



## The PARC Volleyball League Do's and Don'ts

### Do:

- Recognize we are a *Recreational League* with a focus on spreading Christ, building positive relationships with each other and playing as a team. The emphasis of our programs is on faith and fellowship, not on winning and losing.
- **Encourage the players during games and practices!** A challenge for players, especially the younger ones, is to learn to be aggressive and run for the ball. They often start out tentative and will let balls drop right in front of them! This is a big challenge for the coaches to correct. Players will respond positively to parents and fans that recognize when they are making a good effort on the court.
- **Be patient with the players as they slowly improve over the season!** Volleyball requires skill to play and takes a lot of time and effort to build up even the most basic skills. Give the players constant praise and reassurance during the season to help motivate their development.
- **Respect the calls and decisions made by the officials and coaches!** We want to teach players how to conduct themselves not only off the court but also on the court. Therefore be mindful of your words and always show good sportsmanship!
- **All of our coaches are volunteers!** Support your coaches and allow them to coach without advice. Most of our volunteers are high school volleyball players and understand the coaching needed for players at this age.
- **Volunteer to be a team parent!** Many of our coaches are currently in high school and have very busy schedules. There may be games/practices where they will have to miss and parents will be needed to coach for a game or lead a practice. Assistance with organizing the snack schedule, ordering of socks and bows, creating gift baskets and line judging during game day may also be needed.
- If you can stay during the practice, we would appreciate it. We always have a gym attendant during practice in case of any emergencies or complications, but we like it when parents stay just to be there for support.
- Bring your child to games/practice on time and pick them up promptly afterwards. If you are unable to attend games/practices, then communicate with your coach!

### Don't:

- Miss any practices or games.
- Use foul language or derogatory language towards anyone: coaches, players, PARC staff, and other audience members.
- Fail to tell others about the good things going on at The PARC!

# The PARC Fall Volleyball League Rules

## 1) Divisions and Court Size:

- Players in 4<sup>th</sup> - 5<sup>th</sup> grade – 84 inch net height – Volley Lite volleyballs.
- Players in 6<sup>th</sup> - 8<sup>th</sup> grade – 88 inch net height – Official Size volleyballs.
- Players in 9<sup>th</sup> - 11<sup>th</sup> grade – 88 inch net height – Official Size volleyballs.
- The court size is 30 feet (width) by 60 feet (length) for all divisions.

## 2) Basic Game Format:

- Players will warm-up before the game. Warm-ups will occur as followed:
  - i. Four minutes are given for team drills. No serving allowed.
  - ii. Three minutes are given for serving.
- Before each match, there will be a coin toss to determine which team will serve first and to determine playing court. Both teams will provide a team captain for the coin toss. The captain that wins the coin toss will decide if they would like to serve first or choose court.
- After the coin toss, there will be a pre-game and post-game prayer for each match. The team that wins the coin toss will lead the pre-game prayer and the other team will lead the post-game prayer.
- A match will consist of best two out of three sets. The first two sets will go to 25 points and the third set to 15 points. If a team wins the first two sets, a third set will still take place.
- Before the third set begins, if both teams win one set each, there will be a coin toss to determine which team will serve first and to determine playing court. The team losing the first two sets will serve first on the third set.
- Teams will switch courts when a team scores 8 points unless both teams decide to stay on their respective court for the entirety of the third set.
- Teams are allowed two time-outs per game. Time-outs do not carry over. All times-outs will be one minute in length.
- Both teams will consist of 6 players on the court and the remaining players on the bench.
  - i. Teams may play their game with 5 players.
  - ii. If one team has less than 6 players, the opposing team is not required to play with an equal number of players.
  - iii. If a team has less than 5 players, teams are allowed to pickup players from a different team to ensure at least 5 total players.
  - iv. The PARC will never have teams forfeit their game.
- Players that arrive late to their volleyball game can enter the game after a team has scored. No late player shall immediately enter the game and must wait till the next serve to enter the rotation.

### 3) **Scoring:**

- All games shall be played with the rally point scoring system.  
The team that wins the rally gains a points and the right to serve.
  - i. For example: If “Team A” serves the ball out of bounds, then “Team B” gets the point and the next serve.
- To win a set, a team must:
  - i. Win by two points. For example: 25-23, 26-24, 27-25 or etc.
  - ii. Be the first team to score 30 points (first or second set) or 20 points (third set only)
- Scores will be kept by volunteers or gym supervisors.
  - i. Scorekeepers will also assist as linesmen.
  - ii. Scorekeepers will be trained by PARC staff.
  - iii. Scorekeepers can be player, siblings or parents.
  - iv. Scorekeepers must be provided from one of the two teams playing.

