2026 CYC Volleyball Coaches Meeting

Mission: Building Communities of Faith through Sports

CYC Core Values: Faith, Sportsmanship and Service

We are a recreational program that provides competitive contests.

1. Open with Prayer

2. Evangelization
    a. CYC is a ministry. We should keep that in perspective and make this a priority.
    b. Ask your athletes if there is anything that they would like to pray for before practice.
    c. Invite team (players and parents) to attend Mass together or other parish events to build community.

3. Coaching Requirements - All 1 time requirements
    a. https://Playcyc.org/coach
        1. Safe Environment Training - https://www.preventandprotectstl.org/
        2. Coaching Classes for all coaches - CTMAPD
            a. If you already completed PLACT, you are exempt
        3. Your picture roster will include your coaches number and the date completed
            a. Please be patient, these are being updated daily
    b. OPTIONAL: 2026 Volleyball Free Coaches Clinic.pdf

4. Rulebook Location: https://playcyc.org/rulebooks/
    - Taking Officials Test https://playcyc.org/officiate/online-officials-testing/

5. Rules Review
    a. 6.2.1 In all grades and divisions, league matches shall consist of three (3) 25-point sets using rally scoring with no time limit. Sets must be won by two points, or reach a 27-point cap. *New: During Archdiocesan Playoffs and any recreational tournament, a match will consist of the best 2 out of 3 sets. 1st 2 sets are to 25 points, 3rd set to 15 points using rally scoring, with no cap on any set.*
    b. Reminder: 12.4.9 5th-6th GRADE C and D LEVEL DIVISIONS
    In any one service rotation, a maximum of five points is allowed to be scored. After the fifth point is scored, the serve is given to the opposing team for a rotation with no point.
        - No retries on serves (only in 3rd & 4th grade)
    c. **NEW: 2.5.3** Any player of the serving team is forbidden to raise their hands above their head during service until the ball has passed beyond the net.
    d. Reminder: 21.1 – 2 line judges, one from each team, will be used in only 5th-8th grade A division matches. They should be of high school age or above that will pay attention during the match.
    e. Jewelry: Earrings are allowed - no large hoops, bracelets (permanent or temporary) or items deemed a safety hazard by officials

6. Forms to have at each game
    a. Both teams supply a filled out Line Up Card in uniform number order to the officials
        - www.playcyc.org/rulebooks
    b. Picture Roster – Must be presented at each game - Can be digital - Contact your coordinator
        - It is on your Team Information page on Team Sideline (not on the Teamsite or App)
    c. Practice and game balls will be provided at every gym

7. Schedules
    a. Will be located on your Team Sideline Pages and will be linked to your TeamSite
        - Northwest Region Schedules Southeast Region Schedules
    b. Reschedule Requests -
        - Make every effort to play games as originally scheduled.
        - Head coach will contact Opposing coach about the game change and send all information (i.e. Date, Time, Location, Teams) to your coordinator: Contacting coaches
        - Any reschedule request must be submitted by your program coordinator to the CYC Office 10 days in advance of the game. Any games cancelled after this date will be forfeited.
        - They will only be considered (not guaranteed) for religious or school events.
        - All games must be played by Sunday Nov 1st
        - $100 charge to your program for each game that is rescheduled after Sep 1st.
        - If we missed an approved conflict, the CYC Office will change the game.
8. 5th - 8th Grade Opt-In Recreation Tournament at end of season – Nov 13-15
        - For B, C, D division teams only
        - You must fill out a google form to play by October 12th
            1. Link will be emailed out to coaches and coordinators in Early September
            2. You must be able to play at any time during the dates, we will only accept conflicts related to religious events for the players

9. Sportsmanship/Expectations
    a. *Only the head coach to coach may stand near the bench area. They may not be in the sub zone. All Assistant coaches and players must sit on the bench.*
    b. *Guest player rules – Must play with 5 players on your roster. You can use up to 2 guest players from your program only (7 max for the match) - reference CYC handbook and rulebook*
        - *A division teams may use another A level player on a same grade or grade below (i.e. 6th guest on 7th)*
        - *A division teams may also use any B/C/D level player from same grade or below*
        - *A level players may <u>never</u> play on a B/C/D level team.*
        - *You may use a player that is on a soccer roster(any level) from the same grade or below.*
        - *Bring digital copies of all rosters to the game. Coordinators will assist with rosters.*
    c. Rosters may still add players until Sep 15 - contact your coordinator for any questions

d. ***MINIMUM PLAYING REQUIREMENT***
All eligible players on the bench must participate in at least 25% of regulation time in each game (league & playoff games). Failure to do so may result in forfeiture.
It is the coach's responsibility that each player plays at least 25% of each game. Failure to comply with the spirit of this policy may result in disciplinary action by the Parish and/or CYC Office.

e. *Reverse the trend of negativity in youth sports, have good handshake lines*

f. Coach/Player/Spectator Behavior. Teams have two identifiers, Name of Parish, Name of Coach. Do not allow either name to be tarnished.

g. *Any coach/spectator who is ejected from a CYC game, will be suspended for at least 3 games and the son/daughter of that coach/spectator will be suspended for at least 1 game.*

10. Scoring Games
    a. You will receive an email at the start of the game, and another one 1 day later if the game has not been scored yet. Please be truthful with the actual score. (All three sets are scored, i.e. 25-20, etc.)

    b. Comments Section: Officials, Sportsmanship.
        - Do not put OK or good/bad. Only give us constructive feedback that we can communicate.

11. Questions
    a. If you have concerns or issues, please email your program coordinator.

    b. If you have TeamSideline technical needs, please email cycsportsoffice@gmail.com

    c. During the season, if you need to expand on anything that occurred in your games, or have rules questions, please email cycsportsoffice@gmail.com