



RULE BOOK

Volleyball 2026

CATHOLIC YOUTH COUNCIL-SPORTS

ARCHDIOCESE OF ST. LOUIS

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TABLE OF CONTENTS

CYC SPORTS SPECIAL NOTES	5
GAME OVERVIEW	7
RULE 1 PLAYING AREA	7
1.1 DIMENSIONS [DIAGRAM 1]	7
1.2 PLAYING SURFACE	7
1.3 LINES ON THE COURT	7
1.4 ZONES AND AREAS	8
1.5 COURT CONDITIONS	8
1.6 SPECIAL GROUND RULES	8
RULE 2 NET AND POSTS	8
2.1 HEIGHT OF THE NET	8
2.2 NET STRUCTURE [DIAGRAM 2]	8
2.3 SIDE BANDS	8
2.4 ANTENNAE	8
2.5 POSTS	9
RULE 3 BALLS 9	
3.1 STANDARDS	9
3.2 UNIFORMITY	9
RULE 4 TEAMS & EQUIPMENT	9
4.1 TEAM COMPOSITION	9
4.2 LOCATION OF THE TEAM	10
4.3 UNIFORM AND EQUIPMENT	10
4.4 CHANGE OF UNIFORM	10
4.5 PERSONAL EQUIPMENT AND PROHIBITED ITEMS	10
RULE 5 TEAM LEADERS	11
5.1 CAPTAIN	11
5.2 HEAD COACH	11
5.3 ASSISTANT COACH	11
RULE 6 SCORING	12
6.1 POINTS	12
6.2 SETS AND MATCHES	12
6.3 DEFAULT AND INCOMPLETE TEAM	12
6.4 DISCREPANCY IN SCORE	12
RULE 7 STRUCTURE OF PLAY	13
7.1 COIN TOSS	13
7.3 STARTING LINE-UP	13
7.4 POSITIONS [DIAGRAM 3]	13
7.5 POSITIONAL FAULT	14
7.6 ROTATION	14
7.7 ROTATIONAL FAULT	14
RULE 8 STATES OF PLAY	14
8.1 BALL IN PLAY	14

8.2	BALL OUT OF PLAY	14
8.3	BALL “IN”	14
8.4	BALL “OUT”	14
RULE 9	PLAYING THE BALL	15
9.1	TEAM HITS	15
9.2	CHARACTERISTICS OF THE HIT	15
9.3	FAULTS IN PLAYING THE BALL	15
RULE 10	BALL AT THE NET	16
10.1	BALL CROSSING THE NET	16
10.2	BALL TOUCHING THE NET	16
10.3	BALL IN THE NET	16
RULE 11	PLAYER AT THE NET	16
11.1	REACHING BEYOND THE NET	16
11.2	PENETRATION UNDER THE NET	16
11.3	CONTACT WITH THE NET	16
11.4	PLAYER’S FAULTS AT THE NET	16
RULE 12	SERVICE	17
12.1	FIRST SERVICE IN A SET	17
12.2	SERVICE ORDER	17
12.3	AUTHORIZATION OF THE SERVICE	17
12.4	EXECUTION OF THE SERVICE	17
12.5	SCREENING	18
12.6	FAULTS MADE DURING THE SERVICE	18
12.7	SERVING FAULTS AND POSITIONAL FAULTS	18
RULE 13	ATTACK HIT	18
13.1	CHARACTERISTICS OF THE ATTACK HIT	18
13.2	RESTRICTIONS OF THE ATTACK HIT	18
13.3	FAULTS OF THE ATTACK HIT	19
RULE 14	BLOCK	19
14.1	BLOCKING	19
14.2	BLOCK CONTACT	19
14.3	BLOCKING WITHIN THE OPPONENT’S SPACE	19
14.4	BLOCK AND TEAM HITS	19
14.5	BLOCKING OR ATTEMPTING TO BLOCK THE SERVICE	19
14.6	BLOCKING FAULTS	19
RULE 15	REGULAR GAME INTERRUPTIONS	20
15.1	REQUESTS	20
15.2	TIME-OUT PROCEDURE	20
15.3	SUBSTITUTIONS	20
15.4	EXCEPTIONAL SUBSTITUTION	20
15.5	SUBSTITUTION FOR DISQUALIFICATION	20
15.6	ILLEGAL SUBSTITUTION	21
15.7	SUBSTITUTION PROCEDURE	21
15.8	IMPROPER REQUESTS	21
RULE 16	GAME DELAYS	21

16.1 TYPES OF DELAY	21
16.2 DELAY SANCTIONS	21
RULE 17 EXCEPTIONAL GAME INTERRUPTIONS	22
17.1 INJURY/ILLNESS	22
17.2 EXTERNAL INTERFERENCE	22
17.3 PROLONGED INTERRUPTIONS	22
RULE 18 INTERVALS AND CHANGE OF COURTS	22
18.1 INTERVALS	22
18.2 CHANGE OF COURTS	22
RULE 19 CONDUCT	23
19.1 REQUIREMENTS OF CONDUCT	23
19.2 MISCONDUCT	23
19.3 SANCTION SCALE	23
19.4 APPLICATION OF MISCONDUCT SANCTIONS	23
19.5 MISCONDUCT BEFORE AND BETWEEN SETS	23
19.6 SUMMARY OF MISCONDUCT AND CARDS USED	24
RULE 20 MINIMUM PLAYING REQUIREMENTS	24
RULE 21 OFFICIALS AND LINE JUDGES	24
DIAGRAM 1 - THE PLAYING COURT	25
DIAGRAM 2 - THE NET	26
DIAGRAM 3 - EXAMPLES OF LEGAL/ILLEGAL SERVICE-RECEIVE POSITIONS	27
OFFICIAL HAND SIGNALS	28

CYC SPORTS SPECIAL NOTES

It is the responsibility of all participants to know the content of this rule book and all matter contained in the CYC Policy Handbook.

1. *All coaches are required to be compliant and have a valid Coaches ID number with their picture included on the roster. Coach's ID number must appear on the roster for all coaches indicating the coach has completed the CYC coaches training. Coaches that are under 18 need to include their picture on the roster. They should place "Minor" in the Coach's number area of the roster. All players of the CYC Athletic Association to be eligible to participate, must be listed on a valid roster.*
2. *All teams are required to produce a valid roster at each and every game/match played. Digital copies of rosters are acceptable for league play. (Physical roster must still be presented at Archdiocesan Playoffs.) A digital copy can be viewed on an electronic device. At the start of each game/match, the team coach must submit to the game officials a game card/scoresheet that indicates the names of the coaches, jersey number and name of each player, the date, time, team/league number/name, name of opposing team and site of where game/match had been played. At the end of the game/match, the head coach must sign the game card/scoresheet to verify that all persons listed had participated and the score of the game is correct. Names can be added for late arriving players/coaches or delete those that did not participate. The officials must turn in the game card/scoresheet, with their names on the same, to the Region Sport Coordinator. The Region will maintain the game card/scoresheet in their files for payment of the officials/program for that game/match and as an official record as to who participated in the game/match for 7 years. A digital version can be maintained in place of the paper copy.*
3. *Prior to the start of any game/match the opposing coach may request the appointed game/match officials to administer a roster check. In all Archdiocesan Playoff games/matches the roster must be presented prior to the start of the game/match to the appointed official and on request to the opposing coach.*

4. *In all games/matches, the appointed match officials must verify each player visually with the official roster. The opposing coach is allowed to observe the verification process. Late players, prior to entering the match, must confirm their identity on the roster to the appointed official.*

5. *When a parish/organization team, in any division, finds that it will not have the required number of player(s) to start a game, according to the rules of that sport, they can use a guest CYC player(s) of the same gender in the same grade or younger to play the game. The player(s) must be on a current CYC roster for the same parish/organization,, and a paper or digital copy is provided from that other team. The roster must be presented prior to the start of the game/match. If a paper or digital copy of a roster is not presented prior to the game, then the game will be declared a forfeit and not played. A coach/player cannot participate in a CYC game if they are not on the roster. When the team is using players from a different roster, they may only field a team according to the information provided here: Teams must play with 5 players from their roster and only play up to 7 players.*

NOTE: Please reference the CYC Policy Handbook - SECTION FIVE – ARCHDIOCESAN PLAYOFFS for restrictions on archdiocesan playoff eligible rostered teams.

6. **ARCHDIOCESAN CHAMPIONSHIP INFORMATION:**

Check the CYC website for additional information... www.playcyc.org

Pre-Playoff Meeting: All teams entering the Archdiocesan Playoffs shall have a representative at a meeting to be determined by the CYC Office. Official Picture Rosters should be reviewed for accuracy prior to this meeting. If a problem is found, rosters should be presented at this meeting.

Potential Conflicts: Any team that has a chance to advance and qualify for the Archdiocesan Championships that might have a potential religious or school conflict at any time during the dates of playoffs should notify the CYC Office immediately of such potential conflict. Coaches coaching two CYC Teams in the Archdiocesan Playoffs is a conflict and should be submitted. Please provide the nature of your conflict and the time(s) of the conflict. Please be advised that if the conflict is for an entire weekend day or weekend that we will most likely not be able to schedule around your conflict.

**** Do not wait until you have received your bracket to notify us of the conflict. If you have an event during this time, it is a POTENTIAL conflict. Conflicts should be emailed to Championshipconflicts@archstl.org**

**** Any team forfeiting or dropping out of the Archdiocesan Championships after the playoff meeting will be assessed the forfeiture fee of \$250.00.**

7. Coaches and players should be aware that according to Section Six of the CYC Policy Handbook, they could be disciplined for their conduct at tournaments.

