

2010 CYO VOLLEYBALL SUPPLEMENTAL RULES

August 1st	Practice may begin.
August 26th	Team registration forms are due today. Please indicate the number of teams in respective divisions on the official registration forms. Entry fees of \$25.00 per team must accompany the form.
August 26th	Coaches meeting at the CYO Center – 6:00 P.M.
September 8th	Completed rosters including the coach's name, complete address (including Zip Code) and telephone number are due. Participation fees are \$50.00 per player.
September 13th	Season begins. Monday – Senior Div. & Div. 5; Tuesday – Div. 7 & Div. 5; Wednesday – Div. 6 & Div. 5. Thursday, - Div. 5 if necessary.
September 23rd	Last day for roster additions. Additions must be filed in the CYO Office in writing authorized by the Athletic Representative.
September 23rd	Participation fees of \$45.00 per player are due in the CYO Office.

All CYO Volleyball games will be played in accordance with the current rules of the National Federation of State High School Association except as noted herein.

RULE I – ELIGIBILITY

The Divisions of play in the CYO Elementary School are as follows:

DIVISION 5	This division includes players in the 5 th grade and lower who are 11 years or younger prior to September 1, 2010.
DIVISION 6	This division includes players in the 6 th grade and lower who are 12 years or younger prior to September 1, 2010.
DIVISION 7	This division includes players in the 7 th grade and lower who are 13 years or younger prior to September 1, 2010.
SENIOR DIVISION	This division includes players in the 8 th grade and lower who are 14 years or younger prior to September 1, 2010.

A CYO player may participate on only one team within the CYO program during a sport season, whether it is the same sport or a different sport.

The same rule applies to tournament games even where one of the concurrent season ends before the Other for example, a volleyball player could not play in a CYO soccer tournament even though the CYO volleyball season had ended.

To be eligible for a parish team, a player must either be:

- a.) enrolled in the participating parish school;
- b.) a Catholic attending public/private schools and attending CCD classes regularly, that is, 75% of the sessions. The player must play for her parish provided it has a team;

- c.) if a player is a registered member of a parish but attends a different parish school, he/she has the option of playing for either parish. **However, said player must participate for this parish for the entire year. The exception to this will be if the parish/school does not field a team in her division.**

All players participating on a non-parish team **must be enrolled** in the institution which they represent.

Supplemental players may be used under the following conditions:

- a.) The supplemental players must be a member of a parish, and otherwise eligible, but her parish does not field a team in that division.
- b.) Rosters of teams using supplemental players may not exceed 12.
- c.) Supplemental players are subject to the approval of the Executive Director in order to preclude any unfair advantage by one team.

Additions and/or changes to the roster may be made up to **September 23, 2010**. This information must be certified in writing by the coach and the Parish Representative. Additions must be filed with the CYO Office at least **three (3) days prior** to the game in which the player is to participate.

RULE II – PLAYERS

Six (6) players constitute a playing team. Both teams are required to have six (6) players to start the match. If, during the course of the game, a team is reduced to less than 6, the team may continue to play.

A side-out is awarded to the opponent each time a vacant position is the right back position for a team playing with fewer than 6 players.

RULE III – DURATION OF THE GAME

- ❖ All matches shall be best two-of-three games.
- ❖ Rally scoring will be used in all games.
- ❖ In all divisions games shall be played to 25 points. The third and deciding game will be played to 15 points.

RULE IV – PARTICIPATION

****Each player must play a minimum of one-fourth of each match in Divisions 5 and 6.**

****In Divisions 5 and 6: Any player who does not enter in Game 1 must start the second game and remain in the game until one team has achieved 13 points.**

****In Division 7 and the Senior Division there is no minimum playing time. However, every player must participate in every match.**

The participation rule applies provided the player has attended practices regularly and has not been a discipline problem. When one of these impediments applies or when a child is ill or injured, the coach should so note on the scoresheet **prior to the start of the game. “D” for disciplinary or “I” for injured.**

FOR DIVISIONS 6 & 7 AND THE SENIOR DIVISION:

At the end of each game the players will go to their respective end line until the referee blows the whistle and directs the teams to the appropriate benches. The players proceed counterclockwise along the side line outside the standards and then to the appropriate team bench.

