



**Catalyst Catholic
Catholic Youth Ministries**

**High School Volleyball
Rules and Regulations**

Updated 2/21/2023

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- 1. Purpose** - High School Volleyball is a competitive league intended to form Christian community among our youth and to provide wholesome recreation. All teams are encouraged to foster good sportsmanship.
- 2. Eligibility of Participants**
 - a. Affiliation Restriction** - All participants will be either or both: A registered member of the parish in which they are participating or an attendee of a parish school.
 - i. Participants may play for a different parish in the event that their home parish is not fielding a team.
 - b. Age Restriction**
 - i. Any Catholic high school youth that will not be (19) years old or older before March 1st is eligible to play.
 - c. Minimum Participation Rule and “Playing Up”**
 - i. Non-Catholic youth will be permitted to play on a high school team if a parish does not have enough participants to field a high school team.
 1. Teams are limited to (2) players participating under the minimum participation rule.
 2. Minimum participation players must be active participants in a parish or religious education program.
 3. In the event that a parish does not have enough players to field a team, a player may play for another parish, given that the player has received written permission from a priest at their parish or their parish’s youth minister, which allows them to play at another parish.
 - d. Dual play** - Participants MAY NOT play for a public school team and a parish team at the same time.
 - i. If a participant is cut or drops from his public school team before January 1st the Director of Athletics may reclassify that participant’s eligibility.
 - ii. Participants may play for a club team and their parish team at the same time with the understanding that their Deanery team is first priority.
 - iii. Participants may play for only (1) parish team during the season.
- 3. Coaches** - All coaches will be appointed at the sole discretion of their respective parish.
 - a. Age Restriction**
 - i. Head coaches must be (21) years or older.
 - ii. Assistant coaches must be (17) years or older.

- b. **Gender Restriction** – Coaches of teams with participants of the opposite gender will be allowed to coach only if an additional adult of the same gender as participants will be present at all practices and contests and in the locker room before and after.
- c. **Compensation** - Coaches will receive no compensation.
- d. **Training Requirements**
 - Background Check
 - Safe and Sacred online training
 - Coaches Orientation
 - Concussion Awareness online training
- e. **Policy Violations** - Violations of Deanery Policy and of the “Catalyst Coach’s Code of Conduct” can result in penalty, suspension, or expulsion from league play by the Director of Athletics.
- f. **Supervising Adult**– A coach or other adult (21) or older will remain on site with high school participants during practices, games, and in the locker room.
 - i. Game play may not begin unless a supervising adult is present.

4. **Practice and Contest Guidelines**

- a. **Liturgical Exclusions**
 - i. Practices and contests may NOT be scheduled that conflict with Sunday Mass times for a parish team on their parish campus.
 - ii. Practices and contests may NOT be scheduled during the Easter Triduum: *Holy Thursday, Good Friday, Holy Saturday and Easter Sunday*
 - iii. Practices and contests should be limited for observation of the following Holy Days: *The Feast of Mary, Ash Wednesday, Ascension Thursday, The Assumption of Mary, All Saint’s Day, The Feast of the Immaculate Conception, and Christmas.*
- b. **Practice Guidelines** - Practices will not exceed (4) per week for (2) hours for each practice session, totaling (8) hours weekly.
 - i. Practices are defined as chalk talks, film viewings, practice games, inter-parish/public school scrimmages, regularly scheduled practice time, or scheduled games, meets, or matches.
 - ii. Practices will conclude no later than 10:00 pm.
- c. **Contest Guidelines** - The season will consist of (6) regular season games.
 - i. Game start times will be scheduled as follows:
 - Sundays 1:00 pm – 9:00 pm
 - Weekdays 5:30 pm - 9:00 pm

5. **Team Structure**

- a. **Team Size** - Parishes may submit 9 – 15 participants per team.
 - i. A parish may submit multiple teams.
- b. **Cuts** - Cuts are discouraged in the Catalyst leagues
 - i. Parishes are encouraged to split into (2) teams before cuts from a single team are made.

ii. Third set called by away team.

- g. Libero Position** - The libero position may be utilized in this league. Teams using the libero position MUST provide a tracker at the scorer's table.

7. Game Protocol

- a. Prayer** – All matches will begin with prayer by the announcer or assigned volunteers.

