

PENINSULA PARISHES/SCHOOLS LEAGUE

SECTION 5: VOLLEYBALL RULES

- 5.1 GOVERNING RULES:** The National Federation of State High School Association Rules shall apply with the exceptions listed below.
- 5.2 LOCATIONS:** All league volleyball matches must be played in an indoor gym.
- 5.3 GAMES:** All teams will be guaranteed at least seven (7) league games.
- 5.4 STARTING:** The starting time for all matches will be the scheduled game time; or no more than five (5) minutes after the end of the preceding match. All participants must be present and listed by First and Last name and jersey number on the official score sheet at the start of a match. Players arriving late may not participate in a match that has begun. There will be no exceptions to this rule.
- 5.5 REFEREES:** The PPSL will schedule two (2) referees for Varsity & J.V. divisions. If only one referee is present that referee will officiate the game/match. In all divisions, if no official referees are present and both teams agree, a volunteer referee or referees may be used. A game or match may not be protested because of a decision or call made by any such mutually agreed upon volunteer referee.
- 5.6 PREVENTING FORFEITS:** “Pulling up” players to prevent a forfeit must be done in accordance with ***General Rule 3.7***. Players may be “pulled up” to make six (6) to prevent a forfeit as follows:
- See ‘Section 3: Pg. 6, General Rules’; (Table Reflecting Pull-Up order) shall be used for all league games. See ‘Section 7: Pg. 2, Appendix; Playoff Rules’; (Table Reflecting Pull-Up order) shall be used for all Volleyball and Basketball playoff and championship games.
 - Cubs may pull from 5th Lions.
 - 5th Lions may pull from Cubs or 5th Lions.
- 5.7 UNIFORMS:** Uniforms must have numbers on the front and back of jerseys. No technical violation will be called for illegal numbers. All players on a team shall wear matching like-colored uniforms consisting of jerseys and shorts. Tee shirts may only be worn under uniform jerseys. Tee shirts shall be the same color as the jersey or white. All team members that choose to wear tee shirts under their uniforms must wear the same color. They must all be white or they must all be of a like-color. Like-color is defined as matching the main color of the jersey and not the trim color on the jersey or shorts. Different shades of the same color will be permitted. Players shall not wear undergarments or tights that extend below the uniform shorts unless they have written medical authorization or written permission from their pastor or school principal. Biker shorts or compression shorts may be worn. They must be worn under the uniform shorts unless the biker or compression shorts are the official team uniform. Any biker or compression shorts worn must be the same color as the dominant color of the uniform shorts or black.

5.8 **PLAYERS' RESPONSIBILITIES:** Decorative wristbands are not allowed nor are medical wristbands that have been decoratively altered. Players may not wear jewelry, decorative hair accessories (no bobby pins/clips), or have body-piercing appliances of any sort. "Friendship bracelets" made of string are not allowed. Long hair must be tied back. Players must wear shoes with non-marking soles. Gum chewing is not allowed.

5.9 **COACHES:** Coaches are extensions of the school and faculty and must wear appropriate clothing when coaching. Only two (2) coaches, one (1) scorekeeper, and the participants are allowed on a team bench. Coaches must wear shoes with non-marking soles. The Head Coach may stand to coach his/her players. During play, the head coach shall be no closer to the court than 6 feet from the sideline in the area near the sideline between the attack line and the end line. (NFHS rule 12, section 2, ART.6).

Assistant coach shall remain seated on the bench during the match except to:

- Request a timeout.
- Stand at the bench to greet a replaced player.
- Confer with players and /or officials during a timeout.
- Spontaneously react to an outstanding play by a member of their own team.
- Attend to an injured player with the permission of a referee.

5.10 **NET HEIGHTS:** All Division, (Varsity, Junior Varsity, 6th Grade, Cubs, and 5th Lions, matches must be played with the tops of the nets a minimum of 6 ft., 8 in. and a maximum of 7 foot, 0 in. from the floor.

5.11 **HOME TEAM RESPONSIBILITIES:**

- The home team must provide a visible scoreboard, a qualified scorekeeper and a scorebook.
- The home team scorekeeper is considered the official scorekeeper and shall keep the official scorebook. Referees shall have the authority to judge if the scorekeeper is qualified. Whenever a discrepancy occurs between the official scorebook and the visible scoreboard, the official scorebook shall prevail. When the home team scorekeeper is deemed unqualified by a referee to keep the book, the visiting team's scorekeeper becomes official scorekeeper and their scorebook becomes the official book.
- The home team shall provide a solid platform for the referee.
- The home team must provide a Game Ball. Sixth (6th) and fifth (5th) grade Cubs and Lions teams may play with a "Volley Lite" ball. All Game balls shall measure a minimum of 25 inches and a maximum of 27 inches in circumference. Game balls shall have an inflation weight of between 9 and 10 ounces. A game ball shall possess a NFHS authentication mark.
 - **The game ball can be multiple colors with one of the colors being white or the game ball can be solid white.**
- Home team Athletic Directors or Volleyball Commissioners must report all scores and First & Last names of all pull-ups and absent players, of games

played during the preceding week, no later than midnight on Monday of the following week.