At the start of the second game, teams will change courts. When a third game is necessary, the referee shall conduct a coin toss immediately following the second game to determine which team has the choice of serving or the playing area.

RULE IX – SUBSTITUTIONS

Substitution shall be permitted during a dead ball upon the coach's request. The coach requesting the substitution must stand and notify officials of the desired substitution. Upon the official's recognition of the request, the substitute(s) shall immediately:

- 1.) Move to stand at the sideline between the attack line and the center line.
- 2.) The umpire will report the number(s) of the players involved to the SCORER and then instruct the players to exchange places.

Substitutes from the same team must report at the same time.

During a time-out a substitute shall report to the umpire her number and the number of the player to be replaced. The umpire will then report the information to the SCORER. The players will enter the game at the end of the time-out without following the normal exchange procedures.

A team is allowed a maximum of 18 substitutions per game. Each player is allowed unlimited entries with the team limit. Starting the game does not count as a substitution.

****IN DIVISION 7 AND THE SENIOR DIVISION THE HIGH SCHOOL RULE REGARDING SUBSTITUTION IS IN PLACE, THAT IS, THE POSITION OF THE SUBSTITUTE SHALL BE THAT OF THE PLAYER REPLACED WITHOUT CHANGING THE SERVING ORDER AS RECORDED ON THE SCORESHEET.**

RULE X – SERVING

The server may hit the ball over the net on one attempt. The ball may be hit with one hand, the fist or arm.

Ball must be contacted for the serve within five (5) seconds after being given the signal by the referee.

The server will be penalized if the ball is deliberately served before the referee's signal is given.

Service order must occur behind the end line and from sideline to sideline.

When a server releases the ball for service, then catches it or drops it to the floor, the referee shall direct a second and last attempt to re-serve. A new five-second count will be started.

When a side-out is awarded to a team, that team shall rotate one position clock-wise.

The let serve shall be allowed, and play shall continue provided net contact is entirely within the net antennas.

RULE XI – BALL STRIKING OBSTACLE

A ball striking the ceiling or an overhead obstruction 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 by the same team.

RULE XII – BALANCED TEAMS

When a parish or school enters more than one team in the same age division, teams must be divided, ability-wise, as evenly as possible. The objective is to create two or more teams that if they played each other on any given day, the outcome would always be in doubt.

Whenever possible, teams from the same parish or school in the same age division will not be scheduled to play each other.

RULE XIII – TIME-OUTS

Requests for time-outs shall be made by the coach or playing captain only during dead balls, but not after the referee has signaled for the next serve.

Each team is limited to two (2) time-outs per game.

❖ **There is no additional time-out allowed when the score is tied at 24.**

Time-outs shall not exceed 60 seconds.

Time-outs may be taken consecutively without play between them. Request for additional time-outs shall be Penalized. For being charged or requesting a time-out in a game after a team has taken its allotted time-outs, a point is awarded the opponent and the team shall not be given the 60 seconds.

Should it be necessary for an official to interrupt the game for a player to remove jewelry the offending team shall be charged with a time-out.

RULE XIV – FORFEITURE

If, for any reason, a team fails to play when directed by the referee, the game will be forfeited.

If a team cannot be fielded at match time, a forfeit shall be awarded. There is no time allotted for forfeit time.

Should the first game of the match be forfeited, the remaining game(s) will be played provided the second game can begin within 15 minutes of the scheduled game time.

Any team forfeiting two (2) matches during a season will be eliminated from the remaining schedule.

RULE XV – CONDUCT

Unsportsmanlike conduct includes actions that are unethical and unfair.

Referees will administer cards for unsportsmanlike conduct in the following manner:

YELLOW CARD This is a warning to a player and/or coach. No penalty is assessed but it is recorded on the score sheet.

RED CARD This is issued for a second minor offense by the same individual, or a single serious offense. A point/side-out is awarded the opponent.

Should a third minor offense by the same individual or a single, flagrant offense, the red and yellow cards are shown. The individual will be removed from the game.

Cards carry over from game to game during the match.

When a player or coach has been ejected from the game because of unsportsmanlike conduct, the player or coach will also be suspended from participating in their next game and, may be subject to further action.

RULE XVI – PRACTICE TIME

Practice for Division and the Senior Division is limited to six (6) hours per week.

Practice for Divisions 5 and 6 is five (5) hours.