ARTICLE XIV VOLLEYBALL

PLKC GENERAL RULES 3-8:

VOLLEYBALL RULE EXCEPTIONS: The rules of the National Federation of State High School Associations will be used to govern play. The following exceptions have been approved by the PLKC:

A. Coaches are allowed to stand at the bench area provided they are not disruptive or distracting, in the judgment of the official(s).

B. A player being disciplined by the coach must sit out the first match of the day if the team is scheduled to play in more than one match.

C. UNIFORMS:

Shirts: All uniform shirts must match and have numbers on the front and back that are easily seen and that match the team roster. (Legal numbers per High School Association rules are recommended but not mandatory).

It is the head coach’s discretion as to whether shirts are tucked in, however it is illegal to tie or knot the uniform shirt. Any device used to tie up the sleeves of the uniform is illegal.

Only the school’s name may appear on the uniform. No player names or nicknames will be permitted.

Any T-shirt worn under the uniform must be a white, short sleeved, crew neck shirt and be completely unadorned.

Shirt Penalty: If a player’s uniform shirt is not identical to the rest of the team, that player cannot participate. If a player’s t-shirt does not comply with the rule, it must be removed or the player cannot participate.

Shorts: All team shorts must be the same color. Loose fitting gym shorts are the only legal uniform shorts. Biker shorts or spandex shorts may not be worn as the uniform shorts. Bicycle shorts worn under the uniform must be the same color as the body of the uniform shorts if they extend below the uniform shorts.

Shorts Penalty: If shorts don’t match, a point or loss of rally is assessed for the first entry of the offending player(s) in each match in which the player(s) participate(s).

Shoes: Flat Athletic shoes are required.

D. JEWELRY: Jewelry shall not be worn. This includes earrings and ear posts. It is illegal to tape over earrings, including those newly pierced. The earrings must be removed or the player may not participate. Coaches are responsible for ensuring their players’ compliance. Referees try to catch violations prior to the beginning of the match, but this is a courtesy check. Violations shall be penalized whenever they are found during the match as they are considered dangerous to the player and a liability issue for the coach and official.
Religious and medical alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical alert medal must be taped but may be visible.

E. BODY PAINT: Under no circumstances will any participant be allowed to participate in any contest with body paint and/or paint in the hair.

F. HAIR ORNAMENTS: No hard objects may be worn in the hair with the exception of unadorned bobby pins and flat clips/barrettes two (2) inches or less in length. Ribbons and/or soft headbands no wider than 2” are legal. Sequined headbands are legal so long as the sequins are soft and pliable.

G. CHEWING GUM: No player will be allowed to participate in any PLKC contest while chewing gum.

H. SERVING AREAS: All courts approved by the League Director shall be noted as legal courts. The 4th, 5th, and 6th grade will be allowed an additional six (6) feet into the court for the service. The 3rd grade may serve inside the court behind the ten (10) foot Attack Line.

Athletic directors providing gyms for 3rd through 6th grade games must ensure the court is correctly marked with a line extending the width of the court and six feet from the end line. (If the line inside the court does not extend the full width of the court; players using the shorter line are restricted to the marked area. If the ten (10) foot Attack Lines are not already marked, taped lines should be added measuring ten (10) feet from the outside of the centerline toward the end line on both sides of the court). Antennas shall be attached to the net over the outside of each sideline.

I. NET HEIGHT:

Girls - 7th-8th grade -7'4”
   5th-6th grade - 7'0”
   4th grade - 6'6”
   3rd grade - 6'6”
Boys - 7th-8th grade - 7’4”
   4th-6th grade - 7'0”

J. TEAM SIZE: No team shall consist of more than 15 players. If a team has more than 12 players, a rotation system must be established by the coach. This system must provide that once a player has “sat out” for a match, that player will not “sit out” for another match until each and every other player has “sat out” for a match. For teams having over twelve (12) players, those sitting out must be designated on the line up sheet before the match begins. The rotation system of “sitting out” must be maintained throughout League and City Tournament play.

K. SCOREKEEPER: One person (must be an adult) from each team shall be seated at the scorer’s table and jointly keep score. Home team is the official scorekeeper unless determined otherwise by the
referee. A typed roster and line up sheet must be submitted and remain at the scorekeeper’s table for the entire match.

L. LINE JUDGES: Each team must provide one adult to serve as a line judge during all matches. Note: High School students can be used at the discretion of the referee and opposing coach.

M. LINE-UPS: Line-ups must be turned in before the two minutes of serving begins.

N. GAME BALL: The PLKC will provide the official game ball. Host gyms will provided warm up balls for each team. All 3rd, 4th, 5th and 6th grade competition shall use the “Volley Lite” ball. All 7th and 8th grade competition shall use the regulation size volleyball.

O. PRE-GAME CONFERENCE: A head coach and team captain from each team must attend the pre-game conference. In the event the “head coach” fails to participate in the pre-game conference, the coach attending the pre-game conference shall be considered the head coach for the remainder of that match and shall be the only coach able to request time outs or consult with the referee(s).

