

Diocese of Cleveland CYO Coach's Meetings

Giving the Very Best of Yourself!

Fall 2025

**Volleyball
Grades 7-8**





DIOCESE OF CLEVELAND CYO VOLLEYBALL COACH'S MEETING

1. Program Planner
2. Points of Emphasis
3. Team Formation & Strength
4. Team Conferencing
5. Tournaments
6. Sanctioned Events
7. Resources
8. Gratitude and Prayer



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DIOCESE OF CLEVELAND CYO GRADE SCHOOL VOLLEYBALL PROGRAM PLANNER - 2025



July	16	In-person mandatory fall sports season coach's meetings, 6-9 p.m. Akron Children's Hospital Sports Medicine, 215 West Bowery St., Akron, 44308
	21	Fall sports season opens, practices may begin, sanction event period begins
	22	7 th & 8 th Grade Coaches Continuing Education, 6-9pm Magnificat High School, 20770 Hilliard Blvd, Rocky River, 44116
	23	7 th & 8 th Grade Coaches Continuing Education, 6-9pm Beaumont High School, 3301 N Park Blvd, Cleveland Heights, 44118
	28	Fall sports season early registration closes; regular registration begins, 9:00am
	29	In-person mandatory fall sports season coach's meetings, 6-9 pm. Location: Notre Dame Cathedral Latin High School, 13000 Auburn Rd, 44024
	30	In-person mandatory fall sports season coach's meetings, 6-9 pm. Location: Magnificat High School, 20770 Hilliard Blvd, Rocky River, 44116
August	31	7 th & 8 th Grade Coaches Continuing Education, 6-9 pm St. Vincent – St. Mary High School, 15 N Maple St, Akron, 44303
	4	Fall sports season regular registration ends, 9:00am
	5	Team fee payments and fee summary due Last day to enter teams' blackouts
	9	Coaches Development Program - St. Basil the Great (Parish Hall) 9:00 am 8700 Brecksville Rd, Brecksville, 44141
	11	Deadline to add athletes and coaches to rosters, 9:00am
	12	Coaches Development Program - Holy Family-Stow, 6:00 pm. 3179 Kent Rd., Stow, 44224
	15	Fall sports season schedules available on CYO website
September	18	Coaches Development Program - St. Jude 6:00 pm. 594 Poplar Street, Elyria, 44035
	23	Fall sports regular season competitions begin
	13-14	Parents and VIP Weekend
	21	Team Mass Sunday
October	27-28	Officials Appreciation Weekend 6 th -8 th Grade Regular Season Games End
	3	Diocese of Cleveland Volleyball Tournaments Begin
	20	Diocese of Cleveland CYO Volleyball Championship
	27	Fall sports season ends

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COACHES CONTINUING EDUCATION

All 7th and 8th grade volleyball teams are required to have one coach on the bench that has attended a continuing education class and received an orange credential. The orange credentials are valid for 3 years. This means if you attended in 2024, you do not have to attend in 2025.

Tuesday, July 22, 2025
Magnificat High School
Coach Matt Onweller

Wednesday, July 23, 2025
Beaumont High School
Coach Mandy Barney

Thursday, July 31, 2025
St. Vincent – St. Mary High School
Coach Natalie Walter

If a properly credentialed coach is unable to attend a match, a demerit will be issued for the match.

If a team accumulates more than 4 demerits, their tournament invitation will be revoked.

Pre-Register: <https://reg.sportspilot.com/100141/leagues?search=2025 Volleyball Coaches Continuing Education>

NFHS RULES CHANGES



4-2-1h(3), 4-2-1i(2): Team members may wear black, white or gray undergarments in addition to undergarments that match the predominant color of the uniform top/bottom under the uniform top and/or bottom.

9-4-8c (NEW): Eliminates the judgment call of a multiple contact fault in a single attempt to play the ball on the second team hit if the ball is next contacted by a teammate.

