

2012 CYO Volleyball League Rules

1. National Federation of High School Volleyball Rules will be used unless otherwise specified.
2. All matches are played in the gym at St. Vincent DePaul in Federal Way-30525 8th Ave. South.
3. Driving Directions: See those posted on website.
4. All matches are the best 2/3 games **with no time limits**.
5. Match format:
 - A. Rally scoring for all grades is 25-25-15. No cap.
Teams must win by 2 points.
 - B. Let serve will be used.
 - C. Libero will **not** be used.
 - D. Each team gets two timeouts per game—60 seconds in duration. Play may resume if BOTH teams are ready prior to the 60 seconds.
6. Warm-up time is 5 minutes shared and 2 minutes serving.
7.
 - A. If a match finishes in less than 40 minutes, both teams may play an additional game if it is within the 50-minute match time-frame.
 - B. Officials WILL NOT officiate this non-counting game and it may not go beyond the official match period.
 - C. Both teams must clear the court 10 minutes before the next scheduled game.
8. Serving Line: 7th & 8th grade division will serve from the regular endline.
5th & 6th grade division may serve from a line 5' inside the court.
The line is supposed to be marked but if not, please establish one.
9. In the 5th grade division, the server is limited to three (3) consecutive “point scoring” serves, after which they must rotate to the next server on the same team.
10. Players have eight (8) seconds to serve. Servers do NOT need to toss the ball.
CYO expects fans and players to remain silent when a player is attempting to serve.
11. Net Heights: 8th grade girls and 7th grade boys is 7'4". 8th grade boys is 7'6".
All other grades the net height is 7'0".
12. No jewelry, barrettes, beads or bandanas may be worn while playing or warming up. This includes posts for pierced ears. Unadorned flat clips and barrettes 2 inches or smaller are allowed. All headwear should be soft, pliable, and functional.
13. Players may not chew gum in the gym.
14. Each team must furnish a competent line judge and scorekeeper to maintain the official book.
15. Kneepads are required for all players in all matches.
16. Each team shall furnish a ball and the official will determine which ball will be used.
The Lite Flite ball will be used for 5th & 6th grade girls and 5th grade boys division matches.

17. Coaches are to remain seated at all times and may not approach the referee's platform at any time during the match.

18. All matches will begin with a pre-game prayer in which both teams will meet in center court, say the prayer together, shake hands, then move to positions for the beginning of the match. Non-Catholic schools are not required to say the prayer and may remain on their sideline or at center court during the prayer, then join the other team for the handshake.

National Federation of High School Rule affecting CYO

1. Once the lineup has been submitted by the required deadline and prior to play commencing, the coach may request and be granted a substitution. Only one request will be granted, however, it may involve more than one player. This will also include when the referee is doing the pregame lineup check and a wrong player is discovered on the court. If a previous substitution request has not been made, the coach may request a substitution for the player on the court.

2. Flat clips **AND unadorned flat barrettes** 2 inches or less are allowed.

3. It is unsporting conduct to disrespectfully address a referee and now assistant officials (line judges, scorer, etc.)

4. Colored balls are allowed as long as one third is white and there are no more than three colors.

5. Prior to the deciding set, captains will be called for the coin toss by the first referee and then teams shall be released to their team benches.

10-3 PEN 1: Illegal alignment is now charged when an illegal substitute is identified in the set after the whistle/signal for serve.

POINTS OF EMPHASIS

Antennas are to be lined up with the outside edge of the sideline.

Court Protocol - at the start of a set, team huddles/cheers on the court shall not interfere with the ability of the referee doing the lineup check in a timely manner.

DIRECTIONS TO ST. VINCENT DE PAUL CATHOLIC CHURCH

St. Vincent De Paul Catholic Church
30525 8th Ave. S-Federal Way, WA
253-839-2320

West on 304th from Pacific (first street south of Federal Way HS).

Right on 8th to church/school on left.

Suggest getting there early or you will need to park 2-3 blocks away as the close parking spaces fill up with parents of the players. There is a small parking lot just past the church/school.

St. Vincent De Paul contact

April Robb 253-804-2777 or 253-300-7971