- **LINE JUDGES:** The home team and the visiting team shall each provide a line judge. The line judges must be of high school age or older. They shall stand near the intersections of the sidelines and the end lines opposing the serving areas. They shall position themselves so they have a clear view of both their end line and their sideline. The referee(s) may overrule any decision(s) made by the line judges. Coaching and/or cheering from the line judge position shall not be allowed.

5.12 MATCH CONFERENCES: The coach and captain from each team shall attend a pre-match conference with the referee. Home team decides side; a coin toss shall be conducted prior to the start of the first game of the match. The visiting team captain shall call the toss. The winner shall choose either to serve or receive. Prior to the start of the deciding game of a three (3) game match, a referee shall conduct another coin toss. The captain of the home team shall call the toss. The winner of the coin toss shall choose either to serve, to receive, or a playing side of the court. The loser of the coin toss will choose from the remaining options. Note: There will be no changing of playing sides during any game.

5.13 PLAYABLE OVERHEAD OBSTRUCTIONS: A ball striking the ceiling or an overhead obstruction (including ceiling beams), above a playable area, shall remain in play. The ball must contact the ceiling or obstruction on the side of the net that is occupied by the team that last touched the ball and the ball must have been legally played. The height of the ceiling or overhead obstruction is not relevant.

5.14 MATCHES: All matches shall be won by the team that wins two (2) of three (3) games. All games must be won by two (2) or more points. Games one (1) and two (2) shall be played to 25 points with no upper limit on the number of points required for a win. If a third (3rd) and deciding game shall be required, it shall be played to 15 points with no upper limit on the number of points required for a win.

5.15 RALLY SCORING: In rally scoring, the term “side-out” has been replaced with the term “loss of rally”. Any “loss of rally” results in a point for the opponent. If the serving team wins a rally, it scores a point and continues to serve. If the receiving team wins a rally, it scores a point and gains the serve. Each time a team gains the serve, it must rotate one position clockwise before serving.

5.16 TIME OUTS: Each team is limited to two (2) time outs per game.

5.17 ROTATION FOR VARSITY AND JUNIOR VARSITY: Every team member present at the match must play in rotation. A team’s term of service begins when a player assumes the right back position as the server and ends when a “loss of rally” is awarded. When “loss of rally” occurs, the team preparing to serve shall rotate clockwise one position unless it is the team’s FIRST term of Service. A point is awarded as this team rotates (If it is the team’s FIRST term of Service the point is awarded but no rotation takes place). Varsity and J.V. teams may change serving order after each game is completed.

5.18 ROTATION FOR 6TH, 5TH CUBS AND 5TH LIONS DIVISIONS. 4TH TRAINING: Every team member present must play in rotation. All girls must play in a continuous rotation. Continuous rotation shall be maintained throughout the entire match. Players may not change positions after each game. After one (1) individual serves five (5) consecutive points, a rotation on the serving side shall occur. The five consecutive serves may take place during the course of two games. The server shall then rotate out and a new player will rotate in at the center back position. When starting game 2 the player in the #1 position may not necessarily be the 1st server. Remember this is continuous rotation all players start on the court where they left off, and ONLY ROTATE WHEN THEY GAIN POSSESSION OF THE SERVE.

- Here is an example to clarify where most teams and score keepers become confused. Example, Team A started game 1 with the serve and ended game 1 in serve receive (team B served 3 serves to win game 1). Therefore team B will begin game 2 with the serve (continuing from game 1 with the same player serving) and team A will continue game 2 in serve receive with the same player in the #1 position as game 1 and will ONLY rotate when they gain possession of the serve. Because team B ended game 1 by serving 3 serves the same player will continue to serve game two with 2 serves left, staying within the guidelines of the 5 consecutive serve rule.

5.19 SERVING FOR 6TH GRADE, 5TH CUBS AND 5TH LIONS. 4TH TRAINING: The five (5) second serving rule does not apply in these divisions. Servers are allowed to serve from a position forward of the end lines in these divisions. Servers in the 6th Grade Division may serve from a point no more than three (3) feet forward from the end lines. Servers in the Cubs and Fifth (5th) Grade Lions leagues may serve from a position no more than six (6) feet forward from the end lines. These serving positions shall be marked with tape if possible. If the taping of gym floors is not permitted, referees will use their own judgment.