Rationale: The second team contact when directed to a teammate has been added to the list of times when multiple contacts (more than one contact by a player during one attempt to play the ball) are allowed. If the ball is directed into the plane of the net or goes over the net with multiple contacts and next contacted by an opponent a fault has occurred. Allowing multiple contacts on the second team contact that is next contacted by a teammate eliminates the judgment call when no advantage is gained.

CYO VOLLEYBALL LINE-UP CARD

TEAM: _____ GRADE: _____ COACH: _____

DATE: _____ GP(s) NAMES: _____

SET #1	
CIRCLE ONE:	
SERVE ORDER	RECEIVE PLAYER NUMBER
I	
II	
III	
IV	
V	
VI	

SET #2	
CIRCLE ONE:	
SERVE ORDER	RECEIVE PLAYER NUMBER
I	
II	
III	
IV	
V	
VI	

SET #3	
CIRCLE ONE:	
SERVE ORDER	RECEIVE PLAYER NUMBER
I	
II	
III	
IV	
V	
VI	



CYO VOLLEYBALL LINE-UP CARD

TEAM: _____ GRADE: _____ COACH: _____

DATE: _____ GP(s) NAMES: _____

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SET #3	
CIRCLE ONE:	
SERVE ORDER	RECEIVE PLAYER NUMBER
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III	
IV	
V	
VI	

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DIOCESE OF CLEVELAND CYO

POINTS OF EMPHASIS

2025

BLACKOUTS

- Member Athletic Director requests through the team registration process.
- **Blackouts are to be submitted by your Athletic Director by August 5.**
- Requests must include the date, time, and reason
 - Minimum amount of “blackout” time needed.
 - Detailed description of the reason for the request.
- Rank order priority:
 - Religious events for athletes – Sacraments, Rehearsals, Retreats, etc.
 - School academic events for athletes – Science Fair, Music/Writing Competitions, etc.
 - **Coach’s personal conflicts, or dates without a description will not be honored.**

OFFICIAL TEAM

1. An official team will be a minimum of 6 players on a roster.
 - a. In all divisions, a team may begin a match with 5 players.
 - i. If a 6th player arrives after a set has begun, they will enter the 6th position.
 - b. 7th and 8th grades
 - i. When a team plays with fewer than 6 players, then a loss of serve and rally point is awarded to the opponent each time a vacant position rotates to serve in the right back position.
 - ii. The vacant position remains open when rotating to the front row.

EQUIPMENT & UNIFORMS

- Hair adornments may be worn provided they are securely fastened and do not present a safety hazard.
- Kneepads must be worn by all players.
- Small and secured stud or post jewelry can be worn above the chin.
- Uniform tops no longer have to be a solid color. Uniform bottoms must be like-colored, but multiple styles are allowed.
- Undergarments: Predominant color of the uniform top/bottom, black, white or gray.
- Ball: 8th and 7th grades: regulation leather ball
- Teams should bring their own warm-up balls.

PRE-CONTEST COACHES RESPONSIBILITIES

- Provide a qualified line judge. (Rules Page 5)
- Please complete the scoresheets by writing the athlete’s entire first and last name with their jersey number in numerical order.
- Provide Lineup Cards to the Official.
 - Regular season matches are assigned one official
 - Indicate the playing captain with a “C” next to the player’s number on the lineup.
 - If a coach has lost or forgotten their credential, they must inform the Site Director and show proof of certification with a photo ID and either the photo of the credential or the coach’s name on the certification list.

TIME OUTS

- Time-out requests by the head coach or playing captain signaled or verbalized. Allows for a verbal signal to be recognized.

PARTICIPATION & ELIGIBILITY

- A player on a CYO team MAY participate in two different leagues (i.e. JO, City league) during the CYO season; however a player MAY NOT be registered on two **CYO Volleyball rosters during the same season**
- **In Grades 7 & 8, if a player is a member of their interscholastic (OHSAA) Volleyball team, their eligibility could be in danger. See Section 1-E-3a-d of the rules.**
- 7th & 8th Grade
 - 12 or fewer athletes: Must start either set
 - 13 or more: Players who start the first set cannot start the 2nd set.
 - Must play 3 consecutive positions
 - 7th Grade: Must serve by the end of the second set.

