Edited by: Jenny Jung
Last updated / reviewed: August 12, 2026

CYA VOLLEYBALL RULES

I. INTRODUCTION

a. From 7/8th House and up, including high school and boys teams, all teams play with default rules with no modifications, as listed in this document. The only variation throughout the age/skill groups is the calls made at the referee's discretion. Referees are instructed to provide warnings as they deem necessary and move onto official calls throughout the individual games and the overall season. Referees have been encouraged to make the best judgment calls they can, given the skill level of the player and teams in general.
b. For 2nd-4th grade teams, little to no calls will be made for contact with net, carries, etc. – but warnings to promote good play is encouraged!
c. Division-specific modifications are marked in red
d. Please reach out to Jenny Jung (ntosm925@gmail.com), CYA Volleyball Referee Coordinator, for any questions or clarifications! ☺
e. Please note: interleague rules may be different – for example, MS/HS boys, MS travel, etc.

II. MATCH FORMAT

a. Play until the end of the allotted / scheduled time (even if in middle of a set)
b. Each set to 25 points, win by 2. Continue playing sets up to 25 points until game time is up.
    i. Set point / game point warning at 24 points will be provided by ref.
    ii. 2-minute warning and/or last serve warning will be provided by ref.
c. Switch sides after first set; no need after second and subsequent sets
d. Rally scoring
e. 10-minute warm-up (generally: 4 min of passing, 4 min of hitting, 2 min of serving)
    i. 10-minute begins at the game start time listed on the schedule – refs will keep time, regardless of preparedness by the players/coaches
    ii. 4-4-2 format may be modified for younger divisions
        1. Ex. common modification may be 5 min of passing + 5 min of serving

III. ROTATION

a. 6 players on court; minimum requirement of 4
    i. If a team has 3 or less players, it is a forfeit. If the other team has extra players, the extra player(s) can join the other side and teams can scrimmage.
b. Rotate players clockwise on side-out/new serve (see diagram in Appendix I below)
c. Based on coach preference and team skill level, advanced rotations (ex. 5-1, 6-2, etc.) can be used.
d. Teams can use continuous rotation (see Appendix I) OR substitutions (see Appendix II)
    i. Substitution must be called by players/coaches in between points – AFTER the previous point has ended and BEFORE the next serve is called.
    ii. If a player/coach calls for a substitution AFTER the next serve is called, the substitution must wait until the point is over.

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IV. LIBERO GUIDELINES (liberos are OPTIONAL, but if used, follow these guidelines)

a. The libero must be designated at the start of a set. The libero should be wearing a jersey/shirt of a different color than the rest of the team.
b. The libero is allowed to replace any player in the back row. As such, once on the court, they are limited to normal back row player rules (ex. no hitting in front of the 10-foot line, no blocking, etc.) and normal rotation after rallies/side-outs.
c. Libero replacements are not considered substitutions and are unlimited.
d. All replacements can only take place while the ball is out of play and before the whistle for service. Player and libero can switch anywhere between the 10-foot line and the back line.
e. Generally, the easiest way to utilize a libero would be to pick <u>ONE</u> position (usually, but not always, middle hitter) and whenever a player of that position comes into Position 1 (server position) on the court, a libero replacement can take place.
    i. Two options at this point: (1) the middle hitter can serve and be replaced by the libero after the middle hitter loses their service; or (2) the libero serves on the middle's behalf.
f. Once the libero serves on behalf of a certain player, the libero can only serve for that specific player and no one else during that set in the match.
    i. This does not necessarily mean liberos can only replace a specific player and that player only. Liberos can replace more than 1 player – liberos can, and usually do, replace both middle hitters (or another position, such as outside hitters) as they rotate into the back row. But the limitation is that they can only <u>serve</u> on behalf of a single player. Liberos cannot circumvent the serving rule and serve on behalf of multiple players.
        1. Ex. if the libero served in replacement of Jane the Middle Hitter, the libero cannot then serve in replacement of Mary the other Middle Hitter. The libero can only act as a defensive replacement in the back row for Mary after Mary's own service ends.
g. Contact Jenny for 2-libero system guidelines

