

# SOUTH CENTRAL DISTRICT 2018 CYC VOLLEYBALL RULES - RECAP

RULE	BANTAM DIVISIONS 3RD & 4TH GRADE	MIDGET-CRUSADER DIVISIONS 5TH & 6TH GRADE	CADET-HIGH SCHOOL DIVISIONS 7TH GRADE & OLDER
<b>"COACHING TO MAKE A POSITIVE DIFFERENCE"</b>	<p>ALL Coaches <b>MUST</b> have a Coach's ID # received from the 'Coaching to Make a Positive Difference' workshop. If a Coaching ID is missing from the roster or does not match the roster, note it on the line-up sheet for follow-up by Pat..</p>		
<b>ID CARDS MUST BE PRESENT AT ALL MATCHES</b>	<p>All Coaches and <b>Players</b> are required to have a CYC Photo ID Card or unexpired receipt. An electronic copy is acceptable in league play.  The card or unexpired receipt must be presented prior to participating. (A waiver is available for a forgotten card.)</p>		
<b>ROSTERS</b>	<p>A team cannot participate unless an <b>APPROVED</b> CYC roster is presented before the game. A paper or electronic copy is acceptable in league play. If the roster cannot be presented, then the team forfeits.</p>		
<b>ROSTER/CARD REVIEWS</b>	<p>If time permits, compare the names and birth dates between the CYC ID cards and roster. If there is a discrepancy, note it on the line-up sheet for follow-up by Pat.</p>		
<b>PRAYER</b>	<p>The Home Team is responsible for leading the Pre-Game Prayer.</p>		
<b>LINE UP SHEETS</b>	<p>At least two minutes before the start of the first set and 30 seconds prior to the expiration of the intermission between sets, the coach must submit the team's starting line-up to the scorekeeper. Names and numbers of players must be listed.</p>		
<b>MINIMUM PLAYING REQUIREMENT</b>	<p>Every uniformed player present <u><b>MUST PLAY IN EACH SET</b></u> as well as <u>25% of the match.</u> Failure of a player to appear in any set may cause forfeiture of that set. It is strongly recommended that each player be allowed to play in all six (6) positions.</p>		
<b>NON-PARTICIPATING PLAYERS</b>	<p>The match official and opposing coach/manager must be notified prior to the start of a match of a non-participating player due to injury or disciplinary reasons if said player is to be seated on the bench.</p>		
<b>NET HEIGHT</b>	6' 6"	5th grade girls-6'6" All others 7'	7' 4 1/4"
<b>THE BALL</b>	Volleylite	Midget - Volleylite / Crusader - Regular	Regular
	Gym provides the game ball as well as practice balls..		
<b>TEAM COMPOSITION</b>	No set may be played with less than five (5) players.		No set may be played with less than five (5) players - No serving penalty.
<b>LATE ARRIVING PLAYERS</b>	May only enter in position 5 or 6		Enters into the player #6 spot on the score sheet and will take the appropriate position on the court.
<b>JEWELRY and ACCESSORIES</b>	<p>Only religious or medical medallions may be worn but they must be removed from chains and taped or sewn under the uniform. No other jewelry is allowed Including friendship bracelets, livestrong bracelets, etc. <b><u>Taping of earrings is prohibited.</u></b> No face paint or glitter is allowed. Only soft pliable hair accessories. <b>NO METAL HAIR CLIPS WHATSOEVER</b></p>		

