



Catholic Youth Organization
- Central Texas -
Athletic Bylaws
Volleyball



VOLLEYBALL RULES

In general, we follow National Federation Rules

All jewelry must be removed, except small, secured studs or posts worn above the chin. No jewelry is permitted below the chin, including string bracelets, commemorative bracelets and body jewelry. In addition, taping over jewelry is not permitted.

Line-ups and serve order should be turned in before the beginning of the match.

Time-outs: **2 time-outs per set.** All time-outs are full 60 second time-outs. Only head coaches can call time-outs.

Coaches should meet and shake hands before and after the games. Players should shake hands after the game.

The Game

Match

A match shall consist of the best two-of-three sets. The first team to win two sets shall be the winner. The third set shall not be played unless it is necessary to determine the winner of the match.

The interval between sets is a maximum of three minutes.

A match shall entitle each team a maximum of two time-outs per set.

The serve/receive for set No. 1 are determined by a coin toss. The visiting team captain shall call the toss, and the winner shall choose to serve/receive or the playing area. Prior to the deciding set, a home captain shall call the toss.

Scoring Points

Team commits a fault, result is loss of rally and opponent receive point

Serving team wins a rally, scores a point and continues to serve

A loss of rally/point is awarded each time a vacant position rotates to serve; right back position.

Set

The first 2 sets shall be 25 points (cap 30 points), even if a team is not ahead by two points.

The third and deciding set shall be 15 points (cap 20 points), even if a team is not ahead by two points.



Pre-match

Coin toss with referee and team captains

A timed warm-up shall be afforded; 4 minutes hitting, 4 minutes passing, 2 minutes serving; unless due to time-constraints and the Host school requires 2 minutes hitting, 2 minutes passing, 1 minutes serving

The Court

Playable Overhead Obstructions

A ball striking the ceiling or overhead obstruction from the ceiling shall remain in play provided the ball remains on the side of the team that last played the ball, and the ball can legally be played by the same team.

Out of Bounds

Touches a wall, curtains serving as a wall, objects mounted to the wall, or objects on the floor outside the court.

Restricted Play

When a wall, obstacle or non playable area that is less than 6 feet from a boundary line, or a non-team member causes the interference, a replay is declared provided the player had a legitimate play on the ball

Service Line

For grades 4th and below, the service line will be from the full service line and up to 10 feet up.

Game Equipment

The Net and Markings

The height of the net for 3rd and 4th grade shall be 7 feet 0 inches.

The Ball

The ball for 3rd and 4th grade shall be of a volley-lite or U12 (under 12)

Player Equipment and Uniform

Equipment and Accessories

A guard, cast of brace made of hard and unyielding leather, plaster, plastic, metal or any hard substance shall not be worn on the hand, finger, wrist or forearm, even though covered with soft padding.



Medical-alert medals and Religious medals are not considered jewelry and shall be taped to the body.

Uniform

Like-colored uniform top and bottom should be worn by all teammates, with the exception of the libero whose uniform shall be solid-colored and in clear contrast to other teammates.

Officials: Responsibilities and Positions

Authorized Officials

The host school and visiting team will secure one line judge each per match. Host school may provide both line judges if a situation arises that the visiting school is unable to secure a line judge.

The Team: Composition and Positions

Players

- A team shall consist of six players with five players to begin the first set of the match.
- After the start of a match, a team with fewer than six eligible players due to illness, injury, or disqualification shall continue play.
- Only one libero may be designated per set
- Libero may be used as an exceptional substitution for an injured player if no other legal substitutes are available.
- A libero shall not replace a disqualified teammate.

Roster and Lineup

Submit a complete and written accurate numeric lineup with Captain and libero designation.

Serving

For teams with fewer than six players, each time a vacant position rotates to the serve in the right back position, a loss of rally/ point is awarded to the opponent.

A re-serve shall be called when the server releases the ball for service, then catches or drops it to the floor. The first referee shall cancel the serve and direct a second and last attempt; per service rotation.

- For 4th grade and below, a re-serve shall be granted if the ball is hit short of the net. If the serve is hit over the net, but out of bounds, the player shall not be granted a re-serve.
 - In the first set, the re-serve will only be allowed for the first rotation of each server.
 - In the second/third set, NO re-serves are allowed.

A tossed ball that contacts a backboard or its support hanging in a vertical position over the serving area is a service fault and not eligible for a re-serve.



