

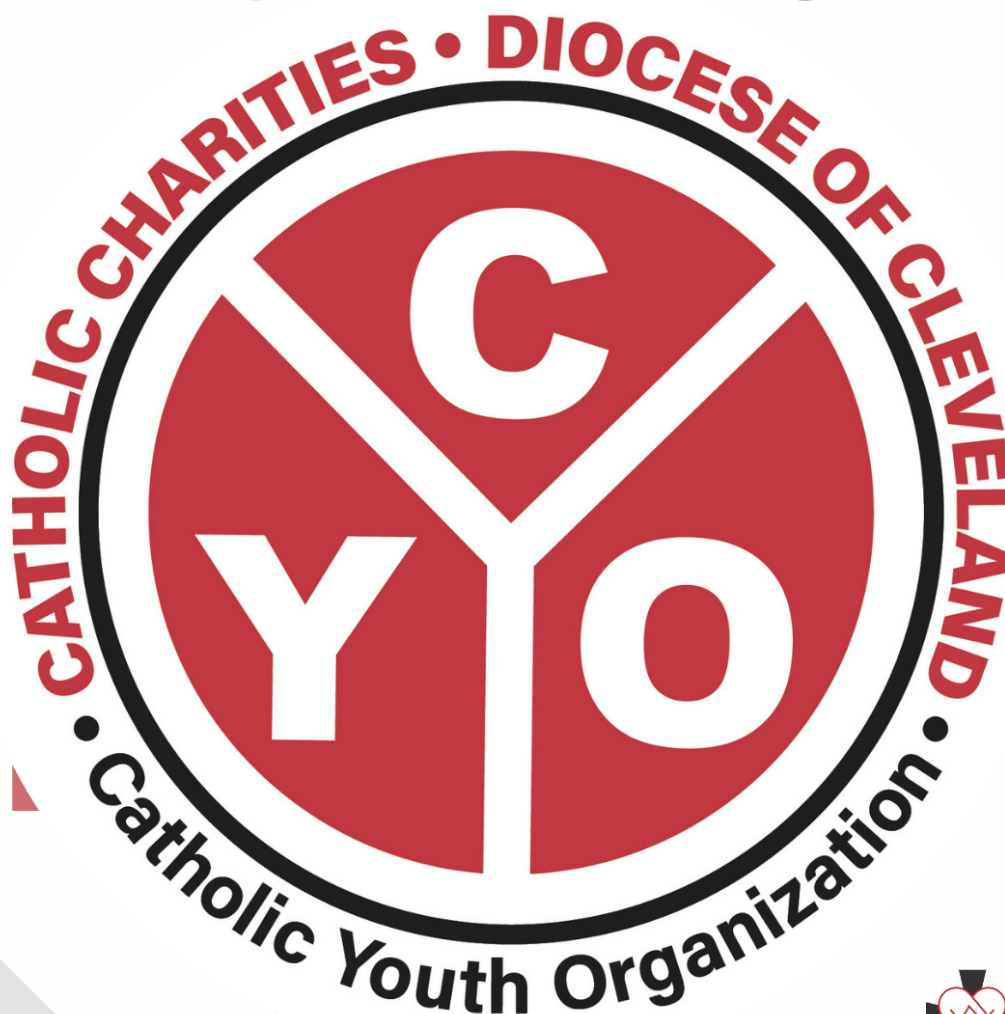
# COACH'S MEETING

## VOLLEYBALL

### GRADES 5<sup>TH</sup>-8<sup>TH</sup>

### FALL 2026

*The Way We do Things Here*



[ccdacle.org/cyo](http://ccdacle.org/cyo)



## 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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**CYO inspires young people to know God, to love God, and to serve God through athletics.**



