



## APPENDIX E

### GIRLS AND BOYS VOLLEYBALL RULES

Games shall be played under CYO Policies, Procedures, Rules and Regulations. CYO Girls and Boys Volleyball games are played under CYO/CIF rules and are NOT played under ANY specific club volleyball rules. The rules listed below are not meant to serve as a comprehensive account of all the rules of the game but rather are a list of any differences from the National Federation of High School (NFHS) rules as well as certain points of emphasis. Rules and regulations not covered herein shall be played under NFHS rules. Complete NFHS rule books are available for purchase at [www.cifss.org](http://www.cifss.org).

- **Grade Exception:** In cases of low athlete participation, 5<sup>th</sup> graders may play on the A Girls/Boys Volleyball teams in order to meet minimum player requirements.

#### 1. Court and Equipment

- The court shall be 60 feet long and 30 feet wide, measured to the outer edges of the boundary lines. It is recommended that the area above the court be clear of any obstructions and at least 23 feet high.
- The serving area shall be provided beyond each end line. Each shall be a minimum six feet in depth. In the event that such space is not available, the serving area shall extend into the court to whatever distance necessary to provide the minimum depth and be so marked.
- Service extends from the backline and excluding the end line. It shall be marked by lines 6" long and 2" wide placed 8" behind and perpendicular to the end line as extensions of each sideline.
- 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.
- The height of the net shall be six feet six inches for Boys and Girls "C", seven feet for the Boys and Girls "B" and Girls A, and seven feet four inches for Boys A.

#### 2. Home Team Responsibilities

- For Home & Home games, the home team must provide:
  - Game Ball
  - Scorebook
  - Scorekeeper
  - Scoreboard
  - One official

**Note: The visiting team may provide a second official at their expense.**
- For centralized facilities secured by CYO, the facility and/or CYO will provide all of the above except the ball.

#### 3. Player Equipment

- Each player of a team shall wear uniform that is neat in appearance and of the same color as the rest of the team. Each player shall be identified by a number located somewhere on the uniform, which is not a duplicate of a teammates number and visible to officials.
- If worn, an undershirt shall be solid and similar in color to the uniform.
- Uniforms shall not include advertising or a partial or whole company logo or trademark which exceeds 2 1/4" x 2 1/4" or appear more than once.
- Girls are expected to wear T-shirts under loose fitting tank tops.
- CYO recommends that players wear a mouthpiece.
- Hair devices made of soft material and no more than 2 inches wide may be worn. Bobby pins, flat clips and flat barrettes, unadorned and no longer than 2 inches, are also allowed.
- Jewelry shall not be worn by players during warm-ups and/or competition.
- CYO requires Volleyball Lite for all "B" & "C" girls and boys volleyball games. A standard volleyball may be used if agreed upon by coaches.

#### 4. The Match

- A. A match consists of best two out of three games.
- B. If the third game is not necessary to determine the winner of the match, it shall only be played upon mutual agreement of the coaches.  
**Note: The third game will not be played in CYO playoffs unless necessary.**
- C. A coin toss shall be conducted between the captains of each team prior to the first game of the match and if necessary prior to the third game. The visiting captain shall call the toss. The winner shall choose either to serve or receive or playing side. The loser of the toss shall be given the remaining choice.
- D. Prior to the start of the game, a coach from each team shall submit to the scorer an accurate, written lineup of the uniform numbers for the six starting players in the floor positions they occupy at the beginning of the game. Thereafter, the written lineup shall not be changed except to replace a starting player who is injured/ill prior to the start of the match, or between games of a match.
- E. The match will be declared a forfeit when a team has fewer than six players to start the match.  
**Note: A team may continue play if it has less than six players after the start of the match due to illness, injury, disqualification, etc.**
- F. (In the spirit of sportsmanship) No opponent, by any type of physical or verbal outburst or comment, shall attempt to disconcert or distract the server during serve.
- G. In the event of a third game that is being played outdoors, teams can choose serve or side. Teams switch sides after one team has scored 8 points.

#### 5. Scoring

- A. Matches at all levels shall be best two out of three games.
- B. For Boys and Girls A:
  - 1. First two games to 25, no cap, must win by two.
  - 2. Third and deciding game to 15, no cap, must win by two.
- C. For Boys and Girls "B" and "C":
  - 1. First two games to 21, capped at 25, must win by two.
  - 2. Third and deciding game to 15, capped at 21, must win by two.

