

CATHOLIC YOUTH ATHLETIC ASSOCIATION

VOLLEYBALL RULES FOR GIRLS COMPETITION

RULE 1 - The Game

SEC.1 Volleyball is a game played by two teams of six players each with an inflated ball on a rectangular court separated into two areas by a net. One team serves the ball, trying to make it land within the opponent's playing area. The receiving team attempts to return the ball over the net in such a manner that it will land within the opponent's playing area.

SEC.2 A point shall be awarded when either team violates a rule (even the serve).

SEC.3 A side out shall be declared when the serving team violates a rule. A point is awarded to the opposing team.

SEC.4 A coin toss shall be conducted between the captains of each team prior to the first game of the match and, if necessary, prior to the third game of a two-out-of-three game match. The visiting captain shall call the toss. The winner shall choose either to serve or receive or playing side. The loser of the toss shall be given the remaining choice.

SEC.5 A team which has scored 25 points, and is at least two points ahead, is the winner. If the leading team does not have a two-point advantage, play shall continue until one team has a two-point advantage with a cap at 30 points.

SEC.6 Rally score to 25 in first two games; third game is rally score to 15.

RULE 2 - Suspension or Forfeiture of Game

SEC.1 If a match is suspended due to:

- A) Power failure.
- B) Other unforeseen circumstances.

It may be resumed from the point of suspension. The score and lineup will be the same when it is resumed as they were at the moment of suspension.

SEC.2 A game shall be declared a forfeit when:

- A) A team refuses to play when directed to do so by the official.
- B) A team has fewer than eight players to start the match.
- C) A coach is removed from the game for un-sportsman-like conduct and an authorized representative is not present to assume responsibility for the team.
- D) A coach fails to resolve situation of an unruly spectator after warning/penalty.

SEC.3 The score of a forfeited game shall be 25-0 if the game has not started. If the game is in progress, the opposite team shall be awarded its acquired points and the opponent awarded at least 25 points or a sufficient number to reflect a two-point advantage.

SEC.4 A match is defined as when a team has won two games out of three. The third game shall not be played unless it is necessary to determine the winner of the match. (Courtesy game is recommended.) Third game is played to 15 points.

RULE 3 - The Court

SEC.1 A court shall be 60 feet (18m) long and 30 feet (9m) wide, measured to the outer edges of the boundary lines. It is recommended that the area above the court be clear of any obstructions and at least 23 feet (7m) high.

SEC.2 A serving area shall be along the entire baseline of your side of the court, which shall be six feet in depth. In the event that such space is not available, the serving area shall extend into the court whatever distance necessary to provide the minimum depth and be so marked. (If both coaches are in agreement prior to a fifth grade game, the serving line may be moved up for season play).

SEC.3 A ball striking the ceiling or an overhead obstruction above a playable area shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net extended that is occupied by the team that last played the ball, and the ball is legally played next by the same team.

RULE 4 - Out of Bounds

SEC.1 A ball is out-of-bounds and becomes dead when it:

- A) Touches a wall, objects mounted flush with a wall, or objects on the floor outside the court without interfering with a player's legitimate effort to play the ball.
- B) Touches the floor completely outside the court's boundary line.
- C) Touches the net cable or net completely outside the vertical tape markers, net support or official's platform.
- D) Touches the net antennas or does not pass over the net entirely between the net antennas.
- E) Touches a non-player who is not interfering with a player's legitimate effort to play the ball.
- F) Touches the ceiling or overhead obstructions beyond the vertical play of the net and its out-of-bounds extension.
- G) Touches or breaks the plane of a non-playable area such as adjacent court scheduled for play, bleachers, benches, officials' table, etc.
- H) Touches any part of a backboard which is hanging in a vertical position, over a playable area if, in the judgment of the official, the ball would have remained in play if the backboard had not been there.

SEC.2 Penalty For Out-Of-Bounds:

A point is awarded to the opponent.

RULE 5 - Restricted Play

SEC.1 The official shall stop play when:

- A) A wall, floor obstacle, non-playable area or non-player interferes with player's legitimate effort to play the ball.
- B) A player breaks the plane of a non-playable area.
- C) A player gains an advantage by contacting any floor obstacle, wall or another player.
- D) It is necessary to prevent player injury from contact with obstacles or walls.
- E) The ball contacts any part of a backboard which is hanging in a vertical position over a playable area.

SEC.2 Penalties For Restricted Play:

- A) When a wall, floor obstacle or non-playable area that is less than six feet (2m) from a boundary line, or a non-player causes the interference, a replay is declared provided the player was making a legitimate effort to legally play the ball.
- B) When, in the judgment of the official, the ball would have remained in play had the vertical backboard not been over the playable area, a replay is granted.
- C) In all other situations, a point is awarded to the opponent.