Serve limit

For 4th grade and below, a server may have a maximum of five scoring serves in-a-row. After the fifth scoring serve the ball shall be rolled over to the other team without a loss of rally point.

During Play

Center Line

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. Contacting the floor across the center line with any other part of the body is illegal, so long as it does not interfere with the opposing teams play.

Net Play

A net fault occurs while the ball is in play and a player contacts any part of the net including net cables or net antennas.

It is not a fault when a player's loose hair touches the net, or the force of a ball hit by an opponent pushes the net into the player.

Substitution and Libero Replacement

Substitutions

- Methods of Substitutions allowed:
 1. Rotation Subbing - Teams will substitute a player as they are rotating to the back middle position during their teams' serve. Teams must make sure to keep the same rotation order throughout the set. Teams are allowed to change the order of the rotation of each set.
 2. Traditional Subbing - Any player except the libero can sub in for anyone in the match, but once they have subbed in or out for a player at a certain position, they can only sub in again for that same player at the same position for the rest of the set.
 - *For example, if #7 comes off the bench to replace #1, the only way #1 can get back in the match is to replace #7 at her original position. Otherwise, #1 would be penalized as an illegal substitute.*
- A team is allowed a maximum of 18 substitutions per set.
- When a team has exhausted their 18 team substitutions, an exceptional substitution may be permitted only for injured/ill players and by a teammate who has never played in the set or a player in that position earlier in the set.
- Libero substitutions are unlimited for replacement of any player in the back row position.
- Libero may serve in only one position.
- When serving, the libero is not 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.



Time-outs and Intermission

General

- Coaches are allotted 2 timeouts per set.
- A time-out shall not be honored after the first referee has signaled for the next serve.
- Time-outs are 60 seconds in duration.
- Time-outs can be taken consecutively without a play between them.
- A team requesting a time-out in a set after it has taken its allotted time-outs, will be administered a yellow card for first offense or a red card for subsequent offense in that match.

Conduct

Definition

Unsporting conduct includes actions which are unbecoming to an ethical, fair and honorable individual. It consists of acts of deceit, disrespect or vulgarity and includes taunting.

Conduct: Players, Coaches and/or Team Attendants

- Head Coaches may stand in the libero replacement zone to coach.
- Assistant Coaches and teammates shall remain seated during play, unless warming-up at the end of the bench.
- WARNING - Yellow card; first minor offense
- PENALTY - Red card; first serious offense or second minor offense and loss of rally/point awarded to opponent.
- DISQUALIFICATION – Yellow and Red card displayed together; first flagrant offense, second serious offense, third minor offense and loss of rally/ point awarded to opponent. The removal from the team bench and/or premises.

Tie Breaker System

IF CYO CTX keeps competitive standings

In the event of a two way tie:

- Head to head win/loss between the tied teams
- If still tied, use set count win/loss % between tied teams (this will only be used for classifications with five or less teams that play each other two counting matches)
- If still tied, use set count win/loss % for all regular season counting matches
- If still tied, coin toss

In the event of a three or more way tie:

- Step 1: Head to head win/loss between all the tied teams

Example 1 – Team A beats Team B, Team A beats Team C, Team B beats Team C;

- Team A is higher seed with 2 wins/0 losses, Team B is second seed with 1 win/1 loss, Team C is third seed with 0 wins/2 losses; do not need Step 2



Example 2 – Team A beats Team B, Team B beats Team C, Team C beats Team A;

- All teams have 1 win/1 loss; move to Step 2
- Step 2: If three or more teams are still tied, use set count win/loss % between tied teams to get to less than three teams and then use step 1 if necessary

Example 1 – Team A beats Team B 2 sets/0 sets, Team B beats Team C 2 sets/1 set, Team C beats Team A 2 sets/1 set; Team A 3 sets won/2 sets lost, Team B 2 sets won/3 sets lost, Team C 3 sets won/3 set lost; Team B would be eliminated with lowest winning % and third seed

- Team C beat Team A head to head so Team C is highest seed and Team A is second seed
- Step 3: If three or more teams are still tied, use set count win/loss % for all regular season matches.

Modifications

Modifications to these Guidelines, Procedures and Rules will be documented with a description of the change and the date the modification was recommended by the CYO CTX Executive Directors and approved by the CYO CTX Board of Directors.