# SOUTH CENTRAL DISTRICT 2018 CYC VOLLEYBALL RULES - RECAP

RULE	BANTAM DIVISIONS 3RD & 4TH GRADE	MIDGET-CRUSADER DIVISIONS 5TH & 6TH GRADE	CADET-HIGH SCHOOL DIVISIONS 7TH GRADE & OLDER
<b>COIN TOSS</b>	<p>Before the warm-up, the first referee conducts a pre-match conference and coin toss in the presence of the two team captains. <b>Visiting team</b> shall call the first toss. The winner of the coin toss chooses the right to serve or to receive the service or the side of the court. The other captain takes one of the remaining alternatives.</p> <p>The coin toss will be done in front of the scorer's table. Between the second and third set either official may do the toss.</p>		
<b>WARM UP TIME</b>	<p>Teams are allowed 2 minutes shared ball handling. This will be followed by 2 minutes for the Receiving team on court for serving &amp; hitting followed by 2 minutes for the Serving team on court for serving &amp; hitting.. (Archdiocesan rule = 3 mins)</p>		
<b>NUMBER OF SETS AND SCORING</b>	<p><u>3rd grade</u> - Three (3) 25 point sets using <b>"RALLY scoring"</b> with a maximum time for each set of 12 minutes. Track maximum 5 serves per server in any one service span. <b>Set may end in a tie or one point difference</b></p> <p><u>4th grade</u> - Three (3) 25 point sets using <b>"RALLY scoring"</b> with a maximum time for each set of 15 minutes. Track maximum 5 serves per server in any one service span. <b>Set may end in a tie or one point difference</b></p>	<p>Three (3) 25 Point sets or 15 minutes which ever comes first. Team must have a minimum lead of two (2) points even after the time has run out There is a 27 point cap on each set <b>"Rally Scoring"</b> will be used.</p>	<p>No Clock in 7th &amp; 8th grade Parochial or High School Three (3) 25 Point sets Team must have a minimum lead of two (2) points There is a 27 point cap on each set <b>"Rally Scoring"</b> will be used.</p>
<b>LINE UP SHEETS</b>	<p>At least two minutes before the start of the first set and 30 seconds prior to the expiration of the intermission between sets, the coach must submit the team's starting line-up to the scorekeeper. Names and numbers of players must be listed. The line-up sheet must be compared to the roster prior to the first set starting. All players on the roster must be listed on the line-up sheet</p>		
<b>CLOCK</b>	The clock shall start with the 1st servers' contact of the ball.		No Clock
<b>SCOREBOARD</b>	If a discrepancy in score exists between the scoreboard and the score sheet, the score sheet shall be the official score.		
<b>TIME OUTS</b>	<p>A time out shall last for 30 seconds. Two time-outs are permitted per set. Players may leave the court but they must remain in the vicinity of their bench.</p> <p>The clock stops for every time out. It does not restart until the servers' contact of the ball, after the referee's whistle.</p>		No Clock
<b>SUBSTITUTION</b>	<p>Substitutions can only be made in positions 5 and 6. Number of individual and team substitutions per set are unlimited.</p> <p>All substitutions should take place between the 'doorway' which is between the net and the 10 foot attack line.</p>		<p>Substitutions can be made in any position (including the server); Substitution re-entries must take place for the same position in the lineup. Individual substitutions are unlimited; Team substitutions are unlimited</p>
	The number of substitutions to be made does not need to be signaled at the time of the request.		