GAME & TIME LIMITATIONS

- Teams failing to appear with the required number of players within 15 minutes after the scheduled starting time of a contest shall forfeit the game as declared by the assigned contest official.
- If the contest is part of a scheduled tri-match, each contest is considered separate and has its own 15 minute grace period.

GUEST PLAYER RULE

If a team has less than 7 athletes at a match, a guest player may be moved from the member's other CYO volleyball team(s) to fill the positions at the start of a match under the following restrictions:

- The same individual may be moved as a guest player for no more than two (2) matches during the season.
- The guest player(s) must meet the minimum participation requirement.
- Guest player movements are to be reported on the following forms before the competition begins:
 - Volleyball Score Sheet - list the guest player's name after all of the athletes on the official team roster and put "GP" next to their name.
- Guest player playing restrictions:
 - If the guest player is the sixth player on the roster, they must be positioned in the 6th serving order.
 - If the guest player is the seventh player on the roster, they cannot start the first set.
 - **If a team is using a guest player, they cannot have more than 7 players on the game day roster.**
- Guest players cannot be used for Sanctioned Events or CYO championship competitions.

SCORING

- Set 1 & 2: 25 points, no cap, win by 2.
- Set 3: 15 points, no cap, win by 2.

SERVICE

- 7th & 8th Grade Divisions
 - No limitations
 - Behind the end-line from sideline to sideline

WARM-UP PROTOCOL

1. Total warm up time is 10 minutes
 - Five (5) minutes- Visiting team practices on the full court, including serves
 - Five (5) minutes- Home team practices on the full court, including serves
2. Site Directors and Officials may not adjust warm-up time without permission from the Head Coach of each team.
3. Teams can shag the balls for their opponents during warm-ups.

CAUTION AND DISQUALIFICATION

Rule 9 -

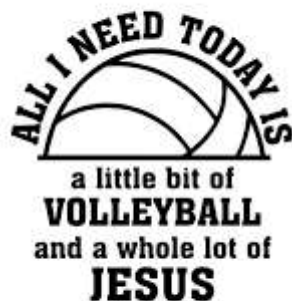
- *Teams are expected to conduct themselves in a manner that the game officials and CYO administration feel shows respect and dignity towards its opponent.*
 1. *To help give all athletes the opportunity to play, CYO encourages coaches to make appropriate decisions when leading by 15 points or more.*
 2. *Celebrations that do not uphold the dignity of the opponent are prohibited.*

Examples:

- 1) If one team has a significant skill advantage over their opponent, they should NOT say an “ace cheer”.
- 2) If a player misses their serve, the opposing team should not “Wooo”.

Coaches are responsible for the conduct of the parents and fans of their team.

- Athletes, coaches, parents, and fans who have been ejected, asked to leave, or removed by Officials or CYO personnel must depart immediately. If they refuse to leave the premises immediately, one week is added to their suspension. Their suspension begins the next day, with no option to appeal. There may be additional consequences and disciplinary actions for those individuals as stated below and in Bylaw 10.
- Anyone besides the coach or athlete on the team that enters the court or field of play is immediately suspended for one week and may be suspended for a longer time as determined by CYO Administration.
- Athletes who are ejected, asked to leave, or removed from an athletic event are automatically prohibited from attending any practices or CYO games for seven days including sanctioned events. They may not be on the premises of the next CYO scheduled game of any grade and may not attend or participate in any sanctioned event games during the seven-day period.
- Coaches who are ejected, asked to leave, or removed from an athletic event are automatically prohibited from attending any practice or CYO games for fourteen days including sanctioned events. They may not attend or be on the premises of the next two CYO scheduled games of any grade and may not attend any sanctioned event games during the fourteen-day period.
- Parents or fans who are ejected, asked to leave, or removed from an athletic event are automatically prohibited from attending any practices or CYO games for twenty-one days including sanctioned events. They may not attend or be on the premises of the next three CYO scheduled games of any grade and may not attend any sanctioned event games during the twenty-one-day period.
- Athletes, coaches, parents, or fans who are ejected, asked to leave, or removed from an event for a second time are not permitted to attend any competitions for the remainder of the season, including tournaments.
- Coaches ejected, asked to leave, or removed from an event for the second time in the same season will immediately surrender their coach’s credential to the Site Director or Member Administration.



