunteer official losing the initial coin toss will then serve as the referee for the second game, and so on. If a paid official is assigned by the CYO Office, that individual will always serve as the referee.

B. Duties - The Head Official

1. The official is to conduct the pre-game meeting (**Coaches only**) before the match
2. Before a deciding game, conducts the coin toss between the captains to determine who will serve or receive. (**3rd game only**)
3. Decides whether the ball is in play or dead.
4. The head official shall be positioned on the platform at the net. An additional official (the Umpire when available) will be stationed on the floor.
5. Decides who is awarded a point and indicates by hand or arm movement plus whistle (or vocal call if no whistle is available).
6. Blows whistle for time-outs (when allowable) when requested by players or coach of team.
7. Recognizes substitutes, making sure substitutes numbers are reported to the scorekeepers.
8. Makes any decision on rule violations from the time the match begins until the scorebook is signed after the match. These decisions shall include acts on or off the court during playing time, time-out, or between games. Officials must always be sure that a copy of the official CYO rules is available at the court to support any decision, with the rulebook of the CYO always serving as the final authority, subject to final interpretation of the CYO Office.
9. Federation rules will apply when the rule or situation is not covered in the CYO Rules.
10. Makes decisions on points not covered in the rules.
11. At the request of the captain, announces the score during a time-out or when the ball is dead, if a scoreboard is not used or visible.
12. The official signs the scorebook at the end of each game.
13. Assists the scorer in seeing that players follow the serving order and rotate in order according to the line-up received from the scorer for that game.
14. While serving as head official, records all time-outs and rest periods taken for any allowable reason, noting that time limits prescribed in the rules are not exceeded. The whistle is to be sounded at the beginning and end of each time-out, and at the end of the game and match.

C. Duties of the Scorekeeper-Each team must designate a scorekeeper for each match and be present at the scorer's table only if there is room for social distancing. If there is no room, then the official's scorekeeper shall be present at the scorer's table.

1. The home team scorekeeper is to serve as the official scorer. The other is the assistant and is to check on the official scorer. There shall be no change in scorers during the match except for reasons of inefficiency, or in case of a scorer entering the game as a substitute. If the game is being played at a neutral site, the scorekeepers will decide on the official scorer.
2. Keep the official score of the game.
3. Before each game of a match, secures from each coach or captain, the numbers of all players and serving order of each team, and enters them in the scorebook.
4. Be sure the team's first server is identified by circling that player's number on the line-up sheet.
5. Checks to see that players follow the proper serving and rotation order and informs the umpire when serving is out of order.

D. Duties of the Linesman

1. It is recommended that a linesman be present at each courtside.
2. The linesman shall make the call when a server steps on or over the serving line.
3. The linesman is **expected** to signal "in" or "out" whenever the ball strikes the floor.

E. Filming, Telecasting or Video Taping - Filming, telecasting, or videotaping for scouting purposes of any season contest by any party other than the two participating schools shall be prohibited.

F. Volleyball Lite Volleyballs - Please keep in mind that the **56A, 56 B, 56 C and 4th grade leagues** will be using volley-lite volleyball for all games. The Cadet Leagues will be using the regulation volleyball for all games. This will apply to both the boys' and girls' leagues.

RULE VII- ROSTER INFORMATION

Grade School Level

1. Players on any Cadet team may never move down to a 56 team. However, a 56 player may be moved up to the Cadet category after the opening of the season until the date announced in which all rosters are frozen.
 - a. Within the Grade School Level, if a parish has two or more teams, a player may begin the season with one parish Cadet or 56 team and be switched from one parish team to another one time only after participating in a regular season game. All such changes must be announced to the CYO Office before the player participates in a regular season game for the new team and any such change must be accomplished with the understanding that the player may not participate on both teams during the same playing date. This must take place before the roster deadline date published by the CYO Office.
 - b. After the final roster deadline, no switching of players between the parish teams is allowed.
 - c. A grade school level participant may not play for a CYO team and another **school** team concurrent.