# SOUTH CENTRAL DISTRICT 2018 CYC VOLLEYBALL RULES - RECAP

RULE	BANTAM DIVISIONS 3RD & 4TH GRADE	MIDGET-CRUSADER DIVISIONS 5TH & 6TH GRADE	CADET-HIGH SCHOOL DIVISIONS 7TH GRADE & OLDER
<b>RECEIVING SERVE</b>	The serve does not need to be received by a fore arm pass but the ball cannot be lifted or carried. <u>(It may be double-hit.)</u>		
<b>EXECUTION OF SERVE</b>	<p><b>3rd Grade</b> - 15 foot serving box.</p> <p><b>4th Gr</b> - 10 ft serving box (SO CENTRAL ONLY) Allowed to serve from anywhere in the service zone. If a player chooses to serve outside of the normal service zone then that service must take place from behind the end line.</p> <p>On any subsequent services, the player may move back in the server's box for their age group. 2nd attempt on a first missed serve. After 5th point is served, a side out is declared.</p>	<p>5 foot serving box. Allowed to serve from anywhere in the service zone. If a player chooses to serve outside of the normal service zone, then that service must take place from behind the end line. On any subsequent services, the player may move back in the server's box for their age group.</p>	<p>Must serve completely from behind the end line.</p>
	<p>Serve must be executed within 8 seconds of the 1st referees whistle. In Midget-High School, only one service toss error is permitted for each service rotation. If this occurs more than once during a service rotation, a sanction (loss of service) will be applied</p> <p style="text-align: center;">The ball may touch the net while crossing it including <b>on the serve.</b></p>		
<b>OVERHAND SERVING</b>	ALLOWED IN ALL DIVISIONS		
<b>SWITCHING</b>	<p>No switching of positions allowed EXCEPT once the ball is served, the server may act as the setter anywhere on the court</p>	<p>Once the ball is served, players may move anywhere in their playing area.</p>	
<b>LEGAL BACK ROW ATTACKS</b>	<p><u>Criteria:</u> A back row player may complete an attack-hit at any height from behind the front zone (10 foot line). At take-off, the foot (feet) must neither have touched, nor cross the attack line or its imaginary extension. After the attack-hit, the player may land within the front zone. A back row player may also carry out an attack-hit from the front zone if, at the moment of the contact, any part of the ball is below the top of the net.</p>		
<b>BLOCK AND TEAM HITS</b>	<p>A block is not counted as a team hit. After a block contact, a team is entitled to three hits to return the ball to the opponents court. The first hit after the block may be executed by any player, including the player who contacted the ball to complete the block. To be considered a block, the player(s) must reach above the net sometime during the effort.</p>		
<b>CENTER LINE</b>	<p>You may touch the opponent's court with (a) hand(s), foot or feet provided some part of the penetrating hand(s)/foot/feet remains either in contact with or directly above the center line. No other part of the body may contact the opponent's court except a player's hair.</p>		

## SOUTH CENTRAL DISTRICT 2018 CYC VOLLEYBALL RULES - RECAP

RULE	BANTAM DIVISIONS 3RD & 4TH GRADE	MIDGET-CRUSADER DIVISIONS 5TH & 6TH GRADE	CADET-HIGH SCHOOL DIVISIONS 7TH GRADE & OLDER
OVERHEAD FOREARM PASS	ALLOWED IN ALL DIVISIONS.		
BODY CONTACT	The ball may touch any part of a player's body <u>including below the waist</u> .		
CHANGE OF COURTS	After each set, teams go to their end lines. Upon the officials signal, they change playing courts and benches immediately, except prior to the third set. Prior to the start of the third set, <b>a coin toss is made at the scorer's table.</b> <b>Home team</b> shall call this toss. Teams then go to their appropriate sides as determined by the results of the coin toss.		
TIME BETWEEN SETS	Two (2) minutes between each set.		
LINE JUDGES	Only required in 7th, 8th, Parochial and High School. Should <b>both</b> coaches of lower grades desire to have line judges they may do so. The gym <b>does not</b> determine if they want to have line judges. Only the two head coaches do.		
COACH'S BOX	Coaches must be 6 feet from side line if court permits.		
STOPPAGE OF PLAY	If blood is found on either uniform, equipment or court, play <b>MUST</b> be stopped.		
UNCONSCIOUS PLAYERS	Unconscious players shall be removed & not allowed to return to play		
LIBERO	Libero may be used in High school as well as Parochial leagues. Libero may serve.		
DISTRICT PLAYOFF FORMAT	A match will consist of the best 2 out of 3 sets, rally scoring, no time limit, no cap. The first 2 sets will be played to 25 points. If a 3rd set is necessary, <u>it will be played to 25 points also</u> . A team must win by 2. This allows teams with more players more time to enter the set.		