

## **DIOCESE OF OAKLAND • CATHOLIC YOUTH ORGANIZATION**

# **2015 CYO BOYS' SAND VOLLEYBALL RULE EXCEPTIONS**

CYO Boys' Sand Volleyball league matches will be played according to the rules of the 2014–2015 Volleyball Rules from the National Federation of State High School Associations with the following CYO rule exceptions:

1. **Net Height:** The official net height is *seven (7) feet* or whatever is available at the site.
2. **Uniforms:** Players must wear shirts. In tournament play, players must have a clearly visible number on the uniform jersey. Wearing socks is suggested.
3. **All Participation Rule:** Each healthy, uniformed player present must play.
4. **Server Rotation:** The serving team shall rotate each time a server serves five consecutive points in a set.
5. **Spiking Line:** The spiking line (10 foot line) will not be included.
6. **Number of Players:** The number of players on the court shall be four. A team may begin and continue to play with three players.
7. **Position on the Court:** There are no positional faults. Players may position themselves anywhere on their court. Two feet can go under the net as long as there is no contact or interference with an opposing player. Substitutes must substitute for the same player / position in the service order throughout the game.
8. **Hits:** Open hand dinks are not allowed. No intentional sets over the net are allowed. No intentional “heading” is allowed. No intentional hits below the waist or intentional kicks are allowed. **Point of Emphasis:** Encourage their teams to hit three times on their side.
9. **Standings:** There will be no league standings kept. All teams are invited to participate in the end of the season tournament. The tiebreakers in tournament are: (1) Best record; (2) Head-to-head; (3) Total points scored. (Note: For tiebreaking, OT scores are 15-14.)
10. **Scoring:** Rally scoring will be used and the let serve is allowed. The tournament director will decide the number of sets to the match and the number of points to win a set. Generally, sets are played to 15 points; teams must win by 2 unless, if the score is tied 19-19, the team will win by 1. Teams will switch sides when the first team scores 7 points. **For the year-end tournament**, the championship game (only) will be played to 25 points, *rotate sides at 6, 12 and 18 points, sudden death at 29 points.*
11. **Time Outs:** There is one time out per team per regulation set in preliminary play. (Note: One additional in “overtime”). Regular time out rules in tournament play will apply.
12. **Eligibility:** CYO eligibility rules are in effect including residence, age, and grade. Girls are allowed to participate only if they did not participate in the 2014–2015 girl’s CYO volleyball season. *Players may play up in grade, but not down in grade. Parishes/schools will declare their teams for the tournament by Sunday, May 3.*
13. **Prayer:** There will be prayer with all teams participating prior to each grade division and will be lead by the host team.