V. GENERAL RULES OF PLAY

a. Flagrant/egregious rule violations will be called, regardless of division.
b. The ball can be played off the ceiling (or the court divider <u>*DIRECTLY ALIGNED*</u> with the net) if the ball remains on their side and they have touches left.
c. The ball is <u>out of play</u> when:
    i. The ball contacts the ceiling/structure above the opponent's side
    ii. The ball contacts any part of the ceiling/structure and then lands on the opponent's side
    iii. The ball goes through any ceiling/structures/beams and then lands on the opponent's side (no ball contact with ceiling structures necessary)
    iv. The ball contacts any walls/court dividers
    v. The ball contacts the antenna or travels outside of the antenna

d. Any ball contact with basketball structures will be called at the referee's discretion.
    i. If the ball contacts a basketball structure and would have remained playable if the structure had not been present (especially if a player is below the structure, ready to play the ball), an immediate replay will be called.
    ii. If the ball contacts a basketball structure and would have not remained playable if the structure had not been present (ex. ball headed toward the wall), the ball is out of play.
e. If the ball becomes stuck in a ceiling structure = replay/redo
    i. EXCEPTION: If the ball becomes stuck on a team's third hit = point to the other team (since it would've constituted a fault, regardless of what may happen after the ball came back down)
f. FRANKLIN MS: contact w/ black speakers hanging off the ceiling →
    i. During play: no effect – play as normal
    ii. During serve: re-serve allowed
g. CYA FIELDHOUSE: contact w/ thin metal wire over the volleyball courts = immediate replay

VI. SERVING

a. Coin toss @ captain's meeting before the match will determine which team serves first. For subsequent sets, serves alternate. (ex. Team A wins coin toss and serves first for Set 1. Then Team B automatically serves first for Set 2. Then Team A automatically serves first for Set 3. And so on. No additional coin tosses required.)
b. Teams must rotate EVERY side out, even on the first point. Side out is when the serve-receiving team gains the right to serve by winning the rally.
c. ES (2nd-4th & 5/6th HOUSE & SELECT; NOT for MS & HS): 1 full serve re-do allowed
    i. Underhand or overhand
    ii. If a serve does not put the ball into play (i.e. player tosses & drops, tosses & catches, ball is served into the net, ball is served out, etc.), the player can completely retry their serve one more time
    iii. This rule applies to first serve only. First serve is defined as the first serve after they rotate into the serving position.
    iv. This rule is retriggered once the player completes a full rotation and returns to the server position. This means a player gets multiple "first serves" in a game.
d. MS & HS (NOT 2nd-4th & 5/6th): 1 toss & drop allowed
    i. Players are allowed to reattempt an overhand serve after they toss & drop the ball.
    ii. If the player touches or catches the ball, that is a fault and loss of service/a point to the opposing team immediately.
    iii. This rule applies to first serve only. First serve is defined as the first serve after they rotate into the serving position.
    iv. This rule is retriggered once the player completes a full rotation and returns to the server position. This means a player gets multiple "first serves" in a game.

e. Unlimited points in one service rotation
    i. ES (2nd-4th & 5/6th HOUSE & SELECT) mod.: Maximum of 5 points in one service rotation (If a serve is determined to be a re-do, the serve does not count).
f. Serve from the back line; foot faults will be called
    i. ES (2nd-4th & 5/6th HOUSE & SELECT) mod.: serve anywhere between the 10-foot line and the back line, whether serving underhand or overhand
    ii. (*goal = serve at back line by the end of season)
g. Serves hitting the net and going over to the opponent's court is playable
    i. 2nd-4th & 5/6th HOUSE mod.: NOT PLAYABLE; immediate replay for any serve
    ii. 5/6th SELECT: NO MOD. – net serves are PLAYABLE
h. Serves cannot be blocked or attacked.

