

## **CYO 3<sup>RD</sup> /4<sup>th</sup> GRADE VOLLEYBALL RULES**

### **GENERAL RULES**

If children are brought to the games, they must be continuously supervised and remain in the gym WITH YOU at all times. They are not allowed to play in the hallways of the building. Coaches please inform your parents of this rule. There will be monitors at every game to insure this is followed.

**COACHES** if coaching two teams you need to keep the two teams separate. No student will be allowed to play on both teams. The only exception is if you are going to be short a player that night.

A minimum of 4 players must be present at game time. If 4 players are not ready at game time, your team will forfeit.

### **SCORING**

Games will be played to 21 points, rally scoring, games must be won by two points. Cap is 25 (even if it's only by 1 point). The team winning two out of the three games wins the match.

### **START OF GAME**

The ref will call captains and flip a coin or use odd or even to decide who serves first. Then the 2<sup>nd</sup> game the team that did not win the flip will serve first. Teams will switch sides for the second game. If each team has a win after the first two games there will be another coin toss to see who gets to serve first in the third game.

### **SPIKING RULES**

Only a front row person may spike the ball. A back player may spike if they jump from behind the 10 foot line. NO attacking the serve.

### **SERVING**

Overhand and underhand serves are allowed, let serves are allowed. 3<sup>RD</sup> /4<sup>th</sup> GRADERS may serve from the 15 foot line, it will be taped off. If a player serves 3 in a row the team rotates. If 3 girls serve 3 in a row, 9 serves it's a side out and the other teams gets the ball.

## **CYO 5th /6<sup>th</sup> GRADE VOLLEYBALL RULES**

### **GENERAL RULES**

If children are brought to the games, they must be continuously supervised and remain in the gym WITH YOU at all times. They are not allowed to play in the hallways of the building. Coaches please inform your parents of this rule. There will be monitors at every game to insure this is followed.

**COACHES** if coaching two teams you need to keep the two teams separate. No student will be allowed to play on both teams. The only exception is if you are going to be short a player that night.

A minimum of 4 players must be present at game time. If 4 players are not ready at game time, your team will forfeit.

### **SCORING**

Games will be played to 21 points, rally scoring, games must be won by two points. Cap is 25 (even if it's only by 1 point). The team winning two out of the three games wins the match.

### **START OF GAME**

The ref will call captains and flip a coin or use odd or even to decide who serves first. Then the 2<sup>nd</sup> game the team that did not win the flip will serve first. Teams will switch sides for the second game. If each team has a win after the first two games there will be another coin toss to see who gets to serve first in the third game.

### **SPIKING RULES**

Only a front row person may spike the ball. A back player may spike if they jump from behind the 10 foot line. NO attacking the serve.

### **SERVING**

Overhand and underhand serves are allowed, let serves are allowed. 5th /6<sup>th</sup> GRADERS may serve from the 20 foot line, it will be taped off. Once the whistle blows, the server has 10 seconds to serve the ball. If they step over the serving line, foot fault, it will be called a side out.

## **CYO 7th /8th GRADE VOLLEYBALL RULES**

### **GENERAL RULES**

If children are brought to the games, they must be continuously supervised and remain in the gym WITH YOU at all times. They are not allowed to play in the hallways of the building. Coaches please inform your parents of this rule. There will be monitors at every game to insure this is followed.

**COACHES** if coaching two teams you need to keep the two teams separate. No student will be allowed to play on both teams. The only exception is if you are going to be short a player that night.

A minimum of 4 players must be present at game time. If 4 players are not ready at game time, your team will forfeit.

### **SCORING**

First two games will be played to 21 points, rally scoring, games must be won by two points. Cap is 25 (even if it's only by 1 point). The third game will go to 15 points. The team winning two out of the three games wins the match.

### **START OF GAME**

The ref will call captains and flip a coin or use odd or even to decide who serves first. Then the 2<sup>nd</sup> game the team that did not win the flip will serve first. Teams will switch sides for the second game. If each team has a win after the first two games there will be another coin toss to see who gets to serve first in the third game.

### **SPIKING RULES**

Only a front row person may spike the ball. A back player may spike if they jump from behind the 10 foot line. NO attacking the serve.

**SERVING 7th/8th GRADERS** will serve behind the regulation line. Foot faults will be called. Once the whistle blows, the server has 10 seconds to serve the ball.