

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

## **2025 CYO BOYS' SAND VOLLEYBALL**

### **RULE EXCEPTIONS**

CYO Boys' Sand Volleyball league matches will be played according to the rules of the 2024–2025 National Federation of State High School Associations Volleyball Rules 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. When a team plays with three players, a “ghost player” will be used in the missing players serving slot. When that position rotates into the serve, the “ghost” team will lose the serve but the other team will not be awarded a point.
7. **Position on the Court:** There are no positional faults. Players may position themselves anywhere on their court. One foot or both 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. Server must begin behind the end line and within the sidelines extended of the court. Players not participating in the set should sit off of the sand area. Players, coaches, officials only allowed on sand area.
8. **Hits and Passes:** Open-hand dinks are not allowed. Intentional “heading,” intentional hits below the waist and intentional kicks are not allowed. No intentional sets over the net are allowed. High passing to a player’s own side is allowed on the first and second hit. As per National Federation rules, “double hits” are allowed on the first contact of the ball over the net.  
**Point of Emphasis:** Encourage 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.
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.
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 2021–2022 Girl’s CYO Volleyball season. *Players may play up in grade, but not down in grade.*
13. **Jewelry:** No jewelry allowed on the court except medical alert or taped religious jewelry as per the National Federation rulebook. No earbuds, watches, fitness devices are allowed. Post earrings allowed..

14 **Tournament Special Rules:**

**Declaration of Teams:** *Parishes/schools must declare their teams participating in the tournament by **Friday, May 9.***

**Player Qualification:** A player must have played on at least two preliminary match dates to be eligible to participate in the tournament.

**Tournament Points:** Games will be played as described in #10, above, except the 7<sup>th</sup>/ and 8<sup>th</sup> grade championship games (only) will be played to 25 points, *rotate sides at 6, 12 and 18 points, sudden death at 29 points. The 5<sup>th</sup> and 6<sup>th</sup> grade championship will play to 15. Pool play will be 11 points, or at the option of the tournament director.*

**Tournament Tiebreakers:** (1) Best record; (2) Head-to-head; (3) Total points scored. (Note: For tiebreaking purposes, overtime scores are counted as 15-14.)

15. **Prayer:** There will be prayer with all teams participating prior to each grade division and lead by the host team.