8. **MINIMUM PLAYING REQUIREMENT**

- 3rd to 4th Grade – With the number of serves set to 5 serves maximum, clarification of the substitution rule and the use of a team line-up sheet, the 25% piece will be satisfied.
- 5th to 8th Grade – All eligible players on the bench must participate in each set of each match. Failure to do so may result in forfeiture. The CYC Office has the authority to further discipline the coach. Failure of a player to appear in any set may cause forfeiture of that set. It is strongly recommended that each player be allowed to play in all 6 positions before being substituted. Coaches must play each player at least 25% of each match.

Coaches should be aware that their substitution procedures will be observed. A coach that is only putting players in and then taking them right back out, giving the player no real opportunity to participate in the game should be aware that they may face disciplinary actions and that the game could be forfeited.

NOTE: The procedure to calculate playing time for Archdiocesan Playoff matches (5th to 8th grade) will be as follows: Each player must play 24 points in each match (2 or 3 sets), but does not have to play in each set.

9. The match official and opposing coach must be notified prior to the start of a match of a non-participating player due to injury or disciplinary reasons if said player is to be seated on the bench.

10. Any/all disciplinary action is eligible to be carried over to the next CYC sport played and/or coached

11. The Home Team is responsible for leading the Pre-Game Prayer.

12. Standings are determined by the Win-Loss system. Each set counts in the win/loss standings. Tie breakers are determined by:

1. Head to Head, 2. Total Points Against, 3. Total Points For, 4. Total Points Differential, 5. Coin Toss.

13. An ejected player must serve an automatic one-game suspension (next played game for that team). An ejected coach or spectator must serve an automatic three-game suspension (next played game(s) for any team) and their son/daughter will serve an automatic one-game suspension. This may be appealed to the disciplinary hearing board within 5 business days of the ejection.

GAME OVERVIEW

Volleyball is a sport played by two teams on a rectangular playing court divided into two areas by a net. The object of the game is to send the ball over the net in order to ground it on the opponent's court, and to prevent the same effort by the opponent. The team has three hits for returning the ball (in addition to the block contact).

The ball is put in play with a service; a hit by the server over the net to the opponents. The rally continues until the ball is grounded on the playing court, goes "out" or a team fails to return it properly. The team winning a rally scores a point (Rally Point System). When the receiving team wins a rally, it gains a point and the right to serve, and its players rotate one position clockwise.

PHILOSOPHY OF RULES FOR ALL PARTICIPANTS

Understanding the rules better allows better play; coaches can create better team structure and tactics, allowing players to display their skills. Understanding the relationship between rules allows officials to make informed decisions. The essence of a good official lies in the concept of fairness and consistency. The officials must be trusted to allow the players to play fair by being accurate in judgment, be an efficient organizer, allowing the competition to flow and direct it to a conclusion, and be an educator – using the rules to penalize the unfair or admonish unsportsmanlike conduct.

The rules are structured to allow the players to exhibit the best of ability, spirit, and creativity. Volleyball allows all players to operate both at the net (in attack) and in the back of the court (to defend or serve).

2026 CYC VOLLEYBALL RULEBOOK

**** Rule changes are in Yellow ****

RULE 1 Playing Area

The playing area includes the playing court and the free zone. It shall be rectangular and symmetrical.

1.1 DIMENSIONS [DIAGRAM 1]

The playing court is a rectangle measuring 60 feet (18 meters) long and 30 feet (9 meters) wide, measured to the outer edges of the boundary lines. The court shall be surrounded by a free zone which is a minimum width of 6 feet. (Recommended 10 feet) The free playing space is the space above the playing area which is free from obstructions. The free playing space shall measure a minimum of 15 feet in height from the playing surface. (Recommended 23 feet)

1.2 PLAYING SURFACE

The surface must be flat, horizontal, and uniform. It must not present any danger of injury to the players. It is forbidden to play on rough or slippery surfaces.

1.3 LINES ON THE COURT

1.3.1 All lines are 2" wide. They must be of a color which is different from the color of the floor and from any other lines.

1.3.2 Boundary Lines: Two sidelines and two end lines mark the playing court. Both sidelines and end lines are drawn inside the dimensions of the playing court.

1.3.3 Center Line: The axis of the center line divides the playing court into two equal courts measuring 30 feet x 30 feet each. The entire width of the line is considered to belong to both courts equally. This line extended beneath the net from sideline to sideline.

1.3.4 Attack Line: On each court, an attack line, whose rear edge is drawn 10 feet back from the axis of the center line, marks the front zone.

1.4 ZONES AND AREAS

1.4.1 Front zone: On each court the front zone is limited by the axis of the center line and the rear edge of the attack line. The front zone is considered to extend beyond the sidelines to the end of the free zone.

1.4.2 Service zone: The service zone is a 30-foot-wide area behind each end line. It is laterally limited by two short lines, each 6 inches long, drawn 8 inches behind the end line as an extension of the sidelines. Both short lines are included in the width of the service zone.

1.4.2.1 Step-in Serving Boxes

Serving boxes shall be marked into the playing court from outside edge of the end line according to the following widths: 5th/6th Grade - 5 feet, 3rd/4th Grade - 15 feet. The lines are not part of the box. The length of the box is to be 9 feet measured from the outside edge of the sideline.

1.4.3 Substitution zone: The substitution zone is limited by the extension of both attack lines up to the scorer's table.

1.4.4 Warm-up area: The warm-up area is at the end of the bench or bench area, and no nearer to the court than the front of the team bench.

1.5 COURT CONDITIONS

The Officials along with Gym Monitor will make any decisions regarding postponement of any matches due to unsafe conditions.

1.6 SPECIAL GROUND RULES

1.6.1 A ball striking the ceiling or an overhead obstruction above a playable area shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net extended that is occupied by the team that last played the ball, and the ball is legally played next by the same team.

1.6.2 Non-playable area is the space located beyond the court and surrounding playable area. It includes walls, bleachers, team benches, area behind the team benches, and any other areas identified in the pre-match conference, deemed by the first official as unsuitable for playable area.

RULE 2 Net and Posts

2.1 HEIGHT OF THE NET

The height and tension of the net shall be adjusted before the start of the match, and at any other time the first official deems it advisable. Height measurements should be made (1) in the center of the court with the center the net height as prescribed below and (2) at each end of the net perpendicular to the sidelines with a net variance at the sidelines of not more than $\frac{3}{4}$ " to assure that each end of the net is within the prescribed height variation. The net must be tight throughout its length.

<u>Division:</u>	<u>Net Height (center)</u>
Boys/Girls: 7 th -8 th Grade	7' 4 1/8"
Boys/Girls: 6 th Grade	7'
Boys: 5 th Grade	7'
Girls: 5 th Grade	6' 6"
Boys/Girls: 3 rd -4 th Grade	6' 6"

2.2 NET STRUCTURE [DIAGRAM 2]

The net is 39 inches wide and between 31 and 33 feet long, placed vertically over the axis of the centerline. It is made of 4" square black mesh. At its top is a horizontal band, 2" to 2 3/4" wide, made of an appropriate stabilizing material and sewn along its full length. Top and bottom of the net must be fastened to the posts so that the net remains taut throughout and maintains its specified dimensions.

2.3 SIDE BANDS

Two white bands are fastened vertically to the net and placed directly above each sideline. They are 2 inches wide and 39 inches long and are considered to be part of the net.

2.4 ANTENNAE

An antenna is a flexible rod 5'11" long and 3/8" in diameter, made of fiberglass or similar material. An antenna is fastened at the outer edge of each side band. The antennae are placed on opposite sides of the net. The top 32" of each antenna extend above the net and is marked with 4" stripes of contrasting colors, preferably red and white. The antennae are considered as part of the net and laterally delimit the crossing space.

2.5 POSTS

The posts supporting the net are placed at a distance of 20" to 39" outside the sidelines. They are 8'4" high and preferably adjustable. Posts shall be padded to a minimum height of 5'6" with at least 1/2" thick, resilient, shock-absorbing material throughout the entire length. The front and sides of the official's stand must be padded in the same manner as the posts to a height of 5'6".

If the posts are secured by barrels or other supporting apparatus, there must be some means of clearly identifying the barrels or supporting apparatus. Any exposed wires should be covered with a soft material to provide protection for the players.

RULE 3 Balls

3.1 STANDARDS

The ball shall be spherical, made of a flexible leather or synthetic leather case with a bladder inside, made of rubber or a similar material. Its color may be a uniform light color or a combination of colors. The Volley-Lite ball will be used in 6th Grade and below divisions and a Standard ball will be used in 7th Grade and above divisions.

Volley-Lite:	Circumference: 25.6" to 26.4"	Weight: 7 to 8 ounces	Inside Pressure: 4.26 to 4.61psi
Standard:	Circumference: 25.6" to 26.4"	Weight: 9 to 10 ounces	Inside Pressure: 4.26 to 4.61psi

3.2 UNIFORMITY

It is the responsibility of the first official to examine balls prior to the start of a match to determine that they are official and in proper condition. The first official shall be the final approving authority for all balls to be used during a match. A ball that becomes wet or slippery during competition must be changed. The site of the match shall supply the official game balls and practice balls.

RULE 4 Teams & Equipment

4.1 TEAM COMPOSITION

4.1.1 A team may consist of players and coaches identified on the team roster. Only identified team members may sit on the bench. In all divisions, a complete team shall consist of 6 players. No set may be played with less than 5 players. Each team shall submit a CYC approved picture roster at least five minutes before the start of the match.

