

**Archdiocese of Newark**  
**Office for Youth & Young Adult Ministry**  
**2018 Union County CYO Girls**  
**VOLLEYBALL SPECIFIC RULES**

**(RED print are changes/ clarifications for the 2018 season)**

**The Game**

1. **Scoring**  
A point shall be awarded to the serving team when opponents violate a rule.
2. **Side Out**  
To be decided when serving team violates a rule, ball is given to opponents (no points given).
3. **Start of game/match**  
A coin toss shall be conducted between captains' ten (10) minutes before first game. Winner chooses either court or serve. Coin toss will be conducted also before the start of the third game if necessary in a two (2) out of three- (3) match, or on the fifth game in a three (3) out of five- (5) match.
4. **Scoring**  
We utilize the Rally Score system in both divisions (JV/ Varsity). A team, which has scored 25 points (1<sup>st</sup>/2<sup>nd</sup> games) or 15 (the 3<sup>rd</sup> game) and has at least a 2 point advantage is the winner. If the leading team does not have a 2 point advantage, play shall continue until 1 team has a 2 point advantage. **The JV Division will play 3 games, regardless of the outcome of the first two during the regular season, however in the VARSITY ONLY if one team wins the first two games then the 3<sup>rd</sup> game will not be played. For the PLAYOFFS BOTH Divisions will only play the 3<sup>rd</sup> game if necessary to determine the winner of the match.**
5. **Forfeited game**  
Game time is forfeit time. A score shall be 15-0 if the games has not started. If game is in progress, offending team shall be awarded their acquired points and the opponents will get at least 15 points with enough for a two (2) point advantage. Referee shall declare a forfeited game if a team fails to play when directed to do so and properly warned.
6. **Suspended game**  
If match is suspended due to power failure or other unforeseen circumstances, it may be resumed from the point of suspension, unless CYO determines otherwise. The score and line-up will be the same when it is resumed as it was at the moment of suspension.
7. **Serving area**  
The serving area includes the entire area behind the end line, from sideline to sideline. This allows better transition for the server in moving from the serve position to their position back on the court during play. In addition, it eliminates the former positioning disadvantage for a left-handed server. It strengthens the serve as an offensive play as the server may now move to their left or right to reduce their personal margin of error in serving.
8. **Out of bounds**  
Includes: the wall, floor objects and official on the floor outside the court; the net completely outside the vertical tapes and poles, (the boundary lines and vertical tapes themselves are not out of bounds); the ceiling or objects suspended from the ceiling; a ball striking the ceiling or an overhead obstruction (except on serve)

shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net extended occupies by the team which played last and provided the ball is legally played next by the same team.

9. **Serving:** Players may not touch the back sideline when serving. The server must contact the ball within 5 seconds after the referee whistles for service.
10. **JV League Serving**  
On the first serve the player will be given a choice of either moving up to a new line or staying at the regulation line to serve. This line will be FIVE FEET from the back line. If they decide to move up on the first serve, they must stay up for the entire service, NO over hand serving from the line that they moved up to. There will be no second serve for the 5/6 graders if they do not get it over the net on their first try. The 5 foot line will be used for the REGULAR SEASON ONLY.

### **Players Equipment and Uniform**

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

### **ASSORTED LEAGUE SPECIFIC RULES**

1. To enter a team into the league the parish or school must have a minimum of SEVEN players that meet league requirements. The maximum number of players it not to exceed 15 players that meet league requirements.
2. The “all play rule” guarantees each young person a minimum amount of playing time. In VOLLEYBALL, this is mandatory for all teams for the entire season, (Season if defined as follows: Regular season, Playoffs & Championship).  
**1a) all players on the bench MUST play within the first two matches of game.**  
**1b) each player MUST play for at least two (2) serves (combined between her team and their opponent's team)**
3. Athletic Directors, Pastors or Principals shall monitor their program's coaches for compliance. Repeated violation shall be a breach of the spirit of CYO Sportsmanship and the following penalties shall be imposed;

**2a) this rule is serves as your warning.**  
**2b) 1<sup>st</sup> offense results in a one (1)-game suspension.**  
**2c) 2<sup>nd</sup> offense, suspended for the remaining season. If the offense should occur on the last day of the season, the suspension will carry over to the next season.**

4. Beginning of the game coaches must report with a captain at the tone of a double whistle from the referee that will be holding up a coin. Delay of game will be issued if not adhered to, a delay of game is a yellow card, if a second yellow card is issued a loss of point and rally will be lost to the team committing the violation.
5. ABSOLUTELY no coaches ARE ALLOWED on the Court during a game. As per OYYAM CYO Athletic Guidelines coaches while coaching their players are to remain seated on their team bench.
6. Each team is to have a score book for their team and supply their own scorekeeper. The scorekeeper must, at a minimum, be of high school age and must sit at the Scorer's Table. The Scorekeeper for each team then serves as an extension of the Referee and are not allowed to step onto the court, act in away as a coach, or yell onto the court to players. They must remain neutral.
7. Referee fee will be \$50 total ... paid \$25 per team.
8. **Roster and Line-up:** Ten minutes before the first game, each team shall submit in writing or verbally to each others scorekeeper:
  - a) A roster giving names and number of all players;
  - b) A line-up giving the numbers of the six starting players in serving order;
  - c) Between games, the scorekeeper of the other team shall be informed of any changes if any in the starting line-up.
9. **Ball Size:** The 5<sup>th</sup>/ 6<sup>th</sup> grade league will use the "Ultra Lite" ball, while the 7/8 grade league will use a regulation high school ball
10. **Timeouts:** Each team will be given two time outs per game – 1 minute long.
11. **Serve:** A legal serve is contact with ball to initiate play.
  - a) Ball shall be contacted within 5 seconds of signal to serve.
  - b) For a serve before a referee's signal, a replay shall be called unless in the judgement of the referee, it was a deliberate act.
  - c) A serve is illegal when the ball...
    - 1) touches the floor on the server's side of the net;
    - 2) touches one of the server's teammates;
    - 3) touches or passes under the net;
    - 4) is swung at and missed;
    - 5) touches the ceiling;
    - 6) it is not served within 5 seconds;
    - 7) player commits a foot fault – player may not step on or over the boundary line at serve.
10. **Utilizing a Libero for the 7/8 grade league**

Teams in the 7/8 grade league will have the OPTION of using a Libero if they so choose to. Liberos usually wear a different color jersey, shirt, or jacket than their teammates. The Libero must be recorded on the score sheet before the

match in the special line reserved for this. The number must be recorded on the line-up sheet of the each set (game). The libero may not block, or attempt to block. The libero may serve for one designated player per game. Replacements involving the libero aren't counted as regular subs. The libero can only be replaced by the player whom he/she replaced.

- 11.** Any circumstance not covered in the above rules will be first resolved by consulting NJSIAA rules for high school volleyball (which uses the National Federation Volleyball Rules) and if not covered there, a decision by the Office for Youth & Young Adult Ministry will be final.