RULE 6 - Equipment

SEC.1 The height of the net shall be seven feet for the fifth and six grade girls program and seven feet four inches for the seventh and eighth grade girls program.

SEC.2 The official balls for CYAA Volleyball games are the official synthetic or leather balls. For Grades 5 & 6 use the Volley-Lite 25; for 7th & 8 grade play use regulation weight.

SEC.3 Home team is responsible for one official, scorekeeper, scoring book, and game ball.

- CYAA recommends the home team provide a visible scoreboard, scorekeeper and official book.
- CYAA recommends each team provide a volunteer line judge.

RULE 7 - Player Equipment

SEC.1 A guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance, even though padded, is not permitted on the finger, hand, wrist or forearm.

SEC.2 Supports are permitted on other parts of the body (an elbow brace shall not extend more than halfway down the forearm) as long as they are soft and yielding or covered. Metal parts on any brace shall be padded. CYAA recommends players wear kneepads.

SEC.3 Any equipment that increases a player's advantage is prohibited.

SEC.4 Hair devices may be worn if made of soft material. Hats, full visors, and sunglasses can be worn during regular play however they are not permitted during tournament play unless held outdoors.

SEC.5 Players shall not wear jewelry.

SEC.6 Tennis shoes are required.

SEC.7 CYAA recommends that players wear a mouthpiece.

RULE 8 - Player Uniform

SEC.1 Each player shall be identified by a number on the uniform top which is not a duplicate of a teammate's number.

SEC.2 The number shall be:

- A) Clearly visible.
- B) Not more than two digits.

- CYAA requires (2005-2006) the number be placed on the front and back of the uniform top.
**exceptions to be approved by CYAA Athletic Director*

SEC.3 If a player wears an undershirt, it shall be plain and of like color to the predominant color of the uniform top. Beginning with the 1995-96 school year, uniforms shall not include advertising or a partial or whole company logo or trademark which exceeds 1½" x 1½" or appear more than once.

SEC.4 Players shall not wear undergarments or tights that are not the same color as the uniform bottom.

Exception:

Compression shorts which are unadorned, of a single color similar to the predominant color of the uniform bottom, and do not extend below the knee may be worn.
Compression shorts may not be worn in lieu of shorts.

SEC.5 Penalty for Illegal Equipment or Uniform:

- A) When a player attempts to enter the game wearing illegal equipment or uniform, unnecessary delay shall be assessed. Subsequent player equipment or uniform violations by the same team during the match results in a point being awarded the opponent.
- B) When a player wearing illegal equipment or uniform is discovered in the game, unnecessary delay shall be assessed the team. The player shall be removed and shall not re-enter the game until the illegal equipment or uniform is removed or made legal. A second uniform violation will result in an un-sportsman-like conduct penalty.

RULE 9 - The Team: Composition and Position

SEC.1 A team shall consist of six players to begin the match. If a team has fewer than six eligible players due to illness, injury or disqualification after the start of a match, it shall continue play.

SEC.2 A playing captain shall be designated by each team and this is the only player who may communicate with officials. If this player is replaced by a substitute, the coach shall designate another player as captain who shall remain as such until substituted for or until the original playing captain returns to the game. During a match, the playing captain may request team time-outs and the serving order during dead balls and may, if the signals are missed, ask the official to repeat the call.

- A captain from each team must attend the pre-match conference.

SEC.3 The position of players in order of the serve shall be Right Back, Right Front, Center Front, Left Front, Left Back and Center Back.

SEC.4 At the moment of serve:

- A) All players, except the server, shall be within the team's playing area and may be in contact with the boundary lines, or center line, but may not have any part of the body touching the floor outside those lines.
- B) All players shall be in correct serving order. The center front shall not have a foot touching the floor as near the right sideline as the right front nor as near the left sideline as the left front. The center back shall not have a foot touching the floor as near the left sideline as the left back. The center back on the receiving team shall not have a foot touching the floor as near the right sideline as the right back. No back row player shall have a foot touching the floor as near the center line as the corresponding front row player.
- C) After the ball is contacted for the serve, players may move from their respective positions.

SEC.5 When the serve is awarded to a team, that team shall rotate clockwise one position.

SEC.6 A request for the team serving order may be made by a coach or playing captain while the ball is dead.