The team listed last on the schedule is the visitor and shall call the coin toss. The winner of the toss has the choice to serve or receive. The home team shall call the toss for any third game. The winner has the choice to serve, receive or choose a side and the loser has the remaining choice.

P. “GHOST” PLAYER: A contest may begin with five (5) players and continue with five (5) players. In the event of illness or injury during a match, the team may continue that match with its available players but may not begin a new match with less than five (5) players. The Coach must indicate to the officials whether his/her team will be playing three (3) front, two (2) back or two (2) front, three (3) back.

There is no penalty in the serving rotation for the sixth (6th)”ghost” player. When that player arrives, he/she should be inserted into the open position in the lineup during the first dead ball.

Q. BALL HANDLING: All double-hits are illegal in the Parochial League.

R. PROTEST: Any protest of rules or procedures must be done with the specific rule shown in the rule book (either in the current year’s High School Association rule book or the Parochial League rule book. The protesting coach has ten (10) clock minutes to find the pertinent rule in the rule book to make his/her case. If unable to do so or if the time runs out, the protest is over and the match shall resume. The protesting coach has the burden of proof.

GRADE-SPECIFIC RULES:

3rd GRADE:

The third (3rd) grade volleyball program is an instructional league designed to introduce participants to the game.

a. A running clock will be used. Games will be ten (10) minutes in length and every match will be three (3) games. The clock will stop for injury and called time-outs but will run during substitutions.
b. Teams will be provided a 5-2 shared warm-up time.

c. 3rd graders will be allowed to serve anywhere behind the 10 ft. line.

d. A score sheet will be kept to help maintain serving order and will be rally scored. The score will not be tallied on the score clock. Win/loss records will not be maintained over the course of the season.

e. There will be no city tournament for the third (3rd) grade.

f. Each player on the roster must play one complete game of the match. Since there will be three (3) games, it is strongly recommended that each participant play an equal amount of time.

g. If a team is not ready for play ten (10) minutes past the scheduled game time, the first game is forfeited. A second ten (10) minutes is put on the score clock for the second game and another ten minutes for the third game. At the conclusion of the third ten (10) minutes, the entire match is forfeited. Exception: If the previous match has run late, the first 10 minutes will start once the pre-game conference and warm-ups have been completed. When a team has a sufficient number of players available, the remaining games of the match shall be played.

4th GRADE:

The fourth (4th) grade volleyball program is an advanced instructional league designed to expand the participants’ understanding of the game.

a. Every match will consist of three (3) games which will be rally scored to 15 points with a 17 point cap.

b. Teams will be provided a 5-2 shared warm up time.

c. 4th graders may serve from anywhere behind the short service line (six (6) feet into the court from the regulation end line).

d. A score sheet will be kept & the score will be tallied on the score clock. Win/loss records will not be maintained over the course of the season or posted on the PLKC website.

e. There will be no city tournament for the fourth (4th) grade.

f. Each player on the roster must play one complete game of the match. Since there will be three (3) games, it is strongly recommended that each participant play an equal amount of time.

g. If a team is not ready for play ten (10) minutes past the scheduled game time, the first game is forfeited. A second ten (10) minutes is put on the score clock for the second game and another ten minutes for the third game. At the conclusion of the third ten (10) minutes, the entire match is forfeited. Exception: If the previous match has run late, the first 10 minutes will start once the pre-game conference and warm-ups have been completed. When a team has a sufficient number of players available, the remaining games of the match shall be played.

5th-8th GRADE:
a. WARM UP, 5-5-2: The team serving first will have the first five (5) minutes on both sides of the court. The other team may warm up on the outside of the court lines. At the end of the first five (5) minutes, the receiving team will have the full court for 5 minutes. Teams will share the court for two (2) minutes of serving.

If matches are running late, the official(s) may ask coaches to share five (5) minutes and the two (2) minutes. Both coaches must agree to share warm up time.

b. FORFEIT TIME: If a team is not ready for play ten (10) minutes past the scheduled game time, the first game is forfeited. A second ten (10) minutes is put on the score clock and at the conclusion of the second ten (10) minutes, the entire match is forfeited. Exception: If the previous match has run late, the 10 minutes will start once the pre-game conference and warm-ups have been completed. When a team has a sufficient number of players available, the remaining games of the match shall be played.

c. MATCH FORMAT: The first two games will be rally scored to 21 with a 23 point cap. If a third game is necessary, it will be rally scored to 15 with a 17 point cap. Rally scoring does allow the let serve.

d. TOURNAMENT PLAY: During City Tournaments, teams may be required to play two (2) or three (3) nights during the week and on occasion more than one (1) match per night.

e. PARTICIPATION RULE: Every player listed on the match roster must play one complete game per match. The rule is waived for injury/illness if that player is unable to continue. If an injured/ill player returns to the match, the player must comply with the participation rule. Compliance with the Participation Rule must be achieved within the first two games of a match, as there is no guarantee of a third game.