Note: If a team has only 5 players, their positions will be back-left (5), front-left (4), front-center (3), front-right (2) and back-right (1). Back-center position (6) will be vacant on the line-up sheet.

Note: For official scorekeeping purposes, there will be no loss of service when the missing player is due to serve, an "X" will be placed in player #6's spot on the score sheet. The scorer will then proceed to the next player's service box.

Late players are allowed to enter the set in progress. In 3rd & 4th Grade divisions, the player will enter in the back center position (6). For 5th Grade & above, the late player will enter into the player #6 spot on the score sheet and thus would take that appropriate position on the court.

4.1.2 A playing captain is the only player who may address the first official and shall be the spokesperson of their team. The playing captain may address the second official but only on matters concerning the second official's duties. The coach may address the officials for the purpose of requesting a time-out, substitution, a line-up check or to clarify a situation. When the playing captain is

not on the court, the coaches or the team captain will designate another player to act as the game captain. If none is designated, then the team will not have a floor captain until the original captain re-enters the match.

4.1.3 Only the team members recorded on the roster may participate in the match.

4.2 LOCATION OF THE TEAM

4.2.1 The players not in play should either sit on their team bench or be in their warm-up area. The coach and other team members sit on the bench but may temporarily leave it.

The benches for the teams are located beside the scorer's table, outside the free zone and starting at least 10 feet from the center line extension.

4.2.2 Only team members are permitted to sit on the bench during the match.

4.2.3 Players not in play may warm up, without balls, in the warm-up areas.

4.2.4 Between sets, players may warm up using balls within their own free zone.

4.3 UNIFORM AND EQUIPMENT

It is required for Archdiocesan Playoffs that all players wear shorts or athletic pants of the same color and that any undergarment that is exposed be the same color as the predominant color of the jersey.

4.3.1 A player's uniform consists of a jersey and shorts or athletic pants.

4.3.2 The color and the design for the jerseys must be similar. Only program issued jerseys are allowed.

4.3.3 Shoes are considered player's equipment and must be light and pliable with rubber or composites without heels. Shoes must be worn and must be tied.

4.3.4 Players' jerseys must be numbered in a permanent manner from 0 to 99. Duplicate numbers are not allowed.

4.3.4.1 Uniform numbers must be clearly visible and centered (both horizontally and vertically) on the player's back. It is recommended that numbers are also on the front of the jersey.

4.3.4.2 Each jersey must use the same number color and number height for all players.

4.3.4.3 The color of the number must clearly contrast with the color of the jersey irrespective of any border around the number.

4.3.4.4 The number must be a minimum of 4" in height on the front and a minimum of 6" in height on the back. The stripe forming the numbers shall be a minimum of 3/4" in width.

4.3.5 It is forbidden to wear uniforms of a color different from that of the other players and/or without official numbers.

4.3.6 Knee pads are recommended for all players, but not required.

4.4 CHANGE OF UNIFORM

The first official may authorize one or players to change wet or damaged uniforms between sets or after substitution, provided that the color and design of the new uniform(s) are the same. A different number is allowed in this case, as long as the number is not duplicated.

4.5 PERSONAL EQUIPMENT AND PROHIBITED ITEMS

4.5.1 It is prohibited to wear a cast, even if padded. Objects or equipment such as headgear, glitter, or body paint are prohibited.

4.5.1.1 A guard, cast or brace made of a hard and unyielding substance, such as, but not limited to, leather, plaster, plastic, or metal shall not be worn on the elbow, upper arm, shoulder, hand, fingers/thumb, wrist, or forearm; even though covered with soft padding. Knee and ankle braces, which are unaltered from the manufacturer's original design/production, do not require additional padding.

4.5.1.2 Prosthetic limbs are permitted. Sharp edges may need to be wrapped or padded to ensure safety.

4.5.1.3 Headgear means hats or bandanas. A headband or pre-wrap made from cloth or soft non-abrasive fabric is permissible. A concussion headband is permissible.

4.5.1.4 Hair adornments such as bobby pins, beads, flat barrettes or flat clips in the hair that are securely fastened and do not present an increased risk to the player, teammates or opponents are allowed.

4.5.2 All jewelry must be removed, except small studs, posts, ear cuffs, snug-fitting nose rings or small hoops. No jewelry is permitted below the chin. Large hoops or dangling earrings are prohibited. Any bracelets are prohibited. Taping of any jewelry is prohibited.

- 4.5.2.1 Medical-alert medals or bracelets are not considered jewelry and shall be taped to the body and the alert may be visible. Religious medals are not considered jewelry and shall be worn under the uniform and taped to the body.
- 4.5.3 Players may wear glasses or goggles at their own risk.
- 4.5.4 The use of artificial noisemakers shall be prohibited.

RULE 5 Team Leaders

Both the captain and the coach(es) are responsible for the conduct and discipline of their team members.

5.1 CAPTAIN

- 5.1.1 The captain represents the team in the coin toss at the pre-match conference.
- 5.1.2 During the match, the captain functions as the game captain only while on the court.
When the ball is out of play, only the game captain is authorized to speak to the officials.
The game captain may respectfully request a time-out, substitution, or an explanation of an application or interpretation of a rule.

5.2 HEAD COACH

- 5.2.1 Throughout the match, the head coach conducts the play of their team from outside the playing court. They select the starting line-ups, the substitutes, and takes time-outs.
- 5.2.2 Prior to the match, the head coach records or checks the names and numbers of their players on the scorecard/line-up sheet, then signs it.
- 5.2.3 During the match the head coach:
- 5.2.3.1 Prior to each set, the head coach gives the second official or scorer a completed and signed line-up sheet.
 - 5.2.3.2 May sit anywhere on the team bench and may also stand or walk in the team bench area.
 - 5.2.3.3 Requests time-outs and substitutions.
 - 5.2.3.4 May, as well as other team members, give instructions to the players on the court. The head coach may give these instructions while standing or walking within the free zone in front of their team's bench from the extension of the attack line back to the end line, no closer to the court than 6 feet from the sideline without disturbing or delaying the match,
 - 5.2.3.5 Ask authorization to change uniforms or equipment, to verify the positions of their own team, to check the floor, the net, the ball, etc.
- 5.2.4 The head coach may respectfully ask for an explanation of the application or interpretation of the rules and to submit to the appropriate official any requests or questions of players. If an explanation of an application or interpretation of a rule is not satisfactory, the head coach must immediately file an official protest prior to the authorization of the next service. If the disagreement with the official's explanation involves the last point of a set, the official protest must occur within the first 60 seconds of the timed interval between sets or after the final point of the match is scored.

Refer to the CYC Policy Handbook concerning protests.

- 5.2.4.1 It is advisable to have an assigned Protest Committee to rule upon a protest as soon as possible prior to the first service following the protest. Such action should preclude playing the match over from the point of protest if the protest is upheld.
- 5.2.4.2 Protests considered by the first official (Protest or Tournament Committee) include a:
- 1. Misinterpretation of a playing rule.
 - 2. Failure of the first official to apply the correct rule to a given situation.
 - 3. Failure to charge the correct penalty-sanction for a given fault.
 - 4. Scoring discrepancy
- 5.2.4.3 Protest facts recorded on the score sheet at the time of the protest include the:
- 1. Score of the set
 - 2. Players and their positions
 - 3. Player and team substitutions
 - 4. Team time-outs taken
 - 5. Situation that resulted in the protest
 - 6. Signatures of scorer and 1st official, indicating facts are correct.

5.3 ASSISTANT COACH

5.3.1 An assistant coach sits on the team bench but has no right to intervene in the match. They shall remain seated during a set, except to react to an outstanding play or stand at the bench to greet a replaced player.

5.3.2 Should the head coach leave their team for any reason including sanction, an assistant coach may assume the head coach's functions for the duration of the absence, once confirmed by an official.

RULE 6 Scoring

6.1 POINTS

6.1.1 A team scores a point:

6.1.1.1 by successfully landing the ball on the opponent's court

6.1.1.2 when the opponent team commits a fault

6.1.1.3 when the opponent team receives a penalty

6.1.2 Fault

A team commits a fault by making a playing action contrary to the rules (or violating them in some other way). The officials judge the faults and determine the consequences according to the rules.

6.1.2.1 If two or more faults are committed successively, only the first one is counted.

6.1.2.2 If two or more faults are committed by opponents simultaneously, a Double Fault is called and the rally is replayed.

6.1.3 Rally and completed rally

A rally is the sequence of playing actions from the moment of the service hit by the server until the ball is out of play. A completed rally is the sequence of playing actions which results in the award of a point.

This includes:

- the award of a penalty - the loss of service for service hit made after the time limit.

6.1.3.1 If the serving team wins a rally, it scores a point and continues to serve.

6.1.3.2 If the receiving team wins a rally, it scores a point and it must serve next.

6.2 SETS AND MATCHES

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.

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.

6.2.2 Each set will count in the win/loss standings.

6.3 DEFAULT AND INCOMPLETE TEAM

6.3.1 If a team does not have sufficient players to start a set, that team shall lose the set by default.

Score of each defaulted set will be 25-0.

6.3.1.1 The first set will be defaulted at 5 minutes past the scheduled starting time, second set at 10 minutes past and third set at 15 minutes past starting time. The official's designated timepiece will be used for the official time. When a team does have sufficient number of players to start the set, the entire set will be played.

6.3.1.2 If neither team has five players available at match time, each team shall be charged with the loss of one set by default. The next set, if played, would be the third set of the match.