SEC.7 Penalties for Illegal Positioning:

- A) For illegal alignment, a point is awarded the opponent for:
 1. Overlapping by players other than the server at the moment a legal serve occurs.
 2. Positioning, at the moment of a legal serve, of any player, other than the server, outside the boundaries of the playing area.
- B) For an improper server, a point shall be awarded as soon as the improper server is discovered and verified. Any points known by the official scorekeeper to have been made by the improper server shall be canceled.
 1. When an improper server is discovered prior to the contact of the first serve by the opposing team, all points earned by the improper server shall be canceled. No further penalty is assessed.

2. When an improper server is not discovered until after the serve has alternated and the first serve has been contacted, there shall be no cancellation of points, and no penalty is assessed.
3. Proper serving order as written in the scoring book shall be regained immediately.

SEC.8 A screen is an act, intentional or unintentional, which obstructs the receiving player's view of the server or the flight of the ball from the server. This includes, but is not limited to, the following:

- A) The server is hidden behind a group of two or more teammates who are standing in an erect position and the ball is served over a member(s) of the group.
- B) A player with hands extended clearly above the height of the head or with arms extended sideways at the moment of serve if the served ball passes over the player(s).

SEC.9 Penalty For Screening:
A point is awarded the opponent.

RULE 10 - Line Up

SEC.1 Two minutes prior to the game, a coach from each team shall submit to the scorekeeper an accurate, written lineup of the uniform numbers for the six starting players in proper serving order.

SEC.2 Following each game, a coach from each team shall:

- A) Submit to the scorer any changes in the starting serving order from the previous game.
- B) Verbally notify the scorer that the starting lineup will remain the same as the starting lineup for the previous game. This shall constitute the serving order recorded in the scoring book.

SEC.3 Penalties For A Late Or Inaccurate Lineup:
Failure to turn in a lineup by the required time or list a player or substitute entering the game results in a point is awarded the opponent. The player or substitute may enter the game after the scoring book is corrected.

- When a player's number changes because the player must change a uniform with excessive blood on it, the roster is corrected and no penalty is assessed.

RULE 11 - The Serve

SEC.1 A serve is contact with the ball to initiate play. The server shall hit the ball with one hand, fist or arm after it is released. The ball shall be contacted within five seconds after the official's signal to serve.

- SEC.2** The server shall serve from within the serving area and shall not touch the end line or the floor outside the lines marking the width of the serving area at the instant the ball is contacted for the serve. The server's body may be in the air over or beyond the serving area boundary lines, having left the floor from within the serving area.
- SEC.3** The serve shall be permitted to hit the net and if goes over is constituted to be a legal net hit serve.
- SEC.4** A player's term of service begins when the player assumes the right back position as the server and ends when a violation is made by the player's team or a substitution for the player is made prior to the end of the team's term of service. A player may have only one re-serve during their term of service.
- SEC.5** A re-serve shall be called when the server releases the ball for service and it drops to the floor. The official shall cancel the serve and direct a second and last attempt at serve. The server is allowed a new five seconds for the re-serve.
- A *re-serve* is considered to be a part of a single attempt to serve. Therefore, after the official's signal for service, no requests (time-outs, service order, lineup, substitution, etc.) May be recognized until after the ball has been served.
- SEC.6** The first server for each team is the Right Back player. Thereafter, the Right Front player rotates to the serving area.
- SEC.7** A team continues serving until a violation is made by serving team or the game ends.
- SEC.8** The team not serving first in the previous game of a match shall serve first in the second game.
- SEC.9** A serve is illegal and the ball remains dead if the server:
- A) Hits the ball illegally.
 - B) Is touching the end line or the floor outside the serving area when the ball is contacted.
 - C) Does not contact the ball to serve within five seconds.
 - D) Is out of serving order or is from the wrong team.
 - E) Deliberately serves before the official's signal to begin the serve.
 - F) Releases the ball for service, then catches it or drops it to the floor more than once during one term of service.
- SEC.10** A served ball is a service fault and becomes dead when the ball:
- A) Does not legally cross the net, such as when the ball touches:
 1. or passes under the net.
 2. one of the server's teammates.
 3. the floor on the server's side of the net.
 - B) Crosses the net not entirely between the net antennas, or lands out-of-bounds.
 - C) Touches the ceiling or any obstruction.
- SEC.11** When a receiving team player is out of position on the serve and:
- A) The ball is served illegally, the serving team is penalized.
 - B) A service fault occurs, the receiving team is penalized.

SEC.12 Service Penalties:

- A) For an illegal serve, a service fault, or the receiving team being out of position when there is an illegal serve, a point is awarded the receiving team.
- B) For the next receiving team being out of position when there is a service fault, a point is awarded the receiving team.
- B) For a server having a second re-serve during one team's term of service, a point is awarded the receiving team.

