

CYO Volleyball Rules

CYO Volleyball follows a modified version of High School Rules.

-Rally Scoring-

1. Rotate Players Clockwise.
2. A ball touching the line is considered in.
3. 5th & 6th Grade teams serve 6 feet from the end line. 7th & 8th Grade girls serve from the end line and may not touch or cross over the line unless there is less than six feet of space behind the end line.
4. The ball may be touched up to 3 times before going over the net.
5. A blocked ball does not count as a touch, therefore, 3 more touches are allowed.
6. A player must be in for a minimum of 8 consecutive combined team points. Substitutions are to be made at combined team points totaling multiples of 8 (i.e. 8,16,24). Free substitutions are allowed after all girls have played 8 points.
7. Attacking or spiking the ball should be done with an open hand.
8. May serve with a closed hand or fist.
9. Net serves that go in is live (Let Serve). You may block a serve only if it hits the net.
10. Touching the net with hands or body at the point of attack is an infraction. Hair and incidental touching is allowed within reason.
11. No earrings or jewelry are to be worn during games.
12. Each team is allowed 2 time outs. A 3rd time out is allowed if tied at 20 points.
13. The player serving does not have to come out at 8 or 16 points until after she loses her serve.
14. Back Row Attack. Back row players may attack or spike the ball provided that she starts her jump from behind the 10 foot line.
15. When there is only 1 official, disputed plays that cannot be clearly determined will be replayed.
16. If you are short a player to start, the first game will be forfeited. If the missing player shows up for the second game, the games then count.
17. A match is 2 out of 3 games – 2 games to 25 you must win by 2 (max 27) 3rd Tie Break game to 15 win by 2, (max 17).