



2025 DOB CYO Volleyball Rules

1. Philosophy

DOB CYO volleyball emphasizes participation, sportsmanship, and development of skills, not solely winning. Coaches and athletes are expected to uphold Catholic values of respect, teamwork, and community.

2. Eligibility

All participants must meet DOB CYO handbook requirements for academics, behavior, and physical clearance.

3. Match Format

Matches will be **best 2 out of 3 sets**.

Sets 1 & 2 are played to **25 points**, win by 2 (cap at 30).

If needed, Set 3 is to **15 points**, win by 2 (cap at 20).

Rally scoring will be used in all sets.

4. Team Composition

A team must have **6 players to start** a set.

If fewer than 6 are available, play may begin with 5 (forfeit if fewer than 5).

Rotation must follow a standard clockwise pattern.

All rostered athletes should have the opportunity to play during each match.

5. Substitutions & Playing Time

Unlimited substitutions permitted, following standard rotation rules.

Coaches are encouraged to balance playing time across all players, consistent with DOB philosophy.

Libero is permitted, but not required; one per set.

6. Serving

Players must serve from behind the end line.

Maximum **5 consecutive serves per player**, after which the team rotates (DOB adjustment for participation).

Let serves (ball contacting the net and landing in-bounds) are legal.

Foot faults result in loss of rally/point.

7. Timeouts

Each team is allowed **two 30-second timeouts per set**.

Official injury timeouts will follow NCAA guidelines, with reasonable accommodation for middle school play.

8. Net & Court Rules

Net height: **7 feet 0 inches** (per middle school standard).

A ball contacting any part of the boundary line is in.

Players may not contact the net or cross the center line under the net.

Back-row attack/block rules follow NCAA guidelines.

9. Uniforms & Equipment

All players must wear matching team shirts with visible numbers.

Jewelry is prohibited (except medical/faith medals, taped if worn under uniform).

Volleyballs must be official size, leather/composite, and approved by DOB.

10. Officials

DOB-assigned officials will oversee all matches. Officials' decisions are final.

Coaches and spectators must demonstrate respect toward officials at all times.

11. Conduct & Sportsmanship

Coaches, players, and spectators must adhere to the DOB CYO **Code of Conduct**.

Negative comments, taunting, or unsportsmanlike behavior will not be tolerated.

Penalties may include point awards, removal of spectators, or suspension of players/coaches.

12. Hosting Responsibilities

Host schools must provide:

A safe, regulation-size court.

Scoreboard and scorekeeper.

Warm-up time of at least 10 minutes.

Host school teams must be scheduled to play at their site to ensure adequate supervision.