



CATHOLIC YOUTH &
YOUNG ADULT MINISTRY

Diocese of Wilmington

Rule Book
Volleyball 2024-2025

CATHOLIC YOUTH MINISTRY-BASKETBALL
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Girls Volleyball Rules 2024-2025

1. JV & Varsity general game rules – If a rule is not specifically addressed herein, NFHS (“Federation”) rules apply. In the event of a conflict between sets of rules, these rules control.
 - a. Coaches are expected to act in a sportsmanlike manner, as well as assist game officials in ensuring sportsmanlike conduct of players and spectators. Unsporting conduct shall be penalized by either Yellow Card, Red Card or Disqualification depending on severity of infraction.
 - b. Upon entering the gym, the home team selects its team bench. A pre-match conference will be conducted with the Official (s), Head Coach and team Captain(s). Coin toss will take place with the visiting team captain calling the toss. Winner of toss shall choose either serve or receive. Coaches will then provide their lineup cards to the official(s). Floor captain is to be noted on the lineup card. Lineup cards and scorebook should not be completed until after the coin toss. All lineup cards must remain at the score table during the set and can be retrieved once the set is complete.
 - c. Following DIAA (and DVOA) current court protocol guidelines, all CYM teams will not be required to change side of court/benches between sets. Since teams will remain on the same benches throughout the match, Line Judges will be required to switch sides of the court between sets to promote fairness. If match goes to a 3rd set, official will conduct a coin toss between team captains with VISITING team calling coin toss. The winner of coin toss has choice of serve or receive.
 - i. When matches end early, the following match will start as soon as possible. Teams are to report to the gym at least 15 minutes prior to the start of their match in case an early start is possible.
 - d. Scoring will be by rally point rules. For the first 2 sets of a match, the winning score will 25 points and games must be won by 2 points. In the 3rd set, the winning score will be 15 points and must be won by 2 points.
 - e. Matches will be best of three 3 sets. The first team to win 2 sets, wins the match. Playing additional sets after the match is won will be at the discretion of the official. Additional sets may not extend beyond 15 minutes prior to the start of the next scheduled match.
 - f. The head coach for the winning team is responsible for reporting the scores of each match to the CYM Girls Volleyball Coordinator and the CYM Director of Youth Sports. Scores should be reported via email or via the online system. Scores should be reported by the number of sets won for each team (i.e. 2-0 or 2-1). Be sure to provide the teams playing, the division of the match, the location and the date of the match.

- g. A new coaching zone has been established to clearly identify the area in which coaches are allowed to stand. This area is defined by the libero replacement zone extending beyond the end line and sideline extended. Head coaches must maintain a distance of at least 6 ft from the sideline during live-ball situations and may approach the sideline during dead ball situations. The new allowance permits the head coach to stand and coach beyond the Libero replacement zone, past the end line not to cross the sideline extended (See Diagram below). ONE assistant coach can stand with the head coach to coach players BUT ONLY DURING A DEAD BALL SITUATION.

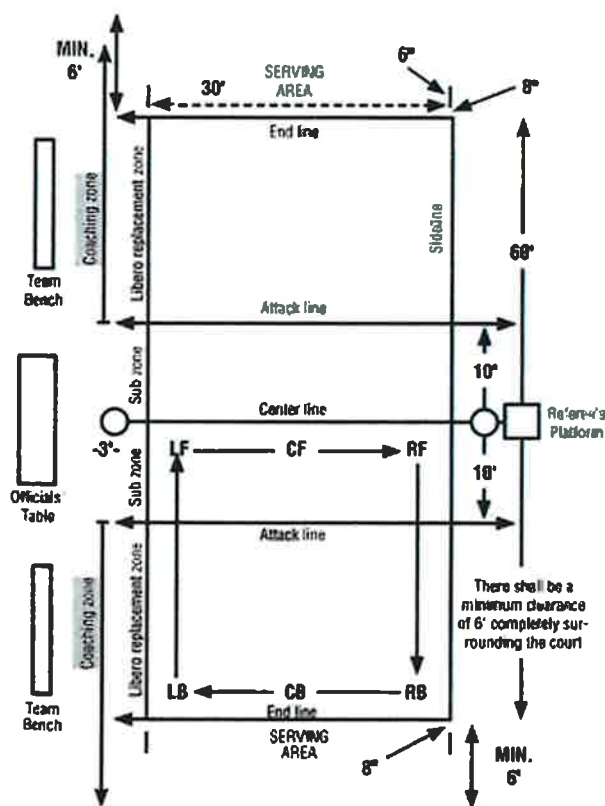


DIAGRAM 1

Once the official extends an arm for the authorization of serve, the assistant coach **MUST RETURN TO THE BENCH** and may not stand again until the next dead ball. Assistant coaches may **NOT ADDRESS OFFICIALS**, except to review score, verify number of time outs and/or substitutions used by their team, or verify the proper server for the opponent.

If this privilege is abused by multiple assistant coaches standing to coach players or by one or more assistant coaches standing to communicate with officials, a yellow card will be assessed. Continued unsporting behavior will result in a red card and all coaches must remain seated for the remainder of the match.

- h. Net height will be 7' 4 $\frac{1}{8}$ ".