## DIOCESE OF CLEVELAND CYO GRADE SCHOOL VOLLEYBALL PROGRAM PLANNER – 2026



|           |       |                                                                                                                                                  |
|-----------|-------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| July      | 20    | Fall sports season opens, practices may begin, sanction event period begins                                                                      |
|           | 22    | In-person mandatory fall sports season coach's meetings, 6-8 pm<br>Location: Walsh Jesuit High School, 4550 Wyoga Lake Rd. Cuyahoga Falls, 44224 |
|           | 27    | Fall sports season early registration closes; regular registration begins, 9:00am                                                                |
|           | 28    | In-person mandatory fall sports season coach's meetings, 6-8 pm.<br>Location: Beaumont High School, 3301 N Park Blvd, Cleveland Heights, 44118   |
|           | 29    | In-person mandatory fall sports season coach's meetings, 6-8 pm.<br>Location: Magnificat High School, 20770 Hilliard Blvd, Rocky River, 44116    |
| August    | 3     | Fall sports season regular registration ends, 9:00am                                                                                             |
|           | 4     | Team fee payments and fee summary due<br>Last day to enter teams' blackouts                                                                      |
|           | 5     | Coaches Development Program - Gesu (Gym) 6:00 pm<br>2470 Miramar Blvd, University Heights, 44118                                                 |
|           | 8     | Coaches Development Program - St. Ambrose Gym, 9:00am<br>929 Pearl Rd, Brunswick, 44212                                                          |
|           | 10    | Deadline to add athletes and coaches to rosters, 9:00am                                                                                          |
|           | 14    | Fall sports season schedules available on CYO website                                                                                            |
|           | 18    | Coaches Development Program - St. Jude 6:00 pm.<br>594 Poplar Street, Elyria, 44035                                                              |
|           | 22    | Fall sports regular season competitions begin                                                                                                    |
| September | 12-13 | Parents and VIP Weekend                                                                                                                          |
|           | 20    | Team Mass Sunday                                                                                                                                 |
|           | 26-27 | Officials Appreciation Weekend<br>6 <sup>th</sup> -8 <sup>th</sup> Grade Regular Season Games End                                                |
| October   | 2     | Diocese of Cleveland Volleyball Tournaments Begin                                                                                                |
|           | 10-11 | 1 <sup>st</sup> -5 <sup>th</sup> Grade Regular Season Games End                                                                                  |
|           | 18    | Diocese of Cleveland CYO Volleyball Championship                                                                                                 |
|           | 25    | Fall sports season ends                                                                                                                          |

## NFHS RULES CHANGES

**6-4 penalties 1c (new), 12-2-8b note (new):** If non-playing teammate(s) (bench players) enter the court during play it is illegal alignment. It remains a conduct violation if a coach or team attendant (anyone not in uniform) enters the court while the ball is in play.

Rationale: More appropriately assesses illegal alignment (loss of rally/point awarded to the opponent) to non-playing teammates who enter the court while the ball is in play. A player who enters the court during play may still receive a conduct violation if they engage in disconcerting acts, disrespectful language, etc. This penalty realignment allows officials to appropriately penalize teams based on participant actions.

**6-5-1: Players on the serving team are not permitted to raise their hands above their heads during service until the ball has passed beyond the net.**

Rationale: Discourages player positioning during the serve that prevents the receiving team from viewing service contact and/or the flight of the ball and assists officials when evaluating the existence of screening. This change aligns with all other volleyball rules codes.

**9-2-1 note 1 (new):** Players shall not wear any audio or video devices during the match.

Rationale: Clarifies the prohibition of electronic communication with and by players during the match and aligns with other NFHS rules codes.

**12-2-8m (new):** It is an unsporting conduct violation if coaches, non-playing teammates or team attendants use props on the bench during celebrations.

Rationale: Clarifies appropriate bench conduct for consistent enforcement by eliminating the use of props in bench celebrations while promoting sportsmanship and preventing disruption and potential safety concerns.