- b. Playing Time** – Matches will be allotted (45) minutes for playing time.

i. **Warmups** – no warm up will be given

ii. **Time Between Sets** – (1) minutes will be allotted between sets.

iii. **Overtime** – Overtime sessions will be played until a winner is determined, but capped at (45) minutes. If a team has not remanded the maximum number of points when the (45) minute cap is reached, the set will be awarded to whichever team is in the lead at the time.

- c. Timeouts** – Each team will receive (2) 60 second time outs per set. No carry over.

- d. Fair Play Rule** – Players that were not starters of the first set must start in either the second or the third set.

1. A minimum of (10) plays will be allotted to all participants during an individual match.

2. The fair play rule could be affected by participant injury or disqualification of participant by officials.

3. Parishes reserve the right to not play a participant that is at risk of injury, due to behavioral or academic issues, or due to lack of attendance at school/practice.

- e. Scoring** – Scores will be kept in all games and transmitted to the Director of Athletics by the hosting Gym Manager after games end to discourage score running and team stacking.

i. Rally scoring will be used

1. Set one and two will be played to (25) points.

Winner determined by (2) point (s) Game is capped at 25.

2. Set three will be played to (15) points. Winner determined by first team to reach (15)

- f. Substitutions** – Participants have unlimited re-entries into the same position in the rotation up to (18) substitutions per team per set.

- g. Standings** – Standings will be kept and communicated to Youth Ministers and Coaches after game scores have been reported to the Director of Athletics.

- h. Mercy Rule** – NO mercy rule has been established.

- i. Forfeiture** – If a team is unable to start a match due to the lack of players, coaching staff, or other reasons the game will be deemed a forfeit.

- i. A minimum of (6) players must be available to start a game but games may be finished with less.
- ii. A team will be awarded a (5) minute grace period from the scheduled start time of the game before a forfeit is declared.
- iii. Scores for the match will be recorded as a loss for the forfeiting team and as a win for the aggrieved team.
- iv. The forfeiting team's parish will be assessed a \$50 penalty fee to cover officiating and administrative costs.

8. Championship Play -

- a. **Scoring Modification** – Only sets to determine winner will be played. First team to win (2) sets win the match.
- b. **Fair Play Rule Modification** - Fair play rules do not need to be observed during post-season tournament play.
- c. **Seeding** - Tournament seeding will be completed on the Monday after regular season play ends and all games are completed.
 - i. Teams will be seeded in the following order:
 - 1. Overall win/loss record
 - 2. In event of a tie, head to head match up between the tied teams.
 - 3. In event of a tie, record vs. top-3 teams
 - 4. In event of a tie, fewest points allowed
 - 5. In event of a tie, coin toss.
- d. **Awards and Recognition**
 - i. Awards will be distributed as follows:
 - 1. **Team Travel Trophy:**
Tournament Champion

9. Officiating

- a. **Officials** – Regular season games will be assigned (1) sanctioned official. Tournament games will be assigned (1) sanctioned official.
 - i. Scheduling of officials will be done by the Director of Athletics
 - ii. If an official has not arrived by (15) minutes prior to game time, please call Raymond Zoeller 502 649 2906.
 - iii. Each team should provide (1) volunteer line judge to assist with officiating.

10. Catalyst Policies

- a. **Weather Policy**
 - i. Indoor practices and games may be conducted at a hosting parish/school during adverse weather conditions.
 - ii. Inquiries about adverse conditions and possible cancellation should be directed to the Catalyst Catholic Facebook account or by contacting your Parish Athletic Director.
- b. **Cancellation Policy**
 - i. Game cancellations, **prior to the beginning of games**, will be at the sole discretion of the Director of Athletics.

- ii. Cancellations will be announced (1.5) hours prior to game start time and publicized to Parish Athletic Directors.
 - iii. Game cancellations, **after games are in progress**, will be determined by the Director of Athletics, Officials, and Gym Managers.
 - iv. Games **may or may not be canceled** in the event that school is canceled due to weather.
- c. Rescheduling Policy** – Every attempt to reschedule games canceled due to weather will be made but cannot be guaranteed.
- i. Forfeited games will not be rescheduled.

11. Rules and Regulations

- i. Catalyst Catholic Director of Athletics can determine additional procedural questions or rules interpretation and can be contacted at 812-923-8355 or (M) 502-649-2906.

12. Exemptions and Modifications