6.3.2 If a set is defaulted due to a team being reduced to less than five players as the result of an injury or disqualification of a player, the defaulting team shall retain any points earned. The winning team shall be credited with sufficient points to reflect a two-point advantage over the opponents.

6.3.3 After a signal from the first official, teams shall immediately take their positions on the court to start a set. At the conclusion of an interruption in play, teams shall return to their positions on the court immediately at the signal of either official. If a team refuses to do this, it shall be warned by the first official. If after the warning from the first official, a team refuses to play, the entire match is defaulted. The set score of the match is 3-0.

6.3.4 If a team is declared incomplete for the set or match due to being reduced to less than five players, the opponents shall be awarded sufficient points and sets necessary to win the match. The incomplete team retains their points and sets won.

6.4 DISCREPANCY IN SCORE

- 6.4.1** If a discrepancy in score exists between the scoring section and the running score column of the score sheet, the scoring section shall be the official score.
- 6.4.2** If a discrepancy exists between the score sheet and the visible scoring device, the score sheet shall be the official score.

RULE 7 Structure of Play

7.1 COIN TOSS

- 7.1.1** Before the warm-up, the first official conducts a pre-match conference (which the head coach may attend) and coin toss in the presence of a captain from each team in front of the scorer's table. Visiting team shall call the first toss. The winner of the coin toss chooses the right to serve or to receive.
- 7.1.2** For league games, the team that serves 1st in the first set will serve 1st in the third set. For playoff games, before the beginning of the deciding set of the match, either official shall administer a new coin toss in front of the scorer's table. The captain not calling the coin toss in the first set shall call the coin toss for the deciding set. The winner of the coin toss chooses the right to serve or to receive.

7.2 WARM UP

An official shall instruct the timer to place 4 minutes on the score clock. After the coin toss, this clock will start and the official warm up time will begin. The first 2 minutes will be full court for the receiving team, then the last 2 minutes will be full court for the serving team. The teams shall use their designated time for serving, hitting or any other warm-up activity on the court. There is no shared time during the official warm up period.

7.3 STARTING LINE-UP

- 7.3.1** At least two minutes before the start of a match and 30 seconds prior to the expiration of the intermission between sets, a coach submits the team's starting line-up on a signed line-up sheet to the second official or scorer. For 3rd & 4th Grade divisions, the line-up sheet will indicate the order of play of the entire team, for the entire match. Any late arriving players will be added to the bottom of the line-up sheet.
- 7.3.1.1** For failure to adhere to this rule, a team shall be issued a delay warning. After an additional 30 seconds, if the line-up has not been submitted, the team will be charged with a delay penalty. If the team continues to delay, the team shall default the set. If failure to adhere to this rule is because of insufficient players on a team to begin a match, after a team defaults the first set of a match, an interval of up to five minutes shall be allowed for the team to produce sufficient players to play the next set. If the team has five players present prior to the expiration of this interval, play shall begin immediately. If, after the 5-minute interval, a team does not have at least five players present and ready to play, the second set shall be declared a default. An additional five-minute interval shall be allowed before declaring the match a default.
- 7.3.2** If a discrepancy exists between the line-up sheet and actual positions of players, the players must move to the positions indicated on the line-up sheet before the start of the set. No penalty will be charged. If one or more players on the court are not recorded on the line-up sheet, the players on the court must be changed according to the line-up sheet without a penalty being charged.

7.4 POSITIONS [DIAGRAM 3]

At the moment the ball is hit by the server, each team must be positioned within its own court in the rotational order (except the server).

- 7.4.1** The positions of the players are numbered as follows:
- 7.4.1.1** The three players along the net are front-row players and occupy positions 4 (front-left), 3 (front-center) and 2 (front-right).
- 7.4.1.2** The other three are back-row players occupying positions 5 (back-left), 6 (back-center) and 1 (back-right). If there are only 5 players, the back row players shall be in positions 5 (back-left) and 1 (back-right).
- 7.4.2** Relative positions between players:
- 7.4.2.1** Each back-row player must be positioned further back from the center line than the corresponding front-row player.
- 7.4.2.2** The front-row players and the back-row players, respectively, must be positioned laterally in the order indicated in Rule 7.4.1.

7.4.3 The position of the players is judged according to the position of the foot last in contact with the floor at the time the ball is contacted for service.

7.4.3.1 Each front-row player must have at least a part of their foot closer to the center line than the feet of the corresponding back row player.

7.4.3.2 Each right- (left)- side player must have at least a part of their foot closer to the right (left) sideline than both feet of the center player in that row.

7.4.4 After the service hit, the players may move around and occupy any position on their court and the free zone.

NOTE: While the rules permit roving to any part of the playing area to play the ball legally, it is not keeping with the spirit of the game if it is done to prevent other players from playing the ball.

7.5 POSITIONAL FAULT

7.5.1 The team commits a positional fault, if any player is not in their correct position at the moment the ball is hit by the server.

7.5.2 If the server commits a serving fault at the moment of the service hit, the server's fault is counted before a positional fault.

7.5.3 If the service becomes faulty after the service hit, it is the positional fault that will be counted.

7.5.4 A positional fault leads to the following consequences:

7.5.4.1 the team is sanctioned with a point and service to the opponent.

7.5.4.2 players must be placed in their correct positions.

7.6 ROTATION

7.6.1 The rotational order is determined by the team's starting line-up and controlled with the service order and players' positions throughout the set.

7.6.2 When the receiving team has gained the right to serve, its players rotate one position clockwise (player in position 2 rotates to position 1 to serve, player in 1 rotates to 6, etc.)

7.7 ROTATIONAL FAULT

7.7.1 A rotational fault is committed when the wrong server attempts a serve. It leads to the following consequences in order:

7.7.1.1 The scorer will verbally notify the 1st or 2nd official; the opponent gains a point and the next service. If the fault is determined only after the completion of the rally which started with a fault, only a single point is awarded to the opponent, regardless of the result of the rally played.

7.7.1.2 Players must be placed in their correct positions.

7.7.2 Additionally, the scorer should determine the exact moment when the fault was committed, and all points scored subsequently by the team at fault must be cancelled. The opponent's points remain valid. If that moment cannot be determined, no point(s) cancellation takes place, and a point and service to the opponent is the only sanction.

RULE 8 States of Play

8.1 BALL IN PLAY

The ball is in play from the moment of the hit of the service authorized by the first official.

8.2 BALL OUT OF PLAY

The ball is out of play at the moment of the fault which is whistled by one of the officials; in absence of a fault, at the moment of the whistle. In the case of an inadvertent whistle, the rally is ended. The first official must make a ruling that will not penalize either team.

8.3 BALL "IN"

The ball is "in" if at any moment of its contact with the floor, some part of the ball touches the playing court, including the boundary lines.

8.4 BALL "OUT"

The ball is "out" when:

8.4.1 All parts of the ball which contact the floor are completely outside the boundary lines;

8.4.2 It touches an object outside the court, or a person out of play;

8.4.2.1 A ball, other than a served ball shall remain in play if it contacts the ceiling or other overhead objects above the playing area. The ball is out of play if it makes contact above the opponent's playing area or above the team's playing area and crosses the plane of the net into the opponent's court. The ball is out if it contacts the ceiling or any obstruction after the team's third hit.

8.4.2.2 A ball, other than a served ball, is out of play and a replay directed if it contacts overhead objects or supports (i.e., basketball backboard) and would have remained playable if the object had not been present.

- 8.4.2.3** A ball is out of play if it contacts the ceiling or overhead objects, regardless of height, over non-playing areas.
- 8.4.2.4** A ball is out of play and a replay directed if it comes to rest on an overhead object above the team's playing area and is still a playable ball.
- 8.4.3** It touches the antennae, ropes, posts, or the net itself outside the side bands;
- 8.4.4** It crosses the vertical plane of the net, partially or totally outside the crossing space;
- 8.4.5** It crossed completely the lower space under the net.

RULE 9 Playing the Ball

Each team must play within its own playing area and space. The ball may, however, be retrieved from beyond its own free zone as long as the player retrieving a ball over a non-playing area is in contact with the playing surface when contact with the ball is made.

9.1 TEAM HITS

A hit is any contact with the ball by a player in play. The team is entitled to a maximum of three hits (in addition to blocking [a block is not considered a team's first hit]) for returning the ball. If more are used, the team commits the fault of "Four Hits." Team hits include not only intentional hits by the player, but also unintentional contacts with the ball.

9.1.1 CONSECUTIVE CONTACTS

A player may not contact the ball two times consecutively (except rules 9.2.3, 14.2 and 14.4.2).

9.1.2 SIMULTANEOUS CONTACTS

Two or more players may touch the ball at the same moment.

9.1.2.1 When two or more teammates touch the ball simultaneously, it is counted as one hit. Any player may play the ball next if the simultaneous contact is not the third team hit. A collision of players does not constitute a fault.

9.1.2.2 When two opponents touch the ball simultaneously and it remains in play, the team receiving the ball is entitled to another three hits. If such a ball goes "out," it is the fault of the team on the opposite side.

9.1.2.3 A joust occurs when two opponents cause the ball to come to rest above the net through simultaneous contact. A joust is not a fault, and play continues as if the contact was instantaneous.

9.1.3 ASSISTED HIT

Within the playing area, a player is not permitted to take support from a teammate or any structure/object in order to hit the ball. However, a player who is about to commit a fault (touch the net or cross the center line) may be stopped or held back by a teammate.

