

Catholic Youth Sports
Middle School Volleyball Rule Addendums*
Version 2026-2027

The Middle School Program follows standard NFHS rules **except as noted below**. These modifications are intended to ensure a safe, fair, and positive experience for our young athletes.

GAME SITE PREPARATION

- 1) All teams need to come prepared with the following:
 - a) Roster and line-up sheets.
 - b) Scorebook or score sheets provided by the home team. The home team should also provide rotation forms for both teams.
 - c) A good quality game ball.
 - i) JJV teams will use a Volley-Lite Ball and
 - ii) JV & Varsity will use Regulation Volleyballs.

The home team must provide warm-up balls for both teams unless the game is at a high school facility. High school venues do not have lite balls and must be brought by both teams.

- d) One line judge should be selected from each school. Score keepers & line judges must be at least high school age. Post season play, an adult is required from each team to act as a line judge.
- e) If a libero is used, the team using the libero is responsible for the tracking.
- f) All teams must have a minimum of 4" numbers on front and a minimum of 6" number back of uniform per NFHS rule
- g) A team may start a set with five (5) players, if no other players are available to start with six (6). During every rotation where the missing server is not, it will result in a point for the receiving team and side out.

PRE-GAME CONFERENCE

- 1) Everyone needs to know who the "home" team is for each match since that is a factor during the coin flip. This will be the school that is in their home gym or if neither is a home school, then the first team listed on the schedule.
- 2) There will be a pre-game conference for at least 1 coach and 1 captain from each team.
 - a) After ground rules are explained the coin flip will be conducted
 - i) Home team will have the choice of court
 - ii) The visiting team will call the flip.

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- iii) The winner of the flip will have the choice to serve or receive.
- b) If a third game is necessary a new coin flip will be conducted between one (1) captain from each team, from the floor.
 - i) The visiting team will call the flip.
 - ii) The winner of the flip will have the choice of side of the net, or to serve or to receive.

WARMUPS

1. Warm-up time is 10 minutes total divided into 5-minute periods. This utilizes full court and includes serving time.
 - a. We can adjust this at any time
2. The visiting team will have the first 5 minutes on the court following the pregame conference.

SCORING

- 1) All games are using the “rally” scoring system.
- 2) A match will be the best 2 out of 3 sets for all levels.
- 3) The regular season scoring format will be as follows:
 - a) The first two (2) sets will go to 25 points, win by 2, with a cap at 27. (A final score could be 27-26.)
 - b) If a third set is necessary it will go to 15 points, win by 2, with a cap at 17. (A final score could be 17-16.)

Tournament Format ONLY

- No cap on scoring, must win by 2
- Team must win by 2 in first two sets will go to 25 points, with no cap (A final score can be 35-33)
- If a third set is necessary must win by 2 will go to 15 points, with no cap (A final score can be 24-22)

LIVE BALLS

- A served ball that touches the net and continues over is a live ball.
- The ball may be legally played with any body part as long as there is not prolonged contact.

TIME OUTS

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- Each team will be allotted two (2) time outs per game.
- The length of the time out will be one (1) minute regardless of which team calls the time out.

LIBERO

- If your team does not have a separate jersey available for the libero player a mesh jersey worn over the team jersey can be used so the player's number is easily identified.
- Libero is allowed to serve.
- Team that has libero must have a person to track that libero.
 - a) The Libero MUST sit on the side of the scorer's table
 - b) Everything needs to be tracked on paper and not an IPAD
 - c) Sheet to be turned in with the score sheets
- The libero exchange zone is between the ten-foot line and the end line.

SUBSTITUTIONS

- Substitutes must be ready and maybe stand near the bench or below the 10-foot line. Only one sub may enter the substitution zone at a time. The substitution zone is the area between the net and the ten-foot line.

MISCELLANEOUS

- Net height for middle school boys and girls as well as high school girls is 7'4".
- A bobby pin may be worn that is less than 2" in size.
- Uniforms are to be the same predominant color with # on the front and back.
- Shorts – recommended that ALL girls wear shorts with no pockets. CYS Black Shorts available for purchase. **NEW RULE - all girls will be required to wear shorts and no spandex.**
- To be eligible for post season participation, players can only miss 2 non-excused games during the regular season.

CYS Guidelines for Libero Serving

- The libero and the replacement must enter or leave the court in the libero replacement zone, over the sideline between the 10-foot line and the end line.
- A team is assessed an unnecessary delay for improper libero replacement.

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- In one rotation, the libero can replace the player in the service position and serve the next rally even if he/she is already on the court in replacement of another back row player.
- In this situation, the libero may not exit the court before replacing the player in the service position.
- The coach is not required to indicate on the lineup sheet the position where the libero will serve. At any point in the game, the coach can determine the position where the libero will serve by simply having the libero replace that server.
- Once the libero serves in a particular position in a game that is the only position where the libero is allowed to serve.
 - a) Libero is not required to serve in that position for all subsequent rotations.
 - b) The starting player, a legal substitute, or the libero can serve any rally that takes place whenever that position is in the service position.
- The scorer must record on the scoresheet when the libero serves during each game. The assistant scorer must record the position where the libero serves on the libero Tracking Sheet as well.
- Person Tracking **MUST** sit next to the Scorer's table

Directions for Scorer and Libero Tracker (Assistant Scorer)

- The libero can serve in one rotation by replacing the player who is in the service position and who would serve the next ball.
- When the libero serves, a triangle is placed around the position where the libero is serving.

Playing Time

- All student-athletes must be given the opportunity to participate in every game during the regular season. Coaches are responsible for ensuring that every player receives playing time, regardless of skill level or athletic ability.

NO JEWELRY

- **Including earrings - NO BAND-AIDS or TAPE over ears to cover earrings.**
- Except for Medic Alert Labels that must be worn inside the uniform, taped to body or under cloth wristband.

Noisemakers

- The use of artificial noise producing devices (air horns, megaphone, whistles, etc.) by teams or spectators prohibited at all games.

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Coaches on the sideline –

- Each team can have up to five (5) coaches on the Roster
 - Each team can have up to three (3) coaches at a game/sideline.
 - All three (3) coaches must have a Blue CYS lanyard with CYS ID badge and a CYS coaches' shirt
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CYS Coach Responsibility - Code of Conduct & Sportsmanship

- CYS coaches represent Catholic Youth Sports and serve as **sport ministers**, modeling Catholic values both on and off the field/court.
- Coaches are expected to teach and demonstrate:
 - Teamwork
 - Sportsmanship
 - Commitment
 - Compassion
 - Dedication
- Coaches must always place the physical, emotional, and spiritual well-being of their student-athletes above winning.
- Coaches are expected to treat all players, coaches, officials, parents, and spectators with respect and dignity.
- Coaches must avoid "running up the score" and always demonstrate good sportsmanship.
- **Coaches are responsible for ensuring that every player receives playing time, regardless of skill level or athletic ability.** CYS emphasizes participation, player development, teamwork, and sportsmanship for all student-athletes
 - Playing time may be adjusted at the coach's discretion based on discipline, attendance, effort, team commitment, or game circumstances.
- Violations of the CYS Code of Conduct may result in disciplinary action by the school and/or Catholic Youth Sports Administration.
- Any coach who is ejected from a contest must leave the facility immediately. The Athletic Director/Site Administrator must notify CYS Administration immediately following the incident. Ejected coaches will serve a **minimum one-game suspension**, with additional disciplinary action determined following a review of the incident.

Coaches are expected to live by the **Golden Rule** in all practices, games, & interactions.