RULE VIII- WARM UP PROCEDURE

- A. Immediately following the previous match, the referee and head coaches will meet to discuss ground rules. At this point 2 linesmen should be appointed and discuss procedures with the referee. **Each team will have 4 minutes for warm-up. The 4 minutes will NOT start until after the head coaches/referee meeting is done.** The visiting team will have the floor first for the four-minute warm-up time unless the other team is ready to go first. **Teams may agree to warm up together and share the court for all 8 minutes (NEW RULE).**
- B. **DURING THE TIMED WARM-UP PERIOD THE FOLLOWING SHOULD TAKE PLACE:**
 1. Coaches should submit a written line-up to the scorer's table during the warm-up. The line-up includes the number of players listed in **servicing** order.
 2. If a player is not eligible to play because of disciplinary reasons or injury, notify the scorekeeper and coach of the other team.
 3. Each team will be allowed 4 minutes for their warm-up (including serving time) and there will be only one team on the court at a time.
 4. Each host gym shall provide warm-up volleyballs and the host gym will provide the game ball.
 5. Referee - Reviews responsibilities with timer, line judges, scorekeepers and umpire if provided.
 - 6.. Scorekeeper - Records the line-up for each team in the scorebook/scoresheet.
Note: The scorekeeper for the home team keeps the official book for the match.

Rule IX - THE BALL

The recommended balls for use in the CYO volleyball leagues shall be the Mikasa or Wilson brand official volleyball obtainable at most sporting good outlets. However, any other official

volleyball may be used. **THE HOST GYM WILL PROVIDE THE WARM-UP BALLS AND A GAME BALL**

CYO GENERAL ELIGIBILITY STANDARDS

This document is designed to provide information for parishes and individuals participating in the CYO program at the Grade School (Cadet, 56 and 4th grade), and High School (Freshman-Sophomore and Junior- Senior) levels.

There may be rules accompanying each activity, which may impose additional limitations or provide for participation by additional youth not specified in this general description. However, this document should enable the parish, coaches, and parents to determine in the vast majority of cases whether or not a potential participant is eligible.

These standards have been approved by the Indianapolis CYO Board of Directors, working through its Athletics Policy Committee, and are in effect until further notice.

Applications for exceptions to these standards may be made to the Athletics Policy Committee of the CYO Board of Directors.

If the exception requested concerns participation in a specific activity, the application must be received by the Athletics Policy Committee no later than three weeks prior to the start of that activity's season. Any such application must be made in writing to the CYO Office. All particulars of school and residence circumstances, age, grade, and any other factors, including but not limited to roster size, which are pertinent to the proposed exception must be included in the application.

If any uncertainty concerning the eligibility of a potential participant remains after reading these standards, the CYO Office should be contacted.

CADET AGE GROUP

1. **Age and Grade** - Fifth, sixth, seventh and eighth grade students who have not reached the age of 16 before the completion of the athletic season in which they are competing. Any student over this stated age limit, who wishes to participate, must submit a written request to the CYO office for review at least three weeks prior to the start of an athletic season.
2. **Parish and School Affiliation** - In order to participate in CYO grade school sports, all participants must be either a student enrolled in a Catholic school or a child residing in a household registered in and participating in a Catholic parish. A participating household is determined by official registration on the parish roster. However, pastors, at their discretion, may also require attendance at Mass and or active participation in the religious education or youth ministry programs offered by the parish

56 AGE GROUP

1. **Age and Grade** - Fifth and sixth grade students who have not reached the age of 14 before the completion of the athletic season in which they are competing. Any student over this stated age limit, who wishes to participate, must submit a written request to the CYO office for review at least three weeks prior to the start of an athletic season. (Fourth graders are eligible for some 56 sports. Check with the parish athletic director or CYO Office).
2. **Parish and School Affiliation** In order to participate in CYO grade school sports, all participants must be a student enrolled in a Catholic school. Or a child residing in a household registered in and participating in a Catholic parish. A participating household is determined by official registration on the parish roster. However, pastors, at their discretion, may also require attendance at Mass and or active participation in the religious education or youth ministry programs offered by the parish

4th GRADE AGE GROUP

1. **Age and Grade** - 4th grade students who have not reached the age of 12 before the completion of the

athletic season in which they are competing. Any student over the stated age limit who wishes to participate, must submit a written request to the CYO Office for review three weeks prior to the start of an athletic season. (Fourth graders are eligible for some 56 sports). Check with the parish athletic director or CYO office).

2. Parish and School Affiliation - In order to participate in CYO grade school sports, all participants must be either a student enrolled in a Catholic school or a child residing in a household registered in and participating in a Catholic parish. A participating household is determined by official registration on the parish roster.

However, pastors, at their discretion, may also require attendance at Mass and or active participation in the religious education or youth ministry programs offered by the parish.

HIGHSCHOOL AGE GROUP

1. Age and Grade - Freshmen, Sophomores, Juniors and Seniors in high school who have not reached the age of 20 before the completion of the athletic season in which they are competing, which includes the following summer. A potential participant who is not presently attending regular high school also is eligible to participate during the school year and including the following summer as long as this person falls within the age rule outlined above and the class with which he or she completed grade school has not graduated from high school. Any student over this stated age limit, who wishes to participate, must submit a written request to the CYO Office for review at least three weeks prior to the start of an athletic season.