RULE 12 - During Play

SEC.1 All non-playing team members, including coaches and managers, shall be seated on the designated bench during the game. Teams shall occupy the bench located on the side of the net adjacent to their playing area throughout the match. (no other spectators, adults or children are permitted to sit with the team)

SEC.2 End of the game procedure:

Players will be directed to the end line by the referee as part of the end of the game signal. Prior to the third games, in a two out of three game match, the players will remain on their respective end lines during the coin toss procedure. After other non-deciding games, once the score is verified to the referee, the referee will blow the whistle and signal the players to change courts. The non-playing team members will immediately change benches, and the players will move in a counter clockwise direction past the standards to their new team bench area.

SEC.3 A live ball is one in play, from the moment the ball is legally contacted by the correct server until a dead ball occurs.

SEC.4 A dead ball is one declared by an official for any decision temporarily suspending play until the ball is legally contacted for the serve.

SEC.5 A live ball becomes dead when:

- A) The ball touches the net antennas or does not pass entirely between the antennas.
- B) The ball lands out-of-bounds.
- C) The ball contacts the ceiling or an overhead obstruction and is not legally played next by the offending team.
- D) The ball contacts the ceiling or an overhead obstruction after the third hit.
- E) The ball contacts a wall or ceiling obstruction which is over a non-playable area.
- F) The ball becomes motionless in the net or on an overhead obstruction.
- G) The ball touches the floor.
- H) The ball passes completely under the net.
- I) The ball contacts a non-player in a playable area.
- J) A player or ball breaks the plane of a non-playable area.
- K) A player commits a foul.
- L) An official's whistle sounds for any reason.

RULE 13 - Contacting the Ball

SEC.1 A contact is any touch of the ball by a player. A hit is a contact or touch of the ball which is counted as one of the team's three allowable plays before the ball is returned to the opponent.

SEC.2 A team shall not have more than three hits before the ball crosses the net into the opponent's playing area. When the team's first contact is simultaneous contact by opponents, or an action to block, the net contact is considered the team's first hit.

RULE 14 - Players Actions

SEC.1 Definitions:

- A) **Pass** - A Play in which the ball is hit into the air so another player can get into position to contact the ball.
1. **Forearm pass** - a controlled skill, generally used as a team's first hit, in which the ball rebounds from the forearms of the receiver to a teammate.
 2. **Overhead pass** (setting action) - two hand finger action directing the ball to a teammate.
 3. **Set** - two (or one) hand finger action directing the ball to an attacker.
 4. **Dig** - an underhand or overhead defensive saving skill in which the ball is contacted by the forearms, fists or hands.
- B) **Attack** - Any play adding force and/or direction to the ball with the intention of returning the ball to the opponent. A team's third hit is always considered an attack.
1. **Spike** - an attack play in which the ball is forcibly hit into the opponent's court with a one-hand overhead motion.
 2. **Tip or Dink** - a fingertip attack on the ball which directs the ball into the opponent's court.
 3. **Dump** - a fingertip attack most commonly used by a setter on the second hit.
 4. **Overhead pass** - two-hand finger action directing the ball over the net.
- C) **Block** - A play approximately arm's length from the net in which a player(s), whose hand(s) is raised above the head, contacts the ball near the top of the net in an attempt to:
1. prevent the ball from crossing the net.
 2. return the ball immediately.
 3. deflect the motion of the ball.
- A block may involve wrist action provided there is no prolonged contact.

SEC.2 Front row players may contact the ball from any position inside or outside the court except while positioned completely across the center line or its out-of-bounds extension.

SEC.3 Back row players, while positioned behind the attack line, may contact the ball from any position inside or outside the court above or below the top of the net.

SEC.4 When a back row player, on or in front of the attack line, contacts the ball which is completely above the height of the net, on a team's first or second hit, passing it to a teammate and an opponent legally contacts the ball before it completely crosses the net, play continues. If the ball completely crosses the net untouched, it is a back row player foul.

SEC.5 A back row player shall not:

- A) Participate in a block or an attempt to block.
- B) Attack and/or direct a ball which is completely above the height of the net while positioned:

SEC.5 (Continued)

1. on or in front of the attack line or its out-of-bounds extension.
 2. in the air, having left the floor on or in front of the attack line or its out-of-bounds extension.
- A foul shall not be called on a back row player until the ball is considered to have crossed the net.
 - C) Play a ball while positioned completely across the center line or its out-of-bounds extension.
- *CYAA does not allow for a libero position*

SEC.6 A player may touch the floor across the center line or its out-of-bounds extension with one or both feet provided a part of the foot/feet remains on or above the center line. Contacting the floor across the center line or its out-of-bounds extension with any part of the body is illegal.