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TEAM FORMATION & STRENGTH

For teams in Grades 7 and 8 the team strength is utilized.

7TH & 8TH GRADE:

- Teams may be balanced or split by skill level.
- Strength **must** be identified
 - Gold – Stronger skill level
 - Silver – Average skill level
 - Bronze – Weaker skill level
- If a member sponsors more than 1 team at that grade level, the teams can be balanced **or** split by strength.
- Strength should be used as an external ranking. It reflect how strong your team is compared to ALL teams at that age and grade level. You can have more than 2 teams at any level.

SELECT:

- 8th Grade Division
 - Designed to challenge athletes as they prepare to play at the next level.
 - Identify team as A+ Stronger skill level.
- Teams may self-identify or will be selected based on prior year results.
- Majority of the matches will be played at High School gyms.
- 12 Regular Season Matches
- Select Division Only Tournament
 - Double elimination if the number of teams and available weekends allow it.

7TH & 8TH GRADE CONFERENCING:

- Teams are placed in conferences by first by strength then by location.

SCHEDULE CHANGES

- Common reasons a schedule may change.
 - Match forfeit or cancellation creates a gap in the facility schedule.
 - Facility closure/emergency
 - Religious or School event changes
- CYO Administration facilitates ALL changes to the posted schedules.
- DO NOT make arrangements with other coaches, athletic directors, or site directors.
- If a change is needed, CYO Administration will contact your Member Athletic Director with details.
 - Always check your schedule heading into a weekend.

TOURNAMENTS

- Tournaments will be held in the 7th and 8th Grade divisions.
- **Athletic Directors** register teams for the tournament. Make sure to communicate to your athletic director if you plan to participate in the tournament.
- Teams must participate at the grade level in which they competed during the regular season.

If you have any questions, please have your Athletic Director contact Beth Flynn, Beth.Flynn@ccdole.org

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Serve Receive Organizational Systems

Bojan Miocinovic
Holy Name High School

How to choose the best serve receive pattern? First, you have to know your team and level/ experience. There are a few serves receive patterns to choose from; a 5-person serve receive, a 4-person serve receive, a 3-person serve receive, and a 2-person serve receive.

5-Person Serve Receive

The 5 person serve-receive formation is a generally accepted choice for beginning level volleyball teams. In a 5-person serve-receive formation, passers have a smaller area of responsibility and have less required movement. There are two types of a 5-person serve receive: the "W" pattern and the "M" pattern. The "W" pattern consists of 3 players passing short and 2 players passing deep. This is a good pattern for receiving a variety (underhand, overhead, etc.) and uncontrolled serves. The "M" pattern consists of 2 players passing short and 3 players passing deep. The "M" pattern is a good option when playing teams who can serve both short and long consistently.

4-Person Serve Receive

The 4 person serve-receive formation is good for intermediate and advanced level teams.

The 4 person serve-receive can hide a weak front or back row passer, increase the availability number of serve-receive patterns, and can position a hitter with no passing responsibility to be ready to attack. Tuer 4 player passing patterns typically resemble a half-circle (Cup) or a 4-player line pattern. Whichever pattern you use, you should always assign 2 primary passers and 2 secondary passers in a 4 person serve-receive system.

3-Person Serve Receive

The 3 person serve-receive formation is the most common patter used in today's game. The 3-person formation resembles a line patter. This system minimizes the number of seams but requires the passers to cover more area.