VII. COMMON FAULTS (resulting in loss of point)

a. Net contact
    i. EXCEPTION: When the ball is driven into the net, causing it to touch an opponent, no fault is committed.
b. Reaching beyond the net during blocks
    i. A player may touch the ball beyond the net, as long as the action does not interfere with the opponent's attempt to play the ball. If any interference is observed by the referee, the point will be lost.
c. Reaching underneath the net into the opponent's court
    i. Penetration into the opponent's court, beyond the center line (but NOT FULLY over the center line), by any part of the body, is permitted, as long as there is no interference or safety hazard to the opponents. If any interference/hazard is observed by the referee, the point will be lost.
    ii. Penetration into the opponent's court, COMPLETELY beyond the center line, ONLY by a player's foot/feet, is an immediate fault, regardless of interference/hazard (or the lack thereof).
d. Four hits
    i. Block does not count as a hit
e. Carry/lift
    i. Use of palm is almost always carry/lift (instead, use fists or back of hand...)
f. Doubles (*simplified rule*)
    i. In terms of 2 consecutive ball touches by the same player: DOUBLE CALL ENFORCED
    ii. In terms of doubles committed during *setting / one continuous movement*:
        1. NO DOUBLE CALLS for CYA VOLLEYBALL GAMES
        2. NOTE: referees, coaches, and players need to be aware that doubles may be called in other settings, like USAV / CHRVA / VHSL / other officially organized volleyball games.

g. Illegal backrow hit (*simplified rule*)
    i. A backrow player (base position 1, 6, or 5) may NOT jump when they are in front of the 10-foot line and completing an attack / hit. This means a player does NOT commit a fault if they complete an attack without jumping while standing in front of the 10-foot line.
    ii. In other words: during play, if a backrow player is standing in front of the 10-foot line, the player may NOT complete an attack / hit while jumping.
    iii. However, a backrow player, while physically in front of the 10-foot line and jumping, may complete a move that is NOT an attack / hit, like a jump set.
    iv. Another scenario: During play, a backrow player MAY start their jump attack *behind* the 10-foot line, attack the ball mid-air, and land in *front* of the 10-foot line.

VIII. MISCELLANEOUS RULES

a. Time outs are limited to 30 seconds. Referees will keep time. Although there are no limits, coaches should aim for 1-2 per game, given the limited amount of game time.
b. Players should roll balls under the net (instead of throwing it over the net) for safety reasons.
c. During the games, players on the sidelines must stand behind the 10-foot line and against the wall / bleachers as much as possible (as to not block the referee's full view of the volleyball court. Coaches have leeway – can reasonably stand anywhere along the sidelines as the refs allow.
d. Line judges (if available) will stand on 2 opposite corners of the volleyball court. One line judge should stand on the adjacent corner to the right side of the ref. The other line judge should stand on the opposite corner to the left side of the ref.

IX. COACHES & PARENTS

a. Parents may not speak to the players on the court; only the coaches should be directing play.
b. Parents may not speak to the coach or referee in a negative or hostile manner.
c. Parents should limit communication to coaches to only before or after a match.
d. Coaches should set a high standard of respect and sportsmanship through their coaching.
e. Cheering is allowed during the game, except during serves.
f. Teams should keep cheers positive.

(Continued on next page)

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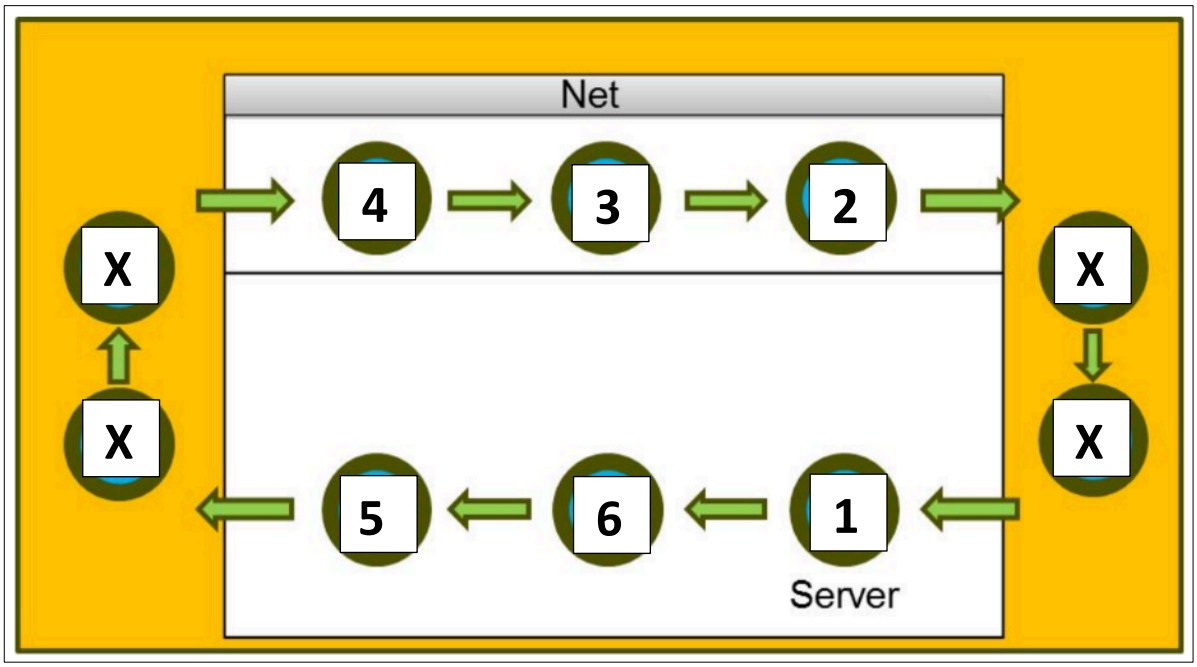
Last updated / reviewed: August 12, 2026