SEC.7 Penalties For Illegal Player Action:

A point is awarded the opponent for center line foul or back line player foul.

RULE 15 - Net Play

SEC.1 A ball contacting and crossing the net shall remain in play provided contact is within or above the vertical tape markers and entirely within the net antennas.

SEC.2 Recovering a ball hit into the net shall be permitted.

SEC.3 A player shall not contact a ball which is completely on the opponent's side of the net unless the contact is a legal block.

SEC.4 Blocking a ball which is entirely on the opponent's side of the net is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when the:

- A) Attacking team has completed its three allowable hits.
- B) Attacking team has had the opportunity to spike the ball or, in the official's judgment, directs the ball with intent to return it to the opponent's court.
- C) Ball is falling near the net and, in the official's judgment, no member of the attacking team could make a play on the ball.

SEC.5 A net foul occurs while the ball is in play and:

- A) A player contacts any part of the net including net cables or net antennas. It is not a foul when a player's hair touches the net, or the force of a ball hit by an opponent pushes the net or net cables into the player.
- B) A player gains an advantage by contacting the floor or wall cables, standards or official's platform.
- C) There is dangerous contact by a player with the floor or wall cables, standards, or official's platform.
- D) There is interference by a player who makes:
 1. contact with an opponent which interferes with the opponent's legitimate effort to play the ball.
 2. intentional contact with a ball which the opponent has caused to pass partially under the net and the opponent is attempting to play it again.

SEC.6 Penalties For Illegal Net Play:

For a net foul or over-the-net foul, a point is awarded the opponent.

RULE 16 - Fouls

SEC.1 A foul is a failure to play as permitted by the rules.

SEC.2 A double foul occurs when opposing players commit rule violations at the same instant.

SEC.3 A multiple foul occurs when the same team commits more than one violation of a single rule at the same instant during play or dead ball.

SEC.4 A simultaneous foul occurs when a team violates more than one rule at the same instant during play or dead ball.

SEC.5 A double hit occurs when a player's successive or multiple contacts are illegal.

SEC.6 A foot fault occurs when a player violates the serving area or center line restrictions.

SEC.7 Penalties for Fouls:

- A) For a single foul (double hit or foot fault), point to the opponent.
- B) For a double foul during a:
 - 1. live ball play, a replay is called.
 - 2. dead ball, the penalty is assessed against the serving team followed by the receiving team with both teams rotating.
- C) For a multiple foul, only one penalty is assessed (point).
- D) For a simultaneous foul during a:
 - 1. live ball play, only one penalty is assessed.
 - 2. dead ball, all applicable penalties are assessed.

RULE 17 - Replays

SEC.1 A replay is the act of putting the ball in play without awarding a point and without a rotation for the serve. A replay shall be declared when:

- A) An official's mistaken whistle interrupts play.
- B) A double whistle occurs on the serve.
- C) A player unintentionally serves the ball prior to the official's signal to serve. (a warning will be given)
- D) There is a double foul during a live ball.
- E) There are conflicting calls which the official cannot resolve.
- F) A player's legitimate effort to legally play the ball, in the judgment of the official, is affected by a:
 - 1. non-player anywhere in a playable area.
 - 2. wall, floor obstacle or non-playable area within six feet of the court.
 - 3. ball becoming motionless in the net inside the vertical tape markers or on/in an overhead obstruction over a playable area.
- G) Play is interrupted because:
 - 1. a foreign object enters the proximity of the playing area.
 - 2. The official determines that a player has been injured.
- H) The ball contacts a backboard hanging in a vertical position over a playable area and, in the judgment of the official, the ball would have remained in play had the backboard not been there.

RULE 18 - Unnecessary Delay

SEC.1 Unnecessary delay includes, but is not limited to when:

- A) A team is not immediately ready to start play when indicated by the official.
- B) Delay results from a substitute attempting to enter, or when a player in the game is wearing illegal equipment.
- C) A coach or captain makes excessive requests for the serving order.
- D) A team delays substitution.
- E) An illegal substitute enters or attempts to enter the game.
- F) A team repeatedly uses improper substitution procedure.
- G) A coach does not make a decision about an injured player within thirty seconds.
- H) A team takes liquid or powder substances onto the court during a team time-out.