#### 6. Positions

- A. The positions of the players are numbered as follows:
  - 1. The three players along the net are front-row players and occupy positions 4 (front-left), 3 (front-center) and 2 (front-right).
  - 2. The other three are back-row players occupying positions 5 (back-left), 6 (back-center) and 1 (back-right).
- B. Relative positions between players
  - 1. Each back-row player must be positioned further back from the net than the corresponding front-row player.
  - 2. The front-row players and the back-row players, respectively, must be positioned laterally in the order indicated in Rule 6.A.
- C. The positions of players are determined and controlled according to the positions of their feet contacting the ground as follows:
  - 1. Each front-row player must have at least a part of his/her foot closer to the center line than the feet of the corresponding back-row player;
  - 2. Each right (left) side player must have at least a part of his/her foot closer to the right (left) sideline than the feet of the center player in that row.
- D. 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.
- E. After the service hit, the players may move around and occupy any position on their court, and the free zone.

#### 7. Rotation

- A. Rotational order is determined by the team's starting line-up, and controlled with the service order, and players' positions, throughout the game.
- B. When the receiving team has gained the right to serve, its players rotate one position clockwise: the player in position 2 rotates to position 1 to serve; the player in position 1 rotates to position 6; etc.

## **8. Restrictions of the Attack Hit**

- A. 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.
- B. A back-row player may complete an attack hit at any height from behind the front zone:
  - 1. at his/her take-off, the player's foot (feet) must neither have touched nor crossed over the attack line;
  - 2. After his/her hit, the player may land within the front zone.
- C. A back-row player may also complete an attack hit from the front zone, if at the moment of the contact the ball is not entirely higher than the top of the net.
- D. No player is permitted to complete an attack hit on the opponents' service, when the ball is in the front zone and entirely higher than the top of the net.
- F. Legal contact is a touch of the ball by any part of a player's body which does not allow the ball to visibly come to rest or involve prolonged contact with a player's body.

## **9. Serving**

- A. The server must contact the ball within 5 seconds after the first referee whistles for service.
- B. If the ball, after having been tossed or released by the server, drops, untouched to the floor, it is considered a service tossing error.
- C. After a service tossing error, the referee must authorize the service again (re-serve) and the server must execute it within the next 5 seconds.
- D. One service tossing error is permitted for each service. (For the server having a second re-serve during the team's term of service, a loss of rally/point is awarded to the receiving team.)
- E. At the "C" level, each player's first serve may be from the ten foot line. If successful, the next serve must be from a spot equidistant from the ten foot line and the end line. If the second serve is successful, the next serve, and all subsequent serves on that turn, must be from the end line. Any serve not from the end line must be underhanded.

Note: Coaches are encouraged to have all players serve from the furthest line at which they are comfortable for all serves.

## **10. Blocking the Service**

- A. To block an opponent's service is forbidden.

## **11. Substitutions**

- A. A team is allowed a maximum of 18 substitutions per game.
- B. Each player is allowed unlimited entries within the team limit.
- C. An illegal substitution does not count as an entry provided the illegal substitute is removed from the court.
- D. Officials can warn you at the 16th and 17th substitution but it is still the coach's responsibility to keep count of your substitutions.
- E. A substitute must assume his original position in the serving order.

## **12. Timeouts**

- A. Each team is limited to two timeouts per game.
- B. Timeouts shall not exceed one minute and may only be shortened by the team who has taken it.

## **13. Line Judge Responsibilities**

- A. Each team should provide a line judge, preferably an adult or high school student. If none is available, a responsible team member should be used.
- B. Prior to the match, line judges shall report to the official to review their responsibilities and be assigned their positions.
- C. Position:
  - 1. When two line judges are used, they shall stand near the intersection of the sideline with the end line, opposite the serving areas and move so they have a clear view of both the end line and the sideline.

2. When four line judges are used, they shall stand near the intersection of the sideline with the end line and move to have a clear view of the line for which they are responsible and be positioned:.
  3. One outside the sidelines on the end line extended near each serving area with the responsibility of observing the end line.
  4. One behind each end line on the sideline extended opposite the serving area with the responsibility of observing the sideline.
- C. Line judges shall hold the same positions relative to the court throughout the match.
- D. Line judges should have a neutral area where they may stand or sit between games or during timeouts.
- E. When a server serves from the left portion of the service area the line judge must move back and in line with the left sideline. Once the ball is contacted for serve, the line judge should return to the original position.
- F. During the game each line judge shall assist the official by:
1. Indicating whether the ball is in or out of the court whenever it lands near any line to which the line judge is assigned.
  2. Indicating when a player touches a ball that is going out-of-bound on the player's side of the net.
  3. Determining at the moment of contact for the serve whether the server touches the end line or floor outside the lines marking the width of the serving area.
- B. The official may overrule a line judge's call or make a decision on a call if the line judge is unsure or unable to make the call.
- C. The official may replace a scorekeeper, timekeeper or line judge who is not performing his duties properly.