APPENDIX I: Basic / Continuous Rotation (NOT SUBSTITUTION)

(recommended for Grades 2-6 and at least initially for MS/HS House)



- Coaches should teach court position numbers to players
- Note that while the rotation is clockwise, the court position numbers are not

If there are more than 6 players present, extra players can stand off-court and be in queue to rotate in. When it's time for your team to rotate:

- Player in "5" position moves off-court into the queue, and the player first in line in the off-court queue moves into the "4" position.
  OR
- Player in "2" position moves off-court into the queue and the player first in line in the off-court queue moves into the "1" position and becomes the server.
  OR
- With 2+ extra players, the team may also choose to rotate in from both sides, which combines both scenarios above.

This rotation CANNOT be used together with SUBSTITUTIONS. You must use one or the other. If your team is NOT using SUBSTITUTIONS and there is an off-court queue in place, this continuous rotation MUST be used. In other words, when it is time to rotate and there are extra players in line in the off-court queue (on either side), a player in the "2" position (and/or "5" position) cannot move to the "1" position (and/or "4" position, respectively). A player cannot bypass the off-court queue – this keeps the player line-up consistent.

The "1" position is ALWAYS the serving position. Our Grades 2-6 players are allowed to serve anywhere from the back line to the 10-foot line, but the server should always return to the "1" position immediately after their serve. Those in grades 5-6 should work to be serving from the back line as the season progresses. Players must make a full rotation (through positions 1-6 and through the line of subs) before they are allowed to enter back to the serving position.

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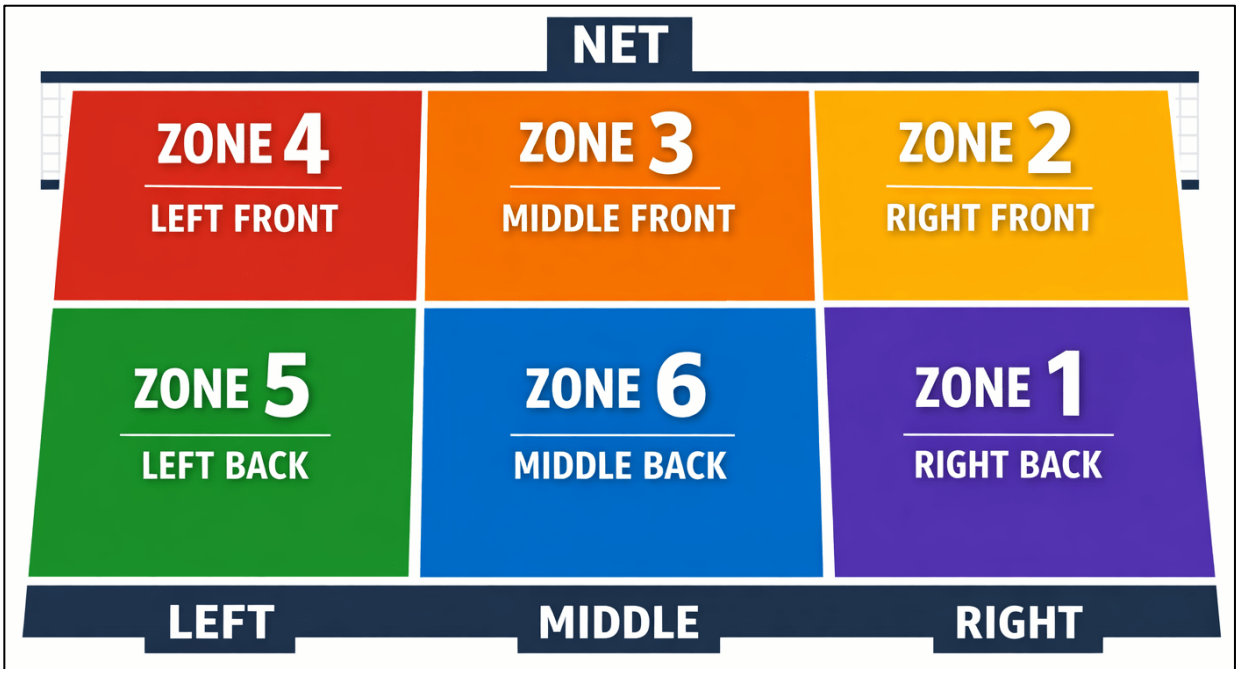
Last updated / reviewed: August 12, 2026