SEC.2 Penalties For Unnecessary Delay: For a coach, player, substitute or team charged with unnecessary delay, a time-out shall be assessed and the sixty seconds given. If the team has used all its time-outs, a point is awarded the opponent and the game is resumed immediately.

RULE 19 - Substitution

SEC.1 A substitution is the replacement of at least one player in the game by a teammate (substitute) who is listed on the scoring book.

SEC.2 A request for substitution shall not be recognized if made:

- A) By anyone other than a coach.
- B) During a live ball.
- C) After the official has signaled for serve.

SEC.3 Each team is permitted only substitution request during the same dead ball. Other requests for substitution by the same team shall be denied.

SEC.4 Substitution request prior to the start of the game shall be denied. In case of an injury or illness to a starting player, a lineup change may be made without penalty and no entry shall be charged to the injured or ill player.

SEC.5 To request a substitution, the coach shall:

- A) Stand and visually or verbally signal to the officials that substitution is desired.
- B) Immediately sit down when the request is recognized, or after greeting the replaced player(s).
- C) A team is allowed eighteen (18) substitutions per game. (not per match)

SEC.6 The official recognizes the request by whistle and signal. After the official's recognition of a request, each substitute shall immediately:

- A) Move to stand at the sideline between the attack line and the center line of that team's playing area, facing the player being replaced.
- B) Report to the official his/her number and the number of the player to be replaced.

SEC.7 The player and substitute shall remain at the sideline until the official has reported the numbers of the players involved to the scorer and has instructed them to exchange places.

SEC.8 During a time-out:

- A) Each substitute shall report to the official his/her number and then the number of the player to be replaced. Substitutes from the same team must report at the same time.
- B) The official reports the numbers of the players involved to the scorer.
- C) Player(s) shall enter the game at the end of the time-out without following normal exchange procedures.

SEC.9 Improper substitution occurs and is corrected when a:

- A) Substitute reports to the official before the coach's request is recognized.
- B) Substitute and the player being replaced do not take correct exchange positions.
- C) Substitute does not report the numbers to the official or reports them incorrectly.
- D) Substitute enters or a player leaves the court before the official indicates the substitution has been recorded.
- E) Coach reports the uniform numbers to the official.

SEC.10 Delaying substitution is illegal and occurs when a:

- A) Coach:
 - 1. does not immediately sit down after the request for substitution is recognized or greeting the replaced player.
 - 2. withdraws a substitution request after it has been recognized.
- B) Substitute fails to immediately:
 - 1. report to the official after substitution request is recognized.
 - 2. enter the court when indicated by the official.
- C) Substitution includes more than one substitute from a team and they do not report to the official at the same time.

SEC.11 Penalties Regarding Substitution:

- A) Unnecessary delay is charged the offending team when a:
 - 1. substitution is delayed.
 - 2. substitution is denied by the official after the request has been recognized because the substitute is illegal; or is wearing illegal equipment.
 - 3. team repeatedly uses improper substitution.
- B) After a team is charged with unnecessary delay:
 - 1. the coach may withdraw the request.
 - 2. for illegal substitution, equipment or uniform, substitution is allowed after corrections are made, if there is no further delay of the game.

RULE 20 - Substitutes

SEC.1 The position of the substitute shall be that of the player replaced without changing the serving order as printed in the scoring book.

SEC.2 A re-entering player shall not return to the game during the same dead ball in which the player was replaced. The re-entering player shall assume the original position in the serving order in relation to other teammates.

SEC.3 An injured or ill player who is legally replaced may re-enter the game.

SEC.4 When a player is rendered unconscious or apparently unconscious during a game, the player shall not be permitted to resume participation that day without written authorization from a physician. When this situation involves a player in the game, the official shall determine if the player is unconscious or apparently unconscious.

SEC.5 When no legal substitutes are available, an abnormal substitution is permitted only for an injured or ill player by a player who has played in another position but has less than three entries. If such a player is not available, a player who has been in the game three times may substitute. An injured or ill player replaced by an abnormal substitution may not re-enter the game in which the abnormal substitution takes place.

SEC.6 A substitution is illegal when the substitute:

- A) Is in the game without following the required substitution procedure.
- B) Re-enters or attempts to re-enter the game:
 - 1. during the same dead ball.
 - 2. in which the substitute was replaced by abnormal substitution procedure.
 - 3. for a fourth entry.
 - 4. without assuming the original position in the serving order as printed in the scoring book.