9.2 CHARACTERISTICS OF THE HIT

9.2.1 The ball may touch any part of the body.

9.2.2 The ball must not be caught and/or thrown. It can rebound in any direction.

9.2.3 The ball may touch various parts of the body, provided that the contacts take place simultaneously.

EXCEPTIONS:

9.2.3.1 During blocking, consecutive contacts may be made by one or more player(s), provided that the contacts occur during one action;

9.2.3.2 During the first hit of the team, or the second hit if the ball is next contacted by a teammate, the ball may contact various parts of the body consecutively, provided that the contacts occur during one action. The first hit of the team includes reception: (a) of the serve; (b) of an attack hit by the opponent; (c) of a ball blocked by one's own team and (d) of a ball blocked by the opponents. The ball, however, may not be caught and/or thrown.

9.3 FAULTS IN PLAYING THE BALL

9.3.1 **FOUR HITS:** A team hits the ball four times before returning it.

9.3.2 **ASSISTED HIT:** A player takes support from a teammate or any structure/object in order to hit the ball within the playing area.

9.3.3 **CATCH:** The ball is caught and/or thrown; it does not rebound from the hit.

9.3.4 **DOUBLE CONTACT:** A player hits the ball twice in succession or the ball contacts various

parts of their body in succession on the third team hit or on the second team hit and the ball is not next touched by a teammate. (see 9.2.3)

RULE 10 Ball at the Net

10.1 BALL CROSSING THE NET

10.1.1 The ball sent to the opponent's court must go over the net within the crossing space. The crossing space is the part of the vertical plane of the net limited as follows:

10.1.1.1 below, by the top of the net;

10.1.1.2 at the sides, by the antennae and their imaginary extension;

10.1.1.3 above, by the ceiling.

10.1.2 The ball that has crossed completely beyond the plane of the center line extension is out (no pursuit).

10.1.3 The ball that is heading toward the opponent's court through the lower space is in play until the moment it has completely crosses the vertical plane of the net.

10.2 BALL TOUCHING THE NET

While crossing the net, the ball may touch it.

10.3 BALL IN THE NET

10.3.1 A ball driven into the net may be recovered within the limits of the three team hits.

10.3.2 If the ball rips the mesh of the net or tears it down, the rally is canceled and replayed.

RULE 11 Player at the Net

11.1 REACHING BEYOND THE NET

11.1.1 In blocking, a player may touch the ball beyond the net, provided that he/she does not interfere with the opponent's play before or after the latter's attack hit.

11.1.2 After an attack hit, a player is permitted to pass their hand beyond the net, provided that the contact has been made within their own playing space.

11.2 PENETRATION UNDER THE NET

11.2.1 It is permitted to penetrate into the opponent's space under the net, provided this does not interfere with the opponent's play.

11.2.2 A player may touch the floor across the center line with one or both feet/hands provided a part of the foot/feet or hand(s) remains on or above the center line.

11.2.3 Contacting the floor across the center line with any other part of the body (except hair) is a fault.

11.2.4 A player may enter the opponent's court after the ball is out of play.

11.2.5 Players may penetrate into the opponent's free zone provided they do not interfere with the opponent's play.

11.3 CONTACT WITH THE NET

11.3.1 Contact with any part of the net including net cables or net antennas by a player, except for a player's hair, is a fault.

11.3.2 Players may touch the post, ropes, or any other object outside the total length of the net provided this contact does not interfere with play or a player does not gain an advantage.

11.3.3 When the ball is driven into the net, causing it to touch an opponent, no fault is committed.

11.4 PLAYER'S FAULTS AT THE NET

11.4.1 A player touches the ball or an opponent in the opponent's space before or during the opponent's attack hit.

11.4.2 A player interferes with the opponent's play while penetrating into the opponent's space under the net.

11.4.3 A player's foot (feet) penetrates completely into the opponent's court.

11.4.4 A player interferes with play by touching the net.

RULE 12 Service

The service is the act of putting the ball into play, by the back-right player (position 1), from the service zone.

12.1 FIRST SERVICE IN A SET

12.1.1 The first service of the first set and the third set is executed by the team as determined by the coin toss.

12.1.2 The second set will be started with the service by the team that did not serve first in the previous set.

12.2 SERVICE ORDER

12.2.1 The players must follow the service order recorded on the line-up sheet.

12.2.2 After the first service in a set, the player to serve is determined as follows:

12.2.2.1 When the serving team wins the rally, the player (or their substitute) who served before, serves again;

12.2.2.2 When the receiving team wins the rally, it gains the right to serve and rotates before serving. The player who moves from the front-right position (2) to the back-right position (1) will serve.

12.3 AUTHORIZATION OF THE SERVICE

The first official authorizes the service, after having checked that the two teams are ready to play and the server is in possession of the ball.

12.4 EXECUTION OF THE SERVICE

12.4.1 The ball shall be hit with one hand or any part of the arm after being tossed or released from the hand(s).

12.4.2 Only one toss or release of the ball is allowed. Dribbling or moving the ball in the hands is permitted.

12.4.3 The server may move freely within the service zone. At the moment of the service hit or take-off for a jump service, the server must not touch the court (the end line included) or the floor outside the service zone. After the hit, the player may step or land outside the service zone or inside the court. The lines are not part of the 5 foot or 15 foot serving box, thus a player may not step on a line prior to the service hit.

NOTE: A player in the 5th-6th grade divisions will be allowed to serve from anywhere in the service zone which includes the 5 foot step-in serving box. A player in the 3rd-4th grade divisions will be allowed to serve from anywhere in the service zone which includes the 15 foot step-in serving box.

12.4.4 The server must hit the ball within 8 seconds after the first official whistles for service.

12.4.5 A service executed before the official's whistle is canceled and repeated. After the whistle for service, requests for game interruptions, i.e., time-out or substitution, may not be considered until after the ball has been served and the rally completed, including a re-serve. A re-serve is part of a single effort to serve, and no requests will be honored during a re-serve. A request for line-up check is permitted when the result of a rally is a replay.

12.4.6 If, after releasing or tossing the ball for service the server then catches it or allows it to fall to the floor without being hit, it is considered a service tossing error. After a service tossing error, the first official must authorize the service again (re-service) and the server must execute it within the next 8 seconds. One service tossing error is permitted for each service rotation. If this occurs more than once during a service rotation, a sanction (loss of service) will be applied.

12.4.7 A serving player may not be replaced by substitution (except for injury) at any time during a service rotation in the 3rd and 4th Grade divisions; they may be replaced under normal substitution procedures in 5th Grade & above divisions.

12.4.8 3rd/4th GRADE DIVISIONS

Overhand serves are allowed. In any one service rotation, a maximum of five points is allowed to be scored. After the fifth point is scored a side-out will be declared. In addition, a second attempt on a missed first serve will be allowed. A miss on any subsequent attempt during that service rotation will result in a side-out.

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 a side-out will be declared (no points are added).

12.5 SCREENING

12.5.1 The players of the serving team must not prevent their opponent, through individual or collective screening, from seeing the service or the flight path of the ball.

12.5.2 A player or group of players of the serving team make(s) a screen by waving arms, jumping, or moving sideways, during the execution of the service, or by standing grouped, and in so doing hides both the server and the flight path of the ball until the ball reaches the vertical plane of the net.

The factors to be weighed when judging whether a screen has occurred are: (a) the relative positions of the players on the serving team; (b) the path of the serve; (c) the speed of the serve and (d) the trajectory of the serve. If the players of the serving team are positioned close to each other, and the serve passes over these players at a fast, low trajectory, the probability is greater that a screen has occurred. The probability is lower if: (a) the players of the serving team are not positioned close to each other or are attempting to prevent a screen (i.e., bending over); (b) the path of the serve is not over the players; (c) the speed of the serve is slow or (d) the trajectory of the serve is high.

12.5.3 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.

12.6 FAULTS MADE DURING THE SERVICE

12.6.1 Serving faults. The following faults lead to a change of service even if the opponent is out of position. The server:

12.6.1.1 Violates the service order;

12.6.1.2 Does not execute the serve properly, including if the service toss touches any obstruction before the service contact or violates the service tossing error in 12.4.6.

12.6.2 Faults after the service hit. After the ball has been correctly hit, the service becomes a fault (unless a player is out of position) if the ball:

12.6.2.1 Touches a player of the serving team or fails to cross the vertical plane of the net completely through the crossing space, or touches any overhead obstruction or antennae.

12.6.2.2 Lands “out”

12.6.2.3 Passes over a screen.

12.7 SERVING FAULTS AND POSITIONAL FAULTS

12.7.1 If the server makes a fault at the moment of the service hit (improper execution or wrong rotational order) and the opponent is out of position, it is the serving fault which is sanctioned.

12.7.2 Instead, if the execution of the service has been correct, but the service subsequently becomes faulty (goes out or goes over a screen), the positional fault has taken place first and is sanctioned.

RULE 13 Attack Hit

13.1 CHARACTERISTICS OF THE ATTACK HIT

13.1.1 All actions which direct the ball toward the opponent, with the exception of service or block, are considered as attack hits.

13.1.2 During an attack hit, tipping is permitted only if the ball is cleanly hit, and not caught or thrown.

13.1.3 An attack hit is completed at the moment the ball completely crosses the vertical plane of the net or is touched by an opponent.

13.2 RESTRICTIONS OF THE ATTACK HIT

13.2.1 A front-row player may complete an attack hit at any height, provided that the contact with the ball has been made within the player’s own playing space. (except in Rules 13.2.4 and 13.3.6)

13.2.2 A back-row player may complete an attack hit at any height from behind the front zone:

13.2.2.1 At their take-off, the player’s foot (feet) must neither have touched nor crossed over the attack line or its imaginary extension.