APPENDIX II: Substitution Guidelines



As our house teams develop, and select teams solidify their player positions, teams may elect to use "substitution". Here are some things to keep in mind about "substitution" in scenario form (this can get confusing in writing - please let me know if you need extra clarification).

- Please see attached picture for volleyball court position numbers.
- Substitution is when a team has more than 6 players, but the extra players do NOT rotate into the court from the sidelines after the team gets the serve back. Extra players stay off of the court and do not rotate in. Instead, the player in the left back position (Position 5) rotates directly into the left front (Position 4) & the player in the right front position (Position 2) rotates directly into the right back / serving position (Position 1).
- The key requirement in substituting players is that the team's rotation order must be maintained. In other words-- Player A starts in Position 1, Player B starts in Position 2, Player C starts in Position 3, etc. etc. That's your line up. That's the order that the players are serving. That line up, that serving order must be maintained.
- Substitutions must be called AFTER a point is over and BEFORE the next serve is whistled. Please encourage all of your players to let the referee know BEFORE they sub in/out of the court, instead of running in/out. Also, please encourage proper substitution procedure - by standing at the 10-foot line and waiting for referee permission.
- I will note- only a few, if any, of my referees will catch illegal substitutions. All of them are middle school and high school volleyball players, some on your teams. They are not officially certified by any means. So I hope this small review session helps in making sure all of us are learning and promoting correct substitution rules & procedures for our players!

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Scenario:

- Let's say your starting lineup is playing, playing, playing, and rotating as they get the serve back from the other team. Eventually, you want to sub in one of the extra players standing on the sidelines for a player on the court. Let's say, at this point, Player D is in Position 1. You want to sub in Player Z for Player D into Position 1. That's allowed -- but remember, after this substitution, Player D and Player Z are "linked" together for the rest of the set. Player D and Player Z can only play in the position between Player C and Player E.
- After this substitution, the team keeps playing and rotating. Let's say the team gets stuck on a hard server from the opposing team. Here, coaches get tempted to sub in any player on the sideline for a weaker passer on the court, just to shake things up. BUT you have to keep your "linked" players in mind. So for example, if your weak passer is Player B, Player D standing on the sidelines (who is already linked with Player Z from the previous substitution) CANNOT sub in for Player B.
    - Why? Going back to the lineup maintenance requirement – this would be illegal because your lineup order is messed up. If you sub in Player D for Player B, Player D is now NOT between Player C and Player E, as they were in the starting lineup. Also, this would theoretically allow Player D to serve earlier than they would've if they maintained the serving order.
- This "linkage" also works with 3 players – for example, Player Z subbing in for Player D, and then Player Y subbing in for Player Z, and then Player D subbing back in for Player Y. But unless the coaches & players all have a FIRM grasp on their lineup and type of rotation being used (such as 5-1, 6-2, 4-2, etc), it can get complicated/confusing, which is why player-for-player substitution is more common and general rule of thumb.