SEC.7 Penalty For an Illegal Substitution:

- A) Unnecessary delay is charged the offending team when an illegal substitute attempts to enter or is found in the game:
 - 1. For the violating team any points known to have been scored in which an illegal substitute is discovered in the game shall be canceled.
 - 2. for the team in violation prior to the contact of the service by the opposing team, all points earned during the previous term of service by the violating team while the illegal substitute was in the game, shall be canceled.
 - 3. after the serve has alternated and the first serve is contacted, there shall be no cancellation of points.
- In all cases, the illegal substitute must enter legally or be replaced by a legal player.

RULE 21 - Time-Outs

SEC.1 Charged time-outs are those requested by a team or charged to a team by the official.

SEC.2 Official's time-outs are those taken by officials for any reason they deem necessary.

SEC.3 Requests for time-outs shall be signaled by the coach or playing captain only during dead ball, but not after the official has signaled for the next serve.

SEC.4 A time-out requested prior to the start of the game shall be honored.

SEC.5 Charged time-outs begin when the official recognizes the request with the whistle and signal. Charged time-outs shall not exceed sixty seconds. Each team is limited to two time-outs per game. Request for additional time-outs shall be denied and the requesting team penalized. Time-outs may be taken consecutively without play between them.

SEC.6 The team charged with the time-out may end it prior to sixty seconds expiring.

Rule 21 (Continued)

SEC.7 During official's or charged time-outs, teams may confer with their coaches only on the court or at the team bench.

SEC.8 Liquid and powder substances shall not be taken onto the court.

SEC.9 An additional time-out shall be permitted when each team has scored 24 points. (or third game at 14)

SEC.10 Penalties for Time-out Fouls:

- A) For a team taking liquid or powder substances onto to the court or delaying its return to the floor after a time-out, unnecessary delay shall be charged assessing a time-out to the offending team and the team shall be given the sixty seconds.
- B) For being charged or requesting a time-out in a game after a team has taken its allotted time-outs, a point is awarded the opponent, and the team shall not be given the sixty seconds.
- C) For a team not returning to the floor immediately when the official indicates the team requesting the time-out has ended it, unnecessary delay shall be charged and the team shall be given the sixty seconds if it has a time-out remaining.

RULE 22 - Reviewing Decisions

SEC.1 To review a decision by an official which may have resulted in an incorrect decision, a coach may request and be granted a time-out, provided the request is made during the deal ball immediately following the situation in which the possible incorrect decision occurred. When a time-out is so granted, the coach shall confer with the official at the official's platform. If the conference results in the official altering the ruling, the opposing coach shall be notified, the revision made and the time-out charged to the official.

SEC.2 Decisions based on the judgment of the official(s) are final and not subject to review.

SEC.3 Penalty Regarding Decision:

If the official's decision prevails, the team requesting the conference shall be charged a time-out. If the team has already used its allotted time-outs, it shall be penalized by a point awarded the opponent.

RULE 23 - Injury

SEC.1 In the case of an injury or illness during the game, the official may interrupt play and call an official's time-out. Within thirty seconds, the coach shall:

- A) Request a substitution for the player.
 - B) Leave the player in the game with play beginning immediately.
 - C) Take a team time-out if the team has not used its allotted time-outs. The game shall resume with a replay.
- If the decision is made to substitute for the injured player, the team shall be allowed the necessary time to safely move the player from the court.

SEC.2 When it is detected that a player is bleeding, has an open wound or has a uniform with an excessive amount of blood on it, the game shall be stopped at the earliest possible time. The player shall be removed from the game, and shall not participate until proper treatment has been administered (See Basic First Aid). CYAA requires coaches to carry extra uniforms and a First Aid Kit.

SEC.3 In case of injury or illness to a starting player prior to a game, the injured or ill player is replaced in the lineup without penalty and no entry is charged to the injured or ill player.

RULE 24 - Conduct

SEC.1 Un-sportsman-like conduct includes actions which are unbecoming to an ethical, fair, and honorable individual. It includes acts of deceit, disrespect or vulgarity.

SEC.2 No player, coach, team attendant and/or spectator shall act in an un-sportsman-like manner while on or near the court before a match, during a game or between games.

SEC.3 A team shall not refuse to play when directed to do so by the official.

SEC.4 Coaches shall remain seated on the bench during a game except to:

- A) Requesting a time-out, substitution or a review of the accuracy of the score during a dead ball.
- B) Stand at the bench to greet a replaced player.
- C) Confer with players during time-outs.
- D) Spontaneously react to an outstanding play by a member(s) of their own team.
- E) Confer with officials during specifically requested time-outs.
- F) Attend to an injured player with permission of the official.