13.2.2.2 After their hit, the player may land within the front zone.

13.2.3 A back-row player may also complete an attack hit from the front zone if, at the moment of the contact a part of the ball is lower than the top of the net.

13.2.4 No player is permitted to complete an attack hit on the Opponent’s service, when the ball is in the front zone and entirely higher than the top of the net.

13.3 FAULTS OF THE ATTACK HIT

13.3.1 A player hits the ball completely within the playing space of the opposing team.

13.3.2 A player hits the ball “out”.

13.3.3 A back-row player completes an attack hit from the front zone, if at moment of the hit, the ball is entirely above the top of the net.

13.3.4 A player completes an attack hit on the opponent’s service when the ball is in the front zone and entirely higher than the top of the net.

13.3.6 If an attack hit fault occurs simultaneously with a blocking fault by the opponents, a double fault is committed, and a rally is replayed.

RULE 14 Block

14.1 BLOCKING

14.1.1 Blocking is the action of players close to the net to intercept the ball coming from the opponent by reaching higher than the top of the net, regardless of the height of the ball contact. Only front-row players are permitted to complete a block, but at the moment of the contact with the ball, a part of the body must be higher than the top of the net. A blocker ceases to be a blocker only when he/she returns to the floor and also has no part of the body above the height of the net.

14.1.2 Block Attempt: A block attempt is the action of blocking without touching the ball.

14.1.4 Completed Block: A block is completed whenever the ball is touched by a blocker.

14.1.4 Collective Block: A collective block is executed by more than one player in close proximity to each other and is completed when one of the players touches the ball.

14.2 BLOCK CONTACT

Consecutive (quick and continuous) contacts with the ball may occur by one or more blockers, provided the contacts are made during one action.

14.3 BLOCKING WITHIN THE OPPONENT’S SPACE

In blocking, the player may place their hands and arms beyond the net, provided that this action does not interfere with the opponent’s play.

Blocking the ball beyond the net above the opponent’s team area shall be permitted, provided:

14.3.1 The block is made after the opponents have hit the ball in such a manner that the ball would, in the first official’s judgment, clearly cross the net if not touched by a player and no member of the attacking team is in a position to make a play on the ball.

14.3.2 The ball is falling near the net, and no member of the attacking team could, in the first official’s judgment, make a play on the ball.

14.4 BLOCK AND TEAM HITS

14.4.1 A block contact is not counted as a team hit. After a block contact, a team is entitled to three hits to return the ball.

14.4.2 The first hit after the block may be executed by any player, including the one who has touched during the block.

14.5 BLOCKING OR ATTEMPTING TO BLOCK THE SERVICE

The blocking of, or an attempt to block, a service is a fault.

14.6 BLOCKING FAULTS

14.6.1 The blocker touches the ball in the opponent’s space either before or simultaneously with the opponent’s attack hit.

14.6.2 A back-row player completes a block or participates in a completed block.

14.6.3 Blocking or attempting to block the opponent’s service.

14.6.4 The ball is sent “out” off the block.

14.6.5 Blocking the ball in the opponent’s space from outside the antenna.

14.6.6 If a blocking fault occurs simultaneously with an attack hit fault by the opponent, a double fault is committed, and a rally is replayed.

RULE 15 Time-outs and Substitutions

An interruption is the time between one completed rally and the first official's whistle for the next service.

15.1 REQUESTS

15.1.1 Time-outs may be requested by only the head coach or game captain.

15.1.2 Each team may request a maximum of two time-outs per set.

15.1.3 Each team may request an unlimited number of player substitutions.

15.1.4 A team is not authorized to make consecutive requests for substitution during the same dead ball period. Two or more players may be substituted at the same time within the same request.

15.1.5 There must be a completed rally between two separate substitution requests by the same team.

15.1.6 Requests for a time-out or a substitution before the start of a set are permitted.

15.1.7 A request for one or two time-outs, and one request for substitution by either team or both teams, may follow one another, within the same dead ball period.

15.2 TIME-OUT PROCEDURE

15.2.2 All requested time-outs shall last for 30 seconds. The timer shall sound the horn (if available) at the end of the time-out.

15.2.3 During a time-out, the players may remain on the court or go to the free zone near their team bench. Coaches and non-playing team members may not enter the court.

15.3 SUBSTITUTIONS

A substitution is the act by which a player, after being recorded by the scorer, enters the set to occupy the position of another player, who must leave the court at that moment.

15.3.1 3rd & 4th Grade Divisions

When there are legal substitutes on the bench, a substitution must be made in position 6, via a rotational sub procedure. Rotational sub means each time the serving team rotates, the player in position 1 (former server) must sub out and the substitute will assume position 6. Only the serving team will substitute. Rotation order as indicated on the team line-up will indicate the order of substitution of the players. Each team must follow this order of players throughout the entire match. The second and third sets will continue with the next server on the initial lineup sheet for both teams. The receiving team begins the next set with each player in the last rotation from previous set. The serving team advances all players one rotation to the next server on the lineup sheet.

15.3.2 5th Grade & Above Divisions

A player may leave the set and re-enter, but only in their previous position in the line-up. A substitute may enter a set in the position of a teammate in the starting line-up (including the server). Each entry must be in the same position in the line-up. More than one substitute may enter the set in each position.

15.4 EXCEPTIONAL SUBSTITUTION

15.4.1 A player who cannot continue playing due to injury or illness should be substituted legally. If this is not possible, the team is entitled to make an exceptional substitution.

15.4.2 An exceptional substitution means that any player who is not on the court at the time of the injury/illness may be substituted into the set for the injured/ill player. The substituted injured/ill player is not allowed to re-enter the set, but may play in any subsequent sets.

15.4.3 In 3rd & 4th Grade divisions, the team will rotate forward to fill the vacant position. The next player listed on the line-up shall fill position 6.

In 5th Grade and above divisions, the priority for the exceptional substitution is:

1. By the starter or a substitute who has played in the position of the injured player, or by any substitute who has not already played in the set;
2. By any substitute on the bench, regardless of position previously played

15.5 SUBSTITUTION FOR DISQUALIFICATION

If a player is disqualified:

15.5.1 In 3rd & 4th Grade divisions, the team will rotate forward to fill the vacant position. The next player listed on the line-up shall fill position 6.

15.5.2 In 5th Grade and above divisions, the player must be substituted immediately through a legal substitution. If this is not possible, the team must play with five players for the rest of the set and may not make an exceptional substitution.

15.6 ILLEGAL SUBSTITUTION

15.6.1 The following substitutes are illegal:

- a. player not on roster;
- b. player with illegal number or uniform;
- c. player that has been disqualified;
- d. player replaced by exceptional substitution

15.6.2 When a team has made an illegal substitution and the play has been resumed the following procedure shall apply, in sequence:

15.6.2.1 The team is penalized with a point and service to the opponent;

15.6.2.2 The substitution must be rectified;

15.6.2.3 The points scored by the team at fault since the fault was committed are cancelled; the opponent's points shall remain valid. If it is not possible to determine when the error first occurred and the offending team is serving, only the last point in that term of service will be removed.

15.7 SUBSTITUTION PROCEDURE

15.7.1 Substitution must be carried out within the substitution zone.

15.7.2 A substitution shall only last the time needed for recording the substitution on the score sheet and allowing entry and exit of the players.

15.7.3 The request for substitution starts at the moment of the entrance of the substitute player(s) into the substitution zone, ready to play, during an interruption. A verbal request from the head coach or game captain may be acknowledged by an official, but the player(s) must immediately enter the substitution zone. If the player is not ready, the substitution is not granted, and the team is sanctioned with a delay. The request for substitution is acknowledged by an official, who then authorizes the substitution.

15.7.4 A new request for substitution may not be made until the next completed rally following assessment of the delay.

15.8 IMPROPER REQUESTS

15.8.1 It is improper to request any regular game interruption:

15.8.1.1 During a rally or at the moment of or after the whistle to serve;

15.8.1.2 By a team member other than the head coach or game captain;

15.8.1.3 For a player substitution before the set has been resumed from a previous substitution request by the same team.

15.8.1.4 For a timeout after having exhausted the authorized number of timeouts

15.8.2 The first improper request by a team in the match that does not affect or delay the match shall be rejected, but must be recorded on the score sheet without any other consequences. Any further improper request in the match by the same team constitutes a delay. If a change in request is due to an official's mind change, the request will be honored, and no sanction assessed.

RULE 16 Game Delays

16.1 TYPES OF DELAY

An improper action of a team that defers resumption of the game is a delay and includes:

16.1.1 Delaying time-outs or substitutions;

16.1.2 Prolonging interruptions, after having been instructed to resume the match;

16.1.3 Requesting an illegal substitution;

16.1.4 Repeating an improper request;

16.1.5 Delaying the game by a team member;

16.1.6 Failing to report to the court when instructed to start a set;

16.1.7 Having a player on court wearing illegal equipment;

16.1.8 Failing to submit the starting line-up in a timely manner.

16.2 DELAY SANCTIONS

Delay sanctions remain in force for the entire match and are recorded on the score sheet.

16.2.1 The first delay in a match by a team member is sanctioned with a delay warning.

16.2.2 The second and subsequent delays of any type by any member of the same team in the same match constitute a fault and are sanctioned with a delay penalty: A point and service to the opponent.