2-Person Serve Receive

The 2 person serve-receive formation is the most difficult and is only utilized at higher levels. The advantages of a 2-person serve receive include less need for communication and a consistent tempo from a first contact. In this pattern, the 2 passers must be extra aggressive and have a high level of skill and experience.

***Note: For more detailed serve receive patterns and formations, please visit the following link:
<https://www.carolinaregionvb.org/wp-content/uploads/2017/06/Cap-Article-May132012-Final.pdf>

Once you have picked/ established a serve receive pattern, then you need to organize which player takes which area between two players (seam). Here are a few options to consider:

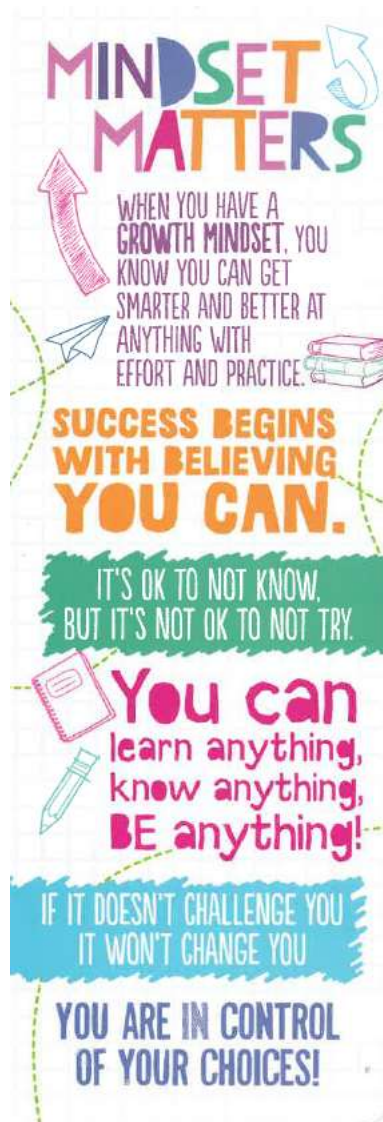
1. Best passer has "right of way"
2. Seam to the right
3. The ball on left hip has "right of way"
4. Protect the hitter

This will help prioritizes which player passes a serve when the ball is not directly coming to a player.

CHANGE YOUR WORDS, CHANGE YOUR MINDSET	
INSTEAD OF SAYING THAT	SAY THIS!
IT'S TOO HARD.	I'LL KEEP TRYING.
I CAN'T DO THAT.	HOW CAN I GET BETTER AT THAT?
I GIVE UP.	I WILL KEEP WORKING!
I'M AFRAID I'LL MAKE A MISTAKE.	MISTAKES ARE HOW WE LEARN BEST.
THEY'RE SMARTER THAN ME.	WHAT CAN I LEARN FROM THEM?
THIS IS HARD.	THIS MAY TAKE SOME TIME AND EFFORT.
I'M A FAILURE.	I CAN LEARN FROM MY MISTAKES.
I DON'T GET IT.	WHAT AM I MISSING?
I HATE TO BE WRONG.	IS THIS REALLY MY BEST WORK?
I DON'T LIKE OTHERS TO DO BETTER THAN ME.	I'M GOING TO FIGURE OUT WHAT THEY DO AND TRY IT!

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A transformational coach views winning as an outcome, not a priority, and puts the focus on helping athletes grow and reach their full potential, beyond just sports. On the opposite side, a transactional coach is someone who makes winning the ultimate goal and is less concerned about the overall experience.



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CYO GRATITUDE

Coach completes the following sentence: *One thing that I am grateful for receiving this evening is...*

Closing Prayer



St. Teresa of Avila (1515–1582)

Christ Has No Body

Leader: In the name of the Father, and of the Son, and of the Holy Spirit.

All: AMEN

Christ has no body but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
Compassion on this world,
Yours are the feet with which he walks to do good,
Yours are the hands, with which he blesses all the world.
Christ has no body now but yours!

Amen!

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