# DIOCESE OF CLEVELAND CYO

## POINTS OF EMPHASIS

### 2026

#### **BLACKOUTS**

- Member Athletic Director requests through the team registration process.
- **Blackouts are to be submitted by your Athletic Director by August 4.**
- 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**

- An official team will be a minimum of 6 players on a roster.
  - In all divisions, a team may begin a match with 5 players.
    - If a 6<sup>th</sup> player arrives after a set has begun, they will enter the 6<sup>th</sup> position.
  - 5<sup>th</sup> grade
    - There is no penalty assessed for playing with fewer than 6 players.
    - When a team plays with fewer than 6 players, it is encouraged that the team play 3 players in the front row and 2 players in the back row.
  - 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grades
    - 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.
    - 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. No hoops.
- Uniform tops no longer must 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:
  - 5<sup>th</sup> and 6<sup>th</sup> grades: Volley-Lite
  - 7<sup>th</sup> and 8<sup>th</sup> 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. Check the Line for Guest Players.
- 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.

## **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.**
- 5<sup>th</sup> & 6<sup>th</sup> Grade
  - 12 or fewer athletes: Must have every player start a set
  - 13 or more athletes: Must substitute for number of players over 12 when either team reaches the 12<sup>th</sup> point in set #1.
  - One full, 6 position rotation.
  - Must serve by the end of the second set.
  - No substitutions will be permitted until each new starting player has met their 6-position participation requirement. A substitute, non-starter, is not required to play a full 6 position rotation when entering the set.
- 7<sup>th</sup> & 8<sup>th</sup> Grade
  - 12 or fewer athletes: Must start either set
  - 13 or more: Players who start the first set cannot start the 2<sup>nd</sup> set.
  - Must play 3 consecutive positions
  - 7<sup>th</sup> 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 – Check the Guest Player line 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 6<sup>th</sup> 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**

- 5<sup>th</sup> Grade
  - Set 1 & 2: 25 points, cap at 29, win by 2 or first to 29.
  - Set 3: 15 points, cap at 20, win by 2 or first to 20
- 6<sup>th</sup> Grade
  - Set 1 & 2: 25 points, no cap, win by 2.
  - Set 3: 15 points, no cap, win by 2.
- 7<sup>th</sup> & 8<sup>th</sup> Grade
  - Set 1 & 2: 25 points, no cap, win by 2.
  - Set 3: 15 points, no cap, win by 2.

## **SERVICE**

- 5<sup>th</sup> Grade Division
  - 4 consecutive points
  - 6 ft. in from the end-line from sideline to sideline
- 6<sup>th</sup> Grade Division
  - 5 consecutive points
  - 6 ft. in from the end-line from sideline to sideline
- 7<sup>th</sup> & 8<sup>th</sup> Grade Divisions
  - No limitations
  - Behind the end-line from sideline to sideline
  - 7<sup>th</sup> Grade: Must serve by the end of the second set.

## **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 “Wooh”.

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

- Athletes, coaches, parents, and fans who have been ejected, 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 or removed from an athletic event are automatically prohibited from attending any practices or CYO games for seven days including sanctioned events.
- Coaches who are ejected or removed from an athletic event are automatically prohibited from attending any practice or CYO games for fourteen days including sanctioned events.
- 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.

## TEAM FORMATION & STRENGTH

For teams in Grade 5 the team strength is not used.

For teams in Grades 6, 7 and 8 the team strength is used.

### 5<sup>TH</sup> GRADE:

- Strength is not a factor.
- If a member sponsors more than 1 team at that grade level, the teams must be balanced.
  - This may require that athletes who have played together before may need to be placed on separate teams.

### 6<sup>TH</sup>, 7<sup>TH</sup> & 8<sup>TH</sup> 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:

- 8<sup>th</sup> 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.
- 12 Regular Season Matches
- Select Division Tournament
  - Double elimination if the number of teams available weekends allow it.

### 5<sup>TH</sup> GRADE CONFERENCING:

- Teams are placed in conferences based upon member location.

### 6<sup>TH</sup>, 7<sup>TH</sup> & 8<sup>TH</sup> 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 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> 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@ccdoble.org](mailto:Beth.Flynn@ccdoble.org)

# 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 pattern used in today's game. The 3-person formation resembles a line pattern. 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.



## CYO 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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