- i. There shall be no more than a 3 minute intermission between sets.
 - j. Both teams will warm up simultaneously. For all Varsity teams, each team is granted 6 minutes for an individual team warm up in pre-game. The away team will have the first 6 minutes to warm up followed by the home team for the remaining 6 minutes. 6 minutes will be timed on the visual gym clock, and each team is responsible for using their 6 minutes as they want. The official (s) will not be involved in advising team when to hit or serve.
 - k. Each team will provide one responsible person to act as line judge and assist the game official.
 - l. Teams are limited to a maximum of 18 substitutions per team, per game. A request for a substitution will not be recognized if made by anyone other than the head coach or the substitute entering the substitution zone. Substitution request by head coach may be verbalized or signaled. Players must remain in the same rotating order.
 - m. The first position on a receiving team will be right front. Note – this may differ from score cards.
 - n. Each team is permitted 2 timeouts per set. Each time out is a maximum of 1 minute.
 - o. Injury Rule (Applies to C Division Only) - Teams may substitute during an injury time-out (even though a replay is called) for the libero replacement if the libero is injured or ill. This change allows for the immediate substitution of the libero replacement who may be playing out of position due to the injury to the libero. While a replay limits a team from substituting, when the replay is called due to an injury of the libero, a substitute is allowed for the libero replacement.
2. Varsity & Senior Rules – If a rule is not specifically addressed herein, Federation rules apply. In the event of a conflict between sets of rules, these rules control.
- a. Division placement – coordinator(s) have final discretion in division placement.
 - b. Libero – Liberos are permitted in Varsity C division, and are not permitted in any other division. Coaches are responsible for knowing the libero rules and having score keepers knowledgeable in scoring with a libero present. A libero tracker is required – if neither team has an appropriate tracker, libero may not be used.
 - c. Varsity and senior service line will be 30' from the net. Servers may use the entire width of the court to serve. Players may not move up to the 25' line.
 - d. During playoff matches additional games are not permitted if a team wins the match after 2 games.
 - e. There is no limit on the number of points that may be served by a single player.

3. Junior Varsity Rules – If a rule is not specifically addressed herein, Federation rules apply. In the event of a conflict between sets of rules, these rules control.
- a. Some of the junior varsity divisions are intended to be instructional.
 - b. All players must have the opportunity to play a meaningful amount of time in each match.
 - c. Bump rule – it is not mandatory that a serve be received with a bump. However, junior varsity coaches are strongly encouraged to teach players to use the bump when returning a serve. A set shot off a serve is rarely done properly, even at higher levels, and in the majority of situations will result in a violation and point/side out.
 - d. Red division service line will be 25' from the net and within the 6' hash mark. The server may not violate the 25' service line. **Ideally all gyms should mark this area properly so there are no questions. If unable to do so coaches and officials should agree to the area before the match. (See the Diagram 2 drawing as a sample.)**
 - e. For all other junior varsity divisions, no foot faults will be called. The former 15' service line has been eliminated. Servers can serve where they are comfortable, except that underhand serving shall be within the 6' hash mark. Officials have sole discretion to move a player back.
 - i. All junior varsity players have the option of moving back to the 30' line. Servers using that line may use the entire width of the court to serve. From the 30' line, foot faults will not be called as long as the individual is within the 6' hash mark since the server has up to the 25' line to serve. Outside the 6' hash, foot faults will be called. Any type of serve is permitted.
 - ii. Notwithstanding the foregoing, overhand and side-arm serves may only be done from the 25' line.
 - f. No player may serve more than 5 points in succession. If a server reaches the limit, the players will rotate to allow the next player to serve. The opposing team will not rotate in this situation. The serving team does not lose the serve. This rule does not prevent a coach from substituting players after the 4th consecutive point to avoid rotating the servers, however, an official may modify the substitution portion of this rule if he or she feels it is being abused.
 - i. A player out of rotation during service will result in the serve being lost and the team losing any points connected to the serve provided the improper server is discovered prior to the contact of the first serve by the opposing team. When an improper server is not discovered until after the serve has been alternated and the first serve has been contacted, there is no cancellation of points and no penalty assessed. Proper serving order shall be immediately regained.

4. Equipment

- a. Kneepads are required for all divisions of varsity and junior varsity. Kneepads are optional for senior divisions.
- b. All jewelry shall be removed, except small, secured jewelry (stud or post). No jewelry is permitted below the chin. String bracelets, commemorative bracelets and body jewelry are considered jewelry and are not permitted. Taping over jewelry is not permitted. Medical alert medals are not considered jewelry and shall be taped to the body with the alert showing. Religious medals are not considered jewelry and shall be worn under the uniform taped to the body. Players must have all jewelry removed during warm ups.
- c. Players shall not wear body paint or glitter on their hair, face, uniform or body.
- d. Hair control devices and other adornments in the hair that are securely fastened and do not present an increased risk to the player, teammates or opponents are allowed (i.e. flat barrettes or bobby pins). Headbands made of soft material and no more than 3 inches wide may be worn in the hair or on the head.
- e. All varsity and senior divisions will use standard weight volleyballs, at 9.0-9.1 ounces. All junior varsity divisions will use lighter/featherweight (ex. – volley lite) volleyballs, at 7.0-7.1 ounces.
- f. Visiting team will provide a scoreboard operator. Home team will provide a scorer, and the home team scorebook will be considered official. Both teams should keep a scorebook and compare scores throughout the game to ensure accuracy. Game officials are not responsible for keeping score.

DIAGRAM 2 – THE PLAYING COURT

