



2025 DOB CYO Volleyball Rules

1. Philosophy

DOB CYO volleyball emphasizes participation, sportsmanship, and development of skills, not solely winning. Coaches and athletes are expected to uphold Catholic values of respect, teamwork, and community.

2. Eligibility

All participants must meet DOB CYO handbook requirements for academics, behavior, and physical clearance.

3. Match Format

Games will be played first to 25 win by 2 (no cap with points or time). If time allows, teams are encouraged to keep playing until their allotted time is up. 22 scheduled minutes per match with 3 minutes of warmup time between each match (court is shared during warmups for non playoff games). Playoff format will be shared when playoff teams are announced.

Match will start with a coin toss/meeting. One coach and at least one 'captain' per team is required to attend. This meeting will include an overview of court, the official making sure that teams are properly equipped and good sportsmanship is being followed, and the coin toss. For the coin toss, only one 'captain' from the away team will call in the air. The winner of the coin toss will decide if their team will serve or receive first. Home and away benches will be determined by the host site.

After the receiving team sideouts (records a point when the other team serves) they will rotate (ex Team A serves first. When Team B sideouts, they rotate. Their first server will be the player that started in the right front position). Teams will continue to rotate in a clockwise format after they sideout.

4. Team Composition

A team must have **6 players to start** a set.

If fewer than 6 are available, play may begin with 5 (forfeit if fewer than 5).

Rotation must follow a standard clockwise pattern.

All rostered athletes should have the opportunity to play during each match.

5. Substitutions & Playing Time

Unlimited substitutions permitted, following standard rotation rules.

Coaches are encouraged to balance playing time across all players, consistent with DOB philosophy.

Libero is permitted, but not required; one per set.

6. Serving

Players will not be limited in how many serves they can do in a row during the match part. However, during the extra time, players can serve only five consecutive times (will result in the other team rotating and serving, if keeping score during this time no point is awarded to the team that is now serving. Ex Player W from Team A serves five times in a row and scores each time. Team B then rotates and obtains serve, however Team B is not awarded a point).

7. Timeouts

Teams are allotted two one minute timeouts per match (two per set during playoffs). These can be used at any time during the match (match play or extra time).

8. Net & Court Rules

No part of the player (except hair) or jersey may contact the net. This will result in a point awarded to the other team.

Jewelry (including necklaces, bracelets, and non-stud earrings). Stud earrings only are permitted. If a player is seen wearing non-approved jewelry by the official, it will result in a point for the other team (delay of game).

9. Uniforms & Equipment

All players must wear matching team shirts with visible numbers.

Jewelry is prohibited (except medical/faith medals, taped if worn under uniform).

Volleyballs must be official size, leather/composite, and approved by DOB.

10. Officials

DOB-assigned officials will oversee all matches. Officials' decisions are final.

Coaches and spectators must demonstrate respect toward officials at all times.

11. Conduct & Sportsmanship

Coaches, players, and spectators must adhere to the DOB CYO **Code of Conduct**.

Negative comments, taunting, or unsportsmanlike behavior will not be tolerated.

Penalties may include point awards, removal of spectators, or suspension of players/coaches.

12. Hosting Responsibilities

Remove the 10 minutes requirement for each match. Replace with allow teams to enter the facility at least 30 minutes prior to the first match.