RULE 17 Exceptional Game Interruptions

17.1 INJURY/ILLNESS

17.1.1 Should a serious accident occur while the ball is in play, an official must stop the match immediately and permit medical assistance to enter the court. The rally is then replayed. If the injured player cannot continue playing within 30 seconds, the player must be replaced by a legal or exceptional substitution or the team must take a legal time-out. If removal of an injured player causes a delay, no time-out will be charged, regardless of length of time required to safely remove the player from the playing area.

17.1.2 If a substitution cannot be made and the team would be reduced to less than 5 players, the first official may grant a special time-out of up to five minutes. Play will be resumed as soon as the injured player is able to continue. In no case shall the special injury time-out exceed five minutes. After the special time-out, a team may request a legal time-out. If, after five minutes, or at the expiration of time-outs granted subsequent to the special time-out, the injured player cannot continue to play the team loses the set by default, keeping any points acquired. No player may be granted more than one five-minute injury time-out during any match. If a player becomes injured to the extent that a second injury time-out would be required, the match shall be defaulted for the safety of the player.

17.1.3 If a player, coach, or official is bleeding, or any blood is found on a uniform, equipment or court, play must be stopped. That person should be given the appropriate treatment to stop the bleeding and cover the wound. The player must come out of the match for treatment. If the bleeding cannot be stopped, they may not continue in the match.

If blood is on the uniform, it must be completely cleaned or the uniform changed before the person can participate in the match. In this situation the uniform does not have to match, it can be a t-shirt with a number. If this is a number change, there is no penalty for changing numbers.

If the blood is on equipment or the court it must be cleaned before play can continue. If a ball cannot be cleaned, it should be replaced.

17.1.4 If an official or a coach determines a player to be unconscious or apparently unconscious that player shall be removed and is not allowed to return to play in the match.

17.2 EXTERNAL INTERFERENCE

If there is any external interference during the set, the play must be stopped and the rally is replayed.

17.3 PROLONGED INTERRUPTIONS

17.3.1 If unforeseen circumstances interrupt the match, the first official and the gym monitor shall decide the measures to be taken to re-establish normal conditions.

17.3.2 If interruptions occur, the interrupted match should continue normally with the same score, players, and positions. Sets already played will retain scores. Regional Sport Chairpersons may cancel the match and reschedule as necessary.

RULE 18 Intervals and Change of Courts

18.1 INTERVALS

An interval is the time between sets. All intervals last for two minutes. During this period of time, the change of courts and line-up registration of the teams on the score sheet are made. The timer shall sound the horn (if available) at the end of the interval.

18.2 CHANGE OF COURTS

18.2.1 After each set, the teams will not change courts and benches. This will be in effect, unless there is a distinct advantage or disadvantage in the particular gym. This will be decided before the match by the officials and coaches from both teams.

RULE 19 Conduct

19.1 REQUIREMENTS OF CONDUCT

- 19.1.1** Participants must know the Official Volleyball Rules and abide by them.
- 19.1.2** Participants must accept officials' decisions with sportsmanlike conduct, and without disputing them. In case of doubt, clarification may be requested by the playing captain or head coach.
- 19.1.3** Participants must refrain from actions or attitudes aimed at influencing the decisions of the officials or covering up faults committed by their team.
- 19.1.4** Participants must behave respectfully and courteously in the spirit of FAIR PLAY, not only toward the officials, but also toward their opponents, teammates & spectators.

19.2 MISCONDUCT

Inappropriate or unsporting conduct by a team member (player or coach) toward officials, opponents, teammates or spectators is classified in four categories according to the seriousness of the offense.

- 19.2.1** Unsportsmanlike conduct: Argumentation, intimidation, etc.
- 19.2.2** Rude conduct: action contrary to good manners or moral principles.
- 19.2.3** Offensive conduct: defamatory or insulting words or gestures or any action expressing contempt.
- 19.2.4** Aggression: actual physical attack or aggressive or threatening behavior.

Acts deemed as misconduct shall include, but are not limited to:

1. Using disconcerting acts or words when an opponent is about to play the ball
2. Using profane or insulting language
3. Questioning or attempting to influence a decision by a official
4. Showing disgust with an official's decisions
5. Disrespectfully addressing an official
6. Using insulting gestures, baiting, or taunting anyone involved in the contest
7. Using a sounding device for coaching purposes
8. Making any excessive requests designed to disrupt the match

19.3 SANCTION SCALE

According to the judgment of the first official and depending on the seriousness of the offense, the team member is sanctioned as follows:

- 19.3.1** Stage 1 Warning: For minor misconduct, a verbal, informal warning is given to the team member.
- 19.3.2** Stage 2 Warning: For unsportsmanlike conduct, no penalty is charged but the team is issued a formal warning (Yellow Card) against repetition in the same match.
- 19.3.3** Penalty: For rude conduct, the team is penalized (Red Card) with a point and service to the opponent.
- 19.3.4** Disqualification: For extremely offensive or repeated rude conduct; for physical attack; or for implied or threatened aggression is sanctioned by disqualification. The team member must be substituted legally and immediately if on the court and must leave the playing area, bench, warm-up area and spectator area for the remainder of the match. No additional penalty (point or loss of service) will be charged.

19.4 APPLICATION OF MISCONDUCT SANCTIONS

- 19.4.1** All misconduct sanctions are individual sanctions, remain in force for the entire match and are recorded on the score sheet with the uniform number and team member involved.
- 19.4.2** The repetition of misconduct by the same team member in the same match is sanctioned progressively (the team member receives a heavier sanction for each successive offense).
- 19.4.3** Disqualification due to offensive conduct or aggression does not require a previous sanction.

19.5 MISCONDUCT BEFORE AND BETWEEN SETS

Any misconduct occurring before or between sets is sanctioned according to Rule 19.3 and sanctions apply in the following set.

19.6 SUMMARY OF MISCONDUCT AND CARDS USED

Warning: no sanction – Stage 1: Verbal Warning by either official

Stage 2: Yellow Card

Penalty: sanction – Red Card

Disqualification: sanction – Red and Yellow card separately

RULE 20 Minimum Playing Requirements

- 20.1** All eligible players on the bench must participate in each set of each match. If injury or disciplinary action occurs during a set, the coach must notify the officials prior to the start of the next set. Failure to do so may result in forfeiture. The CYC Office has the authority to further discipline the coach. It is strongly recommended that each player is allowed to play in all six positions before being substituted. Coaches must play each player at least 25% of each match.
Exception: For the Archdiocesan playoffs, please see #8 in the CYC Sports Special Notes on page 6.
- 20.2** A player may be removed from a match in progress for disciplinary reasons. Remaining players will rotate forward to fill the spots and substitution (if possible) will take place in position #6 (3rd & 4th Grade). Legal substitution must be made for 5th Grade and above divisions.

RULE 21 Officials and Line Judges

21.1 Composition

For a 3rd and 4th grade division match:

- o 1 up official

For a 5th to 8th grade A division match:

- o 1 up official
- o 1 down official
- o 2 line judges, one from each team, Line judges will switch sides each set.

For a 5th to 8th grade B or lower division match:

- o 1 up official
- o 1 down official

DIAGRAM 1 - THE PLAYING COURT

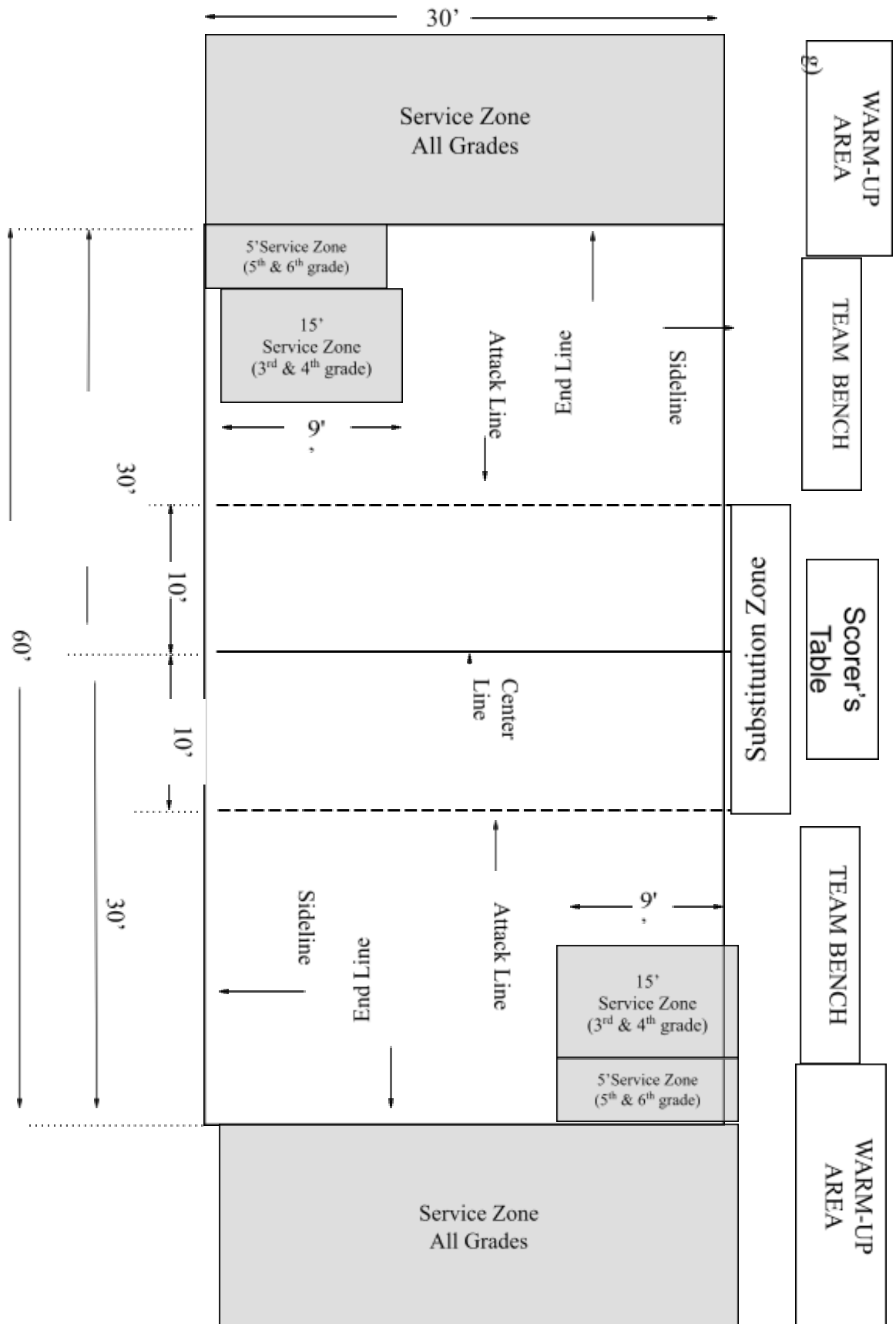


DIAGRAM 2 - THE NET

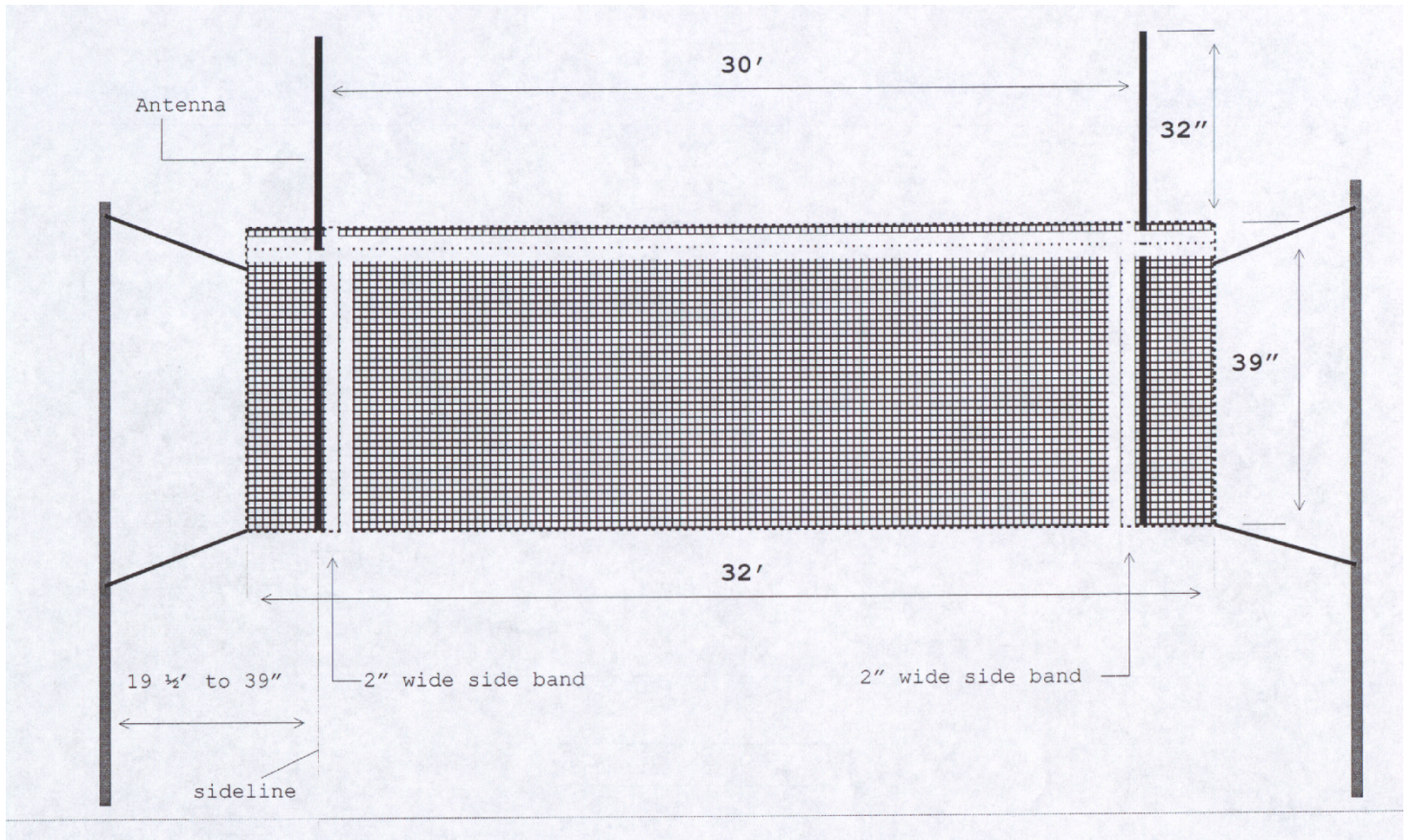
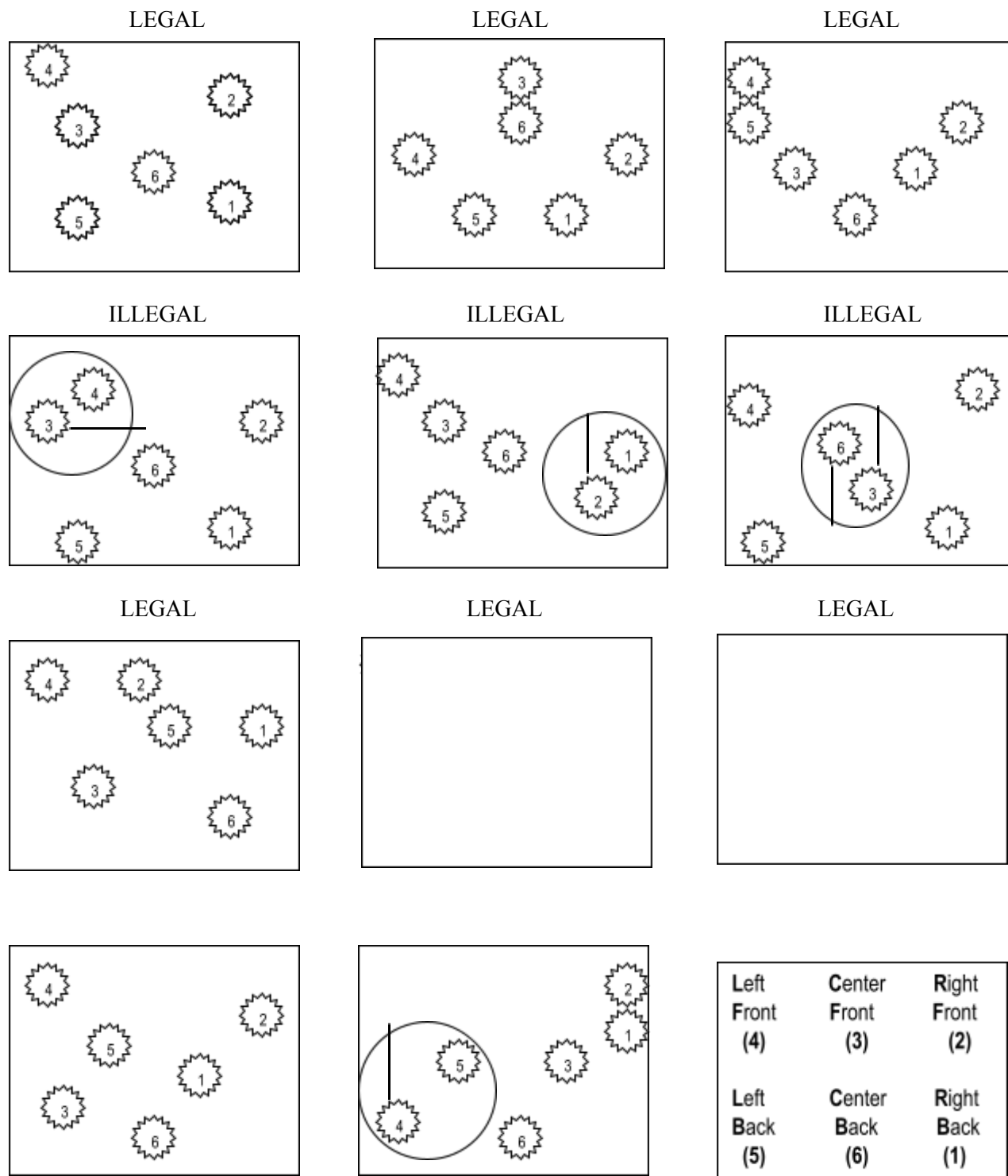


DIAGRAM 3 - Examples of Legal/Illegal Service-Receive Positions



At the time the ball is contacted for the serve, the placement of players must conform to the order recorded on the scoresheet as follows (the server – position #1 on the serving team – is exempt from this requirement):

In the front or back row, the right player must have at least part of their foot closer to the right sideline than the feet of the center player, and the left player must have at least part of a foot closer to the left sideline than the feet of the center player. Each front row player must have at least part of a foot closer to the center line than the feet of the corresponding back row player. After the ball is contacted for service, players may move from their respective positions.

OFFICIAL HAND SIGNALS