SEC.5 Non-playing team members shall remain seated on the team bench during a game except to:

- A) Spontaneously react to an outstanding play by members of their own team.
- B) Go to a non-playable area to warm-up without balls prior to entry into the game as a substitute.
- C) Stand at the bench to greet a replaced player.

SEC.6 Un-sportsman-like conduct for a coach, substitute or team attendant includes:

- A) Use of disconcerting acts or words when an opponent is about to play the ball.
- B) Entering the court while the ball is in play.
- C) Attempting to influence a decision by an official.
- D) Disrespectfully addressing an official.
- E) Questioning an official's judgment.
- F) Using television monitoring or replay equipment for coaching purposes during the game or any intermission.
- G) Using any artificial device or mechanical sounding device at court-side for coaching purposes.
- H) Holding unauthorized conferences.
- I) Permitting re-entrance of a disqualified player.
- J) Illegally leaving the designated bench during the game.

SEC.7 Un-sportsman-like conduct by a player includes:

- A) Use of disconcerting acts or words when an opponent is about to play the ball.
- B) Derogatory remarks to officials or opponent.
- C) Questioning or trying to influence official's decision.
- D) Showing disgust with official's decision.
- E) Using insulting language or gestures or baiting acts which engender ill will.
- F) Making any contact with an opponent which is deemed unnecessary and which incites roughness.
- G) Using any part of teammate's body or any object to gain physical support for advance in playing the ball.
- H) Deliberately serving prior to the signal for serve.
- I) Abusing the re-serve rule.

SEC.8 When a spectator becomes unruly or interferes with the orderly progress of the game, the official shall warn the head coach that further infraction by the spectator will result in a point and/or forfeiture.

SEC.9 Procedure For Un-sportsman-like Conduct Violations:

- A) **Warning:** For a first minor offense, a yellow card is administered by the official at the first dead ball. The warning shall be recorded in the scoring book, but no penalty is assessed.
- B) **Penalty:** For a second minor offense by the same individual, or a single serious offense, a red card is administered at the first dead ball. A point or side-out is awarded the opponent, and the penalty is recorded in the scoring book.
- C) **Disqualification:** For a third minor or second serious offense by the same individual, or a single, flagrant offense, the yellow and red cards are displayed apart. The offender is disqualified from further participation in the match. No other penalty is assessed.
When a coach or player is disqualified, the individual is removed from game, a point or side-out is awarded the opponent and the coach is notified of the reason for the disqualification.
- D) **Forfeit:** If a disqualified individual violates the conduct rule following disqualification, the offender's team shall forfeit the match.
 - 1. If the coach is removed from the game, and there is no other authorized school personnel available, the team shall forfeit the match.
 - 2. If a team refuses to play when directed to do so by the official the team shall forfeit the game.

- All cards carry over from game to game throughout the match; therefore the scorer shall transfer card notations from game to game throughout the match. If the situation warrants, the officials may issue a red card or a yellow and red card on a first un-sportsman-like violation
- When misconduct occurs from the bench and the officials cannot determine the specific offender(s), the warning or penalty is issued to the coach.
- Any cards given for misconduct prior to the first game or between games shall be administered at the beginning of the next game. After line-ups are recorded, the card(s) is recorded in the comments section of the scoring book for the next game.
 - Requests such as the time-out, serving order check, substitution, etc. shall not be recognized until after the card(s) is administered.

RULE 25 - Line Judges Responsibilities

SEC.1 Pre-match - Line judges shall:

- A) Be designated, and report to the official before the starting time.
- B) Review their responsibility with the official.
- C) Be assigned to their positions by the official prior to the match.

SEC.2 Position:

- A) When two lines judges are used, they shall stand near the intersection of the sideline with the end line, opposite the serving areas and move so they have a clear view of both the end line and the sideline.
- B) When four lines judges are used, they shall stand near the intersection of the sideline with the end line and move to have a clear view of the line for which they are responsible. The line judges shall be assigned to the following positions:
 1. one outside the sidelines on the end line extended near each serving area with the responsibility of observing the end line.
 2. one behind each end line on the sideline extended opposite the serving area with the responsibility of observing the sideline.
- C) Line judges shall hold the same positions relative to the court throughout the match.

SEC.3 During the Game:

Each line judge shall assist the official by:

1. indicating whether the ball is in or out of the court whenever it lands near any line to which the line judge is assigned.
2. indicating when a player touches a ball that is going out-of-bounds on the player's side of the net.
3. determining at the moment of contact for the serve whether the server touches the end line or floor outside the lines marking the width of the serving area.

SEC.4 Each team should provide a line judge, preferably an adult or high school student. If none is available, a responsible team member should be used.