

## **CYA VOLLEYBALL RULES**

### **I. INTRODUCTION**

- a. From 7/8<sup>th</sup> House and up, including high school and boys teams, all teams play with default rules with no modifications, as listed in this document. The only variation throughout the age/skill groups is the calls made at the referee's discretion, mostly in terms of doubles, lifts, etc. Referees are instructed to provide warnings as necessary and move onto official calls throughout the individual games and the overall season. Referees have been encouraged to make the best judgment calls they can, given the skill level of the player and teams in general.
- b. Elementary school / 5/6<sup>th</sup> division rule modifications are marked in red
- c. Please reach out to Jenny Jung ([ntosm925@gmail.com](mailto:ntosm925@gmail.com)), CYA Volleyball Referee Coordinator, for any questions or clarifications! ☺

### **II. MATCH FORMAT**

- a. Play until the end of the allotted time (even if in middle of a set)
- b. Each set to 25 points, win by 2 (time permitting)
- c. Rally scoring
- d. 10-minute warm-up (4 min of passing, 4 min of hitting, 2 min of serving)
  - i. 10-minute begins at the game start time listed on the schedule – refs will keep time, regardless of preparedness by the players/coaches

### **III. ROTATION**

- a. 6 players on court; minimum requirement of 4
- b. Rotate players clockwise on side-out/new serve
- c. Substitutions may be used

### **IV. LIBERO GUIDELINES**

- a. You must designate a libero at the start of a set. The libero should be wearing a jersey/shirt of a different color than the rest of the team.
- b. The libero is allowed to replace any player in the back row. As such, once on the court, they are limited to normal back row player rules (ex. no hitting in front of the 10-foot line, no blocking, etc.) and normal rotation after rallies/side-outs.
- c. Libero replacements are not considered substitutions and are unlimited.
- d. All replacements can only take place while the ball is out of play and before the whistle for service. Player and libero can switch anywhere between the 10-foot line and the back line.

- e. Generally, the easiest way to utilize a libero would be to pick ONE position (usually, but not always, middle hitter) and whenever a player of that position comes into Position 1 (server position) on the court, a libero replacement can take place.
  - i. Two options at this point: (1) the middle hitter can serve and be replaced by the libero after the middle hitter loses their service; or (2) the libero serves on the middle's behalf.
- f. Once the libero serves on behalf of a certain player, the libero can only serve for that specific player and no one else during that set in the match.
  - i. This does not necessarily mean liberos can only replace a specific player and that player only. Liberos can replace more than 1 player – liberos can, and usually do, replace both middle hitters (or another position, such as outside hitters) as they rotate into the back row. But the limitation is that they can only serve on behalf of a single player. Liberos cannot circumvent the serving rule and serve on behalf of multiple players.
    - 1. Ex. if the libero served in replacement of Jane the Middle Hitter, the libero cannot then serve in replacement of Mary the other Middle Hitter. The libero can only act as a defensive replacement in the back row for Mary after Mary's own service ends.

## V. GENERAL RULES OF PLAY

- a. Flagrant/egregious rule violations will be called, regardless of division.
- b. The ball can be played off the ceiling if the ball remains on their side and they have touches left.
- c. The ball is out of play when:
  - i. The ball contacts the ceiling/structure above the opponent's side
  - ii. The ball contacts any part of the ceiling/structure and then lands on the opponent's side
  - iii. The ball goes through any ceiling/structures/beams and then lands on the opponent's side (no ball contact with ceiling structures necessary)
  - iv. The ball contacts any walls/court dividers
- d. Any ball contact with basketball structures will be called at the referee's discretion.
  - i. If the ball contacts a basketball structure and would have remained playable if the structure had not been present (especially if a player is below the structure, ready to play the ball), an immediate replay will be called.
  - ii. If the ball contacts a basketball structure and would have not remained playable if the structure had not been present (ex. ball headed toward the wall), the ball is out of play.

- e. FRANKLIN MS: contact w/ black speakers hanging off the ceiling = immediate replay
- f. CYA FIELDHOUSE: contact w/ thin metal wire over the volleyball courts = immediate replay

## VI. SERVING

- a. Coin toss @ captain's meeting before the match will determine which team serves first. For subsequent sets, serves alternate. (ex. Team A wins coin toss and serves first for Set 1. Then Team B automatically serves first for Set 2. Then Team A automatically serves first for Set 3. And so on. No additional coin tosses required.)
- b. 1 toss & drop allowed for all divisions
  - i. All players are allowed to reattempt an overhand serve after they toss & drop the ball.
  - ii. If the player touches or catches the ball, that is a fault and loss of service/a point to the opposing team immediately.
  - iii. This rule applies to first serve only. First serve is defined as the first serve after they rotate into the serving position.
  - iv. This rule is retriggered once the player completes a full rotation and returns to the server position.
  - v. 5/6<sup>th</sup> HOUSE & SELECT modification: First serve only – 2 full serve attempts allowed (underhand or overhand)
- c. Unlimited points in one service rotation
  - i. 5/6<sup>th</sup> HOUSE & SELECT mod.: Maximum of 5 points in one service rotation
- d. Serve from the back line; foot faults will be called
  - i. 5/6<sup>th</sup> HOUSE & SELECT mod.: serve anywhere between the 10-foot line and the back line, whether serving underhand or overhand (goal = serve at back line by the end of season)
- e. Serves hitting the net and going over to the opponent's court is playable
  - i. 5/6<sup>th</sup> HOUSE mod.: NOT PLAYABLE; immediate replay for any serve
  - ii. 5/6<sup>th</sup> SELECT: NO MOD. – net serves are PLAYABLE

## VII. COMMON FAULTS (resulting in loss of point)

- a. Net contact
  - i. Exception: When the ball is driven into the net, causing it to touch an opponent, no fault is committed.
- b. Reaching beyond the net during blocks

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- i. A player may touch the ball beyond the net, as long as the action does not interfere with the opponent's attempt to play the ball. If any interference is observed by the referee, the point will be lost.
  
- c. Reaching underneath the net into the opponent's court
  - i. Penetration into the opponent's court, beyond the center line, by any part of the body (commonly foot/feet) is permitted, as long as there is no interference or safety hazard to the opponents. If any interference/hazard is observed by the referee, the point will be lost.
  - ii. Penetration into the opponent's court, COMPLETELY beyond the center line by a player's foot/feet is an immediate fault, regardless of interference/hazard (or the lack thereof).
- d. Four hits
  - i. Block does not count as a hit
- e. Carry/lift
  - i. Use of palm is almost always carry/lift
  - ii. Instead, use fists or back of hand
- f. Doubles
  - i. Be careful with sets that spin after contact with hands

#### **VIII. MISCELLANEOUS RULES**

- a. Time outs are limited to 30 seconds. Referees will keep time. Although there are no limits, coaches should aim for 1-2 per game, given the limited amount of game time.

#### **IX. COACHES & PARENTS**

- a. Parents may not speak to the players on the court; only the coaches should be directing play.
- b. Parents may not speak to the coach or referee in a negative or hostile manner.
- c. Parents should limit communication to coaches to only before or after a match.
- d. Coaches should set a high standard of respect and sportsmanship through their coaching.
- e. Cheering is allowed during the game, except during serves.
- f. Teams should keep cheers positive.