2. Parish and School Affiliation - In order to participate in CYO grade school sports, all participants must be either a student enrolled in a Catholic school or a child residing in a household registered in and participating in a Catholic parish. A participating household is determined by official registration on the parish roster. However, pastors, at their discretion, may also require attendance at Mass and or active participation in the religious education or youth ministry programs offered by the parish

SPECIAL REQUIREMENTS AND CONSIDERATIONS AFFECTING THE CYO ELIGIBILITY STANDARDS

1. Any public-school student in the grade school program must obtain written permission from the principal of his or her school on the official CYO Principal Release Athletic Form in order to participate.
2. The fact that a parish does not operate a grade school shall not make such a parish ineligible to conduct a Cadet, 56 or 4th age group program.
 - A. There may be individual cases involving youth affiliated with another parish or school who want to participate because their own parish or school does not sponsor that particular activity. These individuals may participate for a bordering parish when that parish is willing to grant permission.
 - B. The CYO will charge a fee to each parish for each team entered the league.
 - c. CYO participants and coaches are required to register for CYO athletic programs through the CYO website, www.cyoarchindy.org to be eligible for participation. If coaches and participants do not register through the CYO web site, they cannot be added to a team as a coach or to a roster as a participant.
 - D. After a parent has registered the child through the CYO website they must download and print a physician's examination form from the site. These mandatory physical forms, once completed by the physician, will then be turned into the parish athletic director and are to be kept on file at the parish or school and are valid for the entire school year.
 - E. In all leagues no protest other than those concerning player's eligibility violations will be accepted by the CYO Athletics policy Committee. Protests must be filed with the CYO Office in writing not more than 48 hours after the eligibility violation is discovered.
 - F. In all leagues a team involved in a violation of any of these eligibility rules may be penalized as follows: the player is removed from the squad; the team forfeits all games in which this player has participated; the school is put on probation for six months; and the head coach is subjected to suspension. All such violations shall be subject to review by the Athletics Policy Committee of the CYO Board of Directors.

SPECIAL NOTE: In addition to the general eligibility standards for participation in CYO sports and the specific eligibility rules for each sport, all student athletes are subject to the academic policies of the sponsoring school or parish. Scholastic eligibility is always the prerogative of the Catholic school administrator.

PLEASE READ THE FOLLOWING INFORMATION CONCERNING CASTS. BRACES HEADGEAR JEWELRY ETC.

Rule: A guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal, or any other hard substance, even though padded, is not permitted on the finger, hand, wrist or forearm. Supports are permitted on other parts of the body (an elbow brace shall not extend more than halfway down the forearm) if in the judgment of the official, they are not considered dangerous. Officials will require any sharp edges or points on a support/brace to be covered or padded.

A player wearing a cast on the hand which is padded is illegal equipment.

A player wearing a flexible plastic support on the forearm is illegal equipment.

A player wearing a thick layer of sweatbands on the forearm is legal.

A player wearing a knee brace which has exposed plastic supports is legal if the official does not consider it dangerous.

A player wearing a knee brace with an exposed sharp edge is illegal unless the sharp edge is properly covered or padded.

A player wearing a padded mask covering a broken nose is legal.

NOTE: any sharp edges or points on a support/brace must be covered or padded.

Rule: Hair devices made of soft material may be worn to control the hair. Hair adornment made of soft material may be worn. Also, a player may wear unadorned bobby pins not more than two (2) inches in length to control the hair

A player with hair tied back with a ribbon is legal.

A player with hair tied back with metal barrette covered with tape is illegal equipment

A player with hair tied back with a bandana folded is legal.

A player with hair tied back with a bandana covering the entire head is illegal equipment

A player with a reflective, sparkling headband is legal

A player with unadorned bobby pins not more than two (2) inches in length is

legal Rule: Players shall not wear jewelry (including during pre-match warm-ups)

A player wearing jewelry that is or becomes visible (belly button/tongue/ears) is illegal.

No tape or covering of any type over jewelry is ever acceptable.

Rule: Players shall not wear body paint or glitter on their hair, face, uniform or body.

A player wearing a temporary tattoo on the cheek is legal

Please scan the QR codes below to get information on gym locations and our CYO Codes of Conduct

GYM LOCATIONS



CYO CODES OF CONDUCT