#### 14. Libero

- A. The use of a Libero is permitted.
- B. Libero replacement:
1. The Libero designated on the lineup for that set is allowed to replace any player in a back-row position. The Libero may serve in one position in the serve order.
  2. The Libero may only be replaced by the player whom he/she replaced.
  3. One Libero replacement may be exercised per dead ball/rally unless the Libero is replacing the player in the right back position and will serve the next rally.
  4. Libero replacements do not count as substitutions and are unlimited.
  5. A Libero replacement must take place between the attack line and the end-line in front of that team's bench.
  6. A Libero replacement must be completed during a dead ball prior to the whistle and signal for serve.
- C. Replacements may only take place:
1. At the start of each set after the starting lineup has been checked.
  2. After the end of a rally.
  3. While the ball is out of play and prior to the whistle and signal for serve.
  4. After a time-out, once all players have returned to the court, provided the replacement sits out one rally/dead ball.
- D. Libero re-designation and disqualifications:
1. Injury substitution: If the Libero is injured and cannot continue play, he/she must first be replaced by the player whom he/she replaced. A new Libero may then be re-designated using the following criteria:
    - a. Re-designation does not need to occur immediately after the injury and replacement, but may occur at the discretion of the coach(es).
    - b. Any substitute may be designated as the Libero for the injured Libero.
    - c. The injured Libero may not play in the remainder of that set.
    - d. The player re-designated as the Libero must wear a Libero uniform and must remain the Libero for the remainder of the set. The re-designated Libero's uniform must have a unique number (not worn by any teammate).
  2. Exceptional substitution: The Libero may be used as an exceptional substitution for another injured player if no other possible substitute exists. When no longer playing as a Libero, that player must wear the same uniform as the teammates and the team continues play with no Libero.
  3. Disqualification substitution: The Libero may not be used as a substitute for a disqualified teammate.
  4. Libero disqualification: If the Libero is disqualified while playing, he/she must be replaced by the player whom he/she replaced. The team continues to play with no Libero.
- E. A Libero replacement is illegal when:

1. The Libero or the replacement is in the set without following the required replacement procedure.
  2. The Libero or the replacement is not listed on the roster.
  3. A Libero other than the Libero designated on the lineup for that set replaces a player on the floor.
- F. Libero serving:
1. The Libero will be allowed to serve in one rotation.
  2. When serving, the Libero would not be required to leave the playing area or be out of the set for one rally/dead ball before replacing the incoming player in the right back position.
- G. During play, a Libero shall not:
1. Complete an attack from anywhere if, at the moment of contact, the ball is entirely above the height of the net.
  2. Set the ball using overhand finger action while on or in front of the attack line extended, resulting in a completed attack above the height of the net.
  3. Block or attempt to block.
  4. Rotate to the front row.
- H. Penalties
1. Unnecessary delay is charged to the offending team when an illegal Libero replacement takes place prior to the whistle/signal for serve. If identified after whistle/signal for serve, illegal alignment results (loss of rally/point). In all cases, the illegal Libero must enter legally or be replaced by a legal player.
  2. For the serving team, any points known to have been scored during a term of service in which an illegal Libero is discovered in the set, shall be canceled.
  3. For the receiving team prior to the contact of the serve by the opposing team, all points earned during the previous term of service by the violating team while the illegal Libero was in the set, shall be canceled.
  4. After the serve has alternated and the first serve is contacted, there shall be no cancellation of points.
- I. Uniform
1. The Libero shall wear a uniform top that is immediately recognized from all angles as being in clear contrast to and distinct from the other members of the team. The primary color of the Libero's uniform top must be different from any color that appears on more than 25 percent of the body of teammates' uniform tops. In determining the body of the uniforms, the sleeves and collar should be ignored. The Libero uniform shall have a legal number. The style and trim of the Libero's uniform top may differ from teammates' uniforms, but the shorts must be like-colored to teammates.

## **15. VIDEOTAPING**

- A. Under no circumstance may a school administrator, Coach, student athlete or spectator visually record (regardless of the medium) a contest that does not involve their school team. Exceptions: Competitions.