

2025 Summary of CYO Volleyball League Rules

1. National Federation of High School Volleyball Rules will be used unless otherwise specified.
2. All matches are the best 2/3 games with **no time limits**. In the 4th grade, matches will be timed, and not scored. Set 1 and Set 2 of the match will each be played for 12 minutes. Set 3 will be played until the 45 minutes after the start time of their match is reached.
3. Match format:
 - I. Rally scoring for all grades (except 4th), 25-25-15. No cap. No time limit. Teams must win by 2 points.
 - II. Let serve will be used.
 - III. Libero will **not** be used.
 - IV. Each team gets two timeouts per set—60 seconds in duration. Play may resume if BOTH teams are ready prior to the 60 seconds.
 - V. Teams will remain on the same side the complete match, they **do not** switch sides at all.
4. Warm-up time is 5 minutes shared and 2 minutes serving.
5. If a match finishes in less than 35 minutes, both teams may continue playing if it is within the 45-minute match time-frame. Officials will officiate this non-counting set. The set may not go beyond the official match period and both teams must clear the court at least 15 minutes before the next scheduled match.
6. In all divisions, six players will constitute a playing team. In an emergency, games may play with 5 players, but the “6th player” still exists on the line-up and score sheet and **must** be the 6th server position, and therefore when the 6th server spot comes up, there will be an automatic side-out, loss of serve and point for opponent, unless a player arrives late and can fill that spot before the 6th rotation occurs. 5th grade continues playing with a 5 player rotation and do not rotate or lose a point for the missing player. **NOTE:** You may not drop below five players on the court.
7. Serving Line:
 - I. 7th & 8th grade division will serve from the regular endline (30 ft)
 - II. 5th & 6th grade division may serve from a line 5' inside the court (25 ft). The line is supposed to be marked but if not, please establish one using a current line on the court that is close. Please check with the gym manager before placing tape on the floor.
 - III. 4th grade division may serve underhand from anywhere behind the attack line (10 foot line) or overhand from anywhere behind the 25 foot line.
8. Players have eight (8) seconds to serve. Servers do NOT need to toss the ball. If a server's toss is not good, they may let the ball drop to the floor, or they may catch it. This may occur only once per rotation for that server.
9. Fans and players must remain silent when a player is attempting to serve. Coaches should emphasize this with their team and their fans.
10. All forms of the “ace” chant are prohibited. This includes Ace, Point, or any other word used after each point that can be perceived as demoralizing to the opposing team. Please remember that all cheers should be positive and supportive of all players. Players may cheer after every point, but not only when they win the point. Also if necessary, remind teams that if they cheer after every point, it must be fast, no delays.
11. In the 5th and 6th grade divisions, the server is limited to five (5) consecutive “point scoring” serves, after which they must rotate to the next server on the same team. 4th grade division is limited to 3 consecutive serves.

12. In the 4th through 6th grade divisions, teams will automatically substitute players every rotation. Players sub out after position 1 (next rotation after they have served) and sub back in at position 6. The players sub into the game in the same order they leave the game. After each game, the players stay in the same position on the floor (and same order for substitutes on the bench) to start the next game. The same lineup submitted at the beginning of the match is used throughout the whole match – no changes.
13. Net Heights: 8th grade boys - 7'6". 8th grade girls and 7th grade boys - 7'4". All other grades the net height is 7'0".
14. No jewelry may be worn while playing except for post or stud earrings. All headwear should be soft, pliable, and functional. Unadorned, flat clips, barrettes or bobby pins will be allowed. If a player has beads in their hair that cannot easily be removed, the hair should be tied back and up, as safe as possible. If the hair is too short to be tied back and up, the player will be allowed to play, as the length of the hair should not pose any unnecessary safety risk to the player or others.
15. Players may not chew gum in the gym.
16. Kneepads are **required** for all players in all matches.
17. Each team must furnish a competent scorekeeper who will maintain the official scoresheets for that contest. In the 4th grade division, teams must provide a serve tracker and the home team provides a referee.
18. Each team must furnish one competent line judge who must be high school age or older. Line judges will line up on their opponent's side of the court.
19. Coaches are to remain seated at all times and may not approach the court during play, nor the referee's platform at any time during the match.
20. Each team shall furnish a ball and the official will determine which ball will be used. The Lite Flite ball will be used for 4th grade co-ed, 5th & 6th grade girls and 5th grade boys divisions.
21. The ball may be played off the foot as long as there is no upward kicking action.
22. All matches will begin with a pre-game prayer in which both teams will meet at their own attack line, say the prayer together, wish the other team luck by waving, then move to positions for the beginning of the match. Non-Catholic schools are not required to say the prayer and may remain at their attack line during the prayer, then join the other team for the pre-match greeting. Home team should have a parent read the pre-game statement to the spectators.

GAME FORFEITURE

- Each team scheduled for a match shall be dressed and ready for play at the scheduled hour. Should any team not be ready with the required number of players at match time, the first set shall be forfeited at match time. If the team in question is not ready for play 11 minutes after match time, then the complete match will be forfeited. If the team is ready, the match continues with set 2.
- Should both teams not be ready with the required number of players at match time, the first set shall be a double forfeit at match time. If one team is ready for play 11 minutes after match time, then that team will be declared the winner of the match. If both teams are not ready after the 11 minutes, then the complete match will be forfeited, the match shall be declared a no contest, and both teams will be charged with a loss on their season's record. If both teams are ready after the 11 minutes, then the teams will play one set and the team winning that set is declared the winner of the match.