5.20 SERVING FOR ALL DIVISIONS: Let serves are allowed. A let serve happens when a ball is served, touches the net, goes over the net, and remains in bounds. Contact for a serve must be made while the ball is held or tossed up into the air. Contact for a serve may not be made during a drop or a bounce.

- **You cannot block a serve.**
- **You cannot SPIKE a serve. For definition of a SPIKE see NFHS rule 9-5 ART 1, b. 1. Spike-an attack play in which the ball is forcibly hit into the oppon en t's cou rt w ith a on e -hand overhead motion.**

5.21 SERVING OUT OF ORDER: When a person is discovered to have served out of rotation, and this has been verified by the official scorekeeper, a “loss of rally” shall be immediately awarded to the opposing team. When a person serving out of rotation is discovered prior to the contact of the first serve by an opposing team, all Points earned by the improper server shall be cancelled and the serve awarded to the opposing team. When a person serving out of rotation is not discovered until after the first serve has been made by an opposing team, there shall be no cancellation of points. Proper rotating order as recorded on the official score sheet shall be regained immediately.

- 5.22 INJURIES:** If a player is injured and is removed from a game, a rotation shall occur on her side. If the injured player becomes able to resume playing, she must wait for her turn in rotation to re-enter the match. No “loss of rally” will occur as the result of an injury to a player.
- 5.23 LEAVING A MATCH:** Players present at the start of a game/match must remain and compete until the end of the game/match. Exceptions to this rule are made for injured players. Should a non-injured player leave prior to the end of a game/match, a “loss of rally” shall be awarded to the opponent each time the vacant position is the right back position. (Serving Position).
- 5.24 TEN FOOTLINE:** The ten-foot line should be marked by tape. If taping is not possible, referees will use their own judgment.
- 5.25 ENDING THE GAME:** Following the end of each game, a referee must verify the Score by signing the official score sheet. The game becomes official when the score sheet is signed and the score may not be changed after it is signed. Teams shall not be required to remain on the court while the referee verifies the score after each game of the match.
- 5.26 CONDUCT:** Please refer to **PPSL GENERAL RULE 3.13, 3.14 and 3.15** along with the letter sent to all commissioners dated August 2015. NOTE: the PPSL follows the NFHS volleyball conduct rules but instead of red or yellow cards we will issue verbal warnings.
- 5.27 League** Commissioners will include the scores of all games when sending out weekly standings.

The above rules were adopted by ALL 16 member schools and approved by the PPSL Executive Board.

The penalty for ANY infractions of the above rules will be an automatic forfeiture of game(s).

PENINSULA PARISHES/SCHOOLS LEAGUE
SECTION 5: VOLLEYBALL RULES FOURTH
GRADE TRAINING

5.28 RULES: The National Federation of State High School Association Rules and the PPSL volleyball rules governing the 6th Grade, Cubs, and Lions division teams shall apply with the exceptions listed below.

5.29 PULLING PLAYERS. Fourth (4th) Grade training teams may only “pull” from another training team if an additional player is needed to meet the minimum number of players required to start a game.

5.30 GAME LENGTHS. Teams will play two (2) twenty-minute games with a running clock. The clock will start at the first whistle and will only stop for the five-minute break between games and in the event of an injury. The clock will remain continuous through a time out.

5.31 SCORING. This is an instructional league. No scores or standings will be kept by anyone.

5.32 BALLS REQUIRED. A Soft Serve regulation size training ball or a Volley Lite ball may be used.

5.33 REFEREES. The PPSL will assign referees.

5.34 NET HEIGHT. The minimum height of the net shall be six (6) foot, (6) inches and the maximum height of the net shall be six (6) foot, six (8) inches from the floor.

5.35 SERVING: An underhanded server may be allowed to move up to the ten (10) foot spike line if necessary. An overhand server must serve from a position no more than six (6) feet forward from the end line. The court shall be marked by tape if possible. If taping is not permitted, referees will use their own judgment.

5.36 SERVING TIME LIMIT. The five (5) second serving rule does not apply. After one individual serves (5) consecutive points, a loss of rally will take place. The five consecutive serves may take place during the course of two games.

5.37 ROTATION; Continuous rotation. SEE PPSL VOLLEYBALL RULE 5.18

The above rules were adopted by ALL 16 member schools and approved by the PPSL Executive Board.