### 4) **Ball Handling Rules:**

- Each team is allowed a maximum of three hits per team.  
This includes passing, setting and overhand hits.
- Balls must be properly hit.  
Not held (momentarily in the hands or arms), thrown, lifted or carried.
  - i. Lifts will not be strictly enforced in the 4<sup>th</sup> – 5<sup>th</sup> grade league and the 6<sup>th</sup> – 8<sup>th</sup> grade league. However, multiple violations after being warned by the official will lead to lift violations being called.
  - ii. Lifts will be strongly enforced for the 9<sup>th</sup> – 11<sup>th</sup> grade league.
- The ball may contact any part of the body and any number of body parts as long as the player does not hit the ball twice in succession.
- Double contacts by one player are not allowed.  
An exception is made in the case of a block or a serve receive.
- If two players on the same team contact the ball simultaneously, this is considered two contacts for that team.
- The ball must pass from one side of the net to the other over the legal portion of the net.
- A ball is considered out, whether by pass, serve, set or hit if it contacts:
  - i. The antennas on the net.
  - ii. The official or official stand.
  - iii. The floor completely outside the court.
  - iv. The curtain, wall or basketball goals behind courts.

## 5) Boundaries, Obstructions & Net Violations:

- The court boundaries for the following divisions are as followed:
  - i. 4<sup>th</sup> – 8<sup>th</sup> grade division is the **YELLOW** and **WHITE** lines.
  - ii. 9<sup>th</sup> – 11<sup>th</sup> grade division is the **RED** lines.
- For the 4<sup>th</sup> – 8<sup>th</sup> Grade Division Only: The PARC basketball apparatus is considered an obstruction. Any time the ball strikes the basketball apparatus, the official must determine:
  - i. If the ball was going to remain in play and therefore call a replay.
  - ii. If the ball was clearly going out of bounds and therefore call a point for the opponent.
  - iii. If there is any doubt as to possible outcome of the volleyball, the official shall call a replay.
- For the 9<sup>th</sup> – 11<sup>th</sup> Grade Division Only: The PARC curtain rope is considered an obstruction. Any time the ball strikes the curtain rope, the official will call a replay.
- Any time the ball hits the PARC roof, standard rules apply. The standard rule is as followed:
  - i. If ball hits ceiling and falls back on the hitting team's side of the net, it is a playable ball as long as it does not exceed three hits.
  - ii. If the ball hits the ceiling and falls on the opponent team's side of the net, it is a point to the opponent.
- Players may not cross the centerline under the net (foot going completely over) at any time.
- When blocking a ball coming from the opponents court, contacting the ball when reaching over the net is a violation if the ball hasn't yet broken the vertical plane of the net.
- Players may not touch the net with any part of the body while the ball is in play. An exception is made if the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.
- A net violation will not be called if insignificant contact is made by a player not in the act of playing the ball.

## 6) Serving:

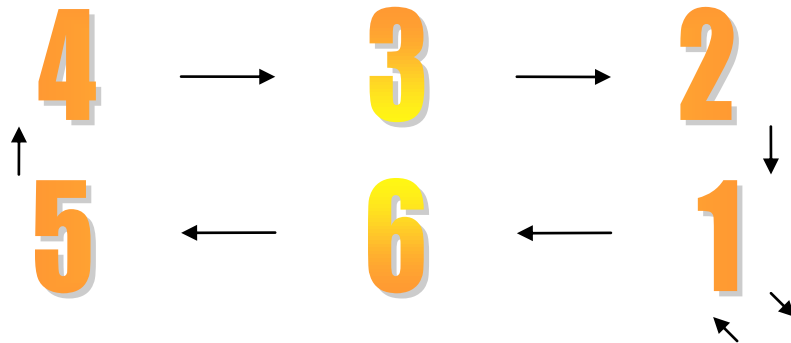
- The first serve of Set 1 will be decided by a coin toss with team captains (one player from each team). Set 2 will be started with a serve by the team that did not serve first in the previous set. The first serve of Set 3 will be decided by a coin toss.
- Players may not serve until the official has blown the whistle.
- Players are allowed to serve overhand or underhand for all divisions.
- 4<sup>th</sup> grade players serve from the first RED line marked 16' from the net. 5<sup>th</sup> graders serve from the second RED line marked 22' from the net. Coaches will ensure players are serving from their designated serving line.
- 6<sup>th</sup> - 8<sup>th</sup> grade league serves from the BLUE line marked 26' from the net.
- 9<sup>th</sup> - 11<sup>th</sup> grade league serves from the RED line mark 30' from the net.
- A player is allowed one service tossing error per serve (letting the ball bounce without hitting it after tossing it up for a serve).
- Serves may not be blocked by front players.
- A player can not block or attack a serve from on or inside the 10 foot line.
- Serve faults happen when:
  - i. Lands out of bounds.
  - ii. Fails to pass over the net.
  - iii. Touches the ceiling of the gym.
  - iv. Touches a player of the serving team.
  - v. The server steps on or past the service line during their serve.
  - vi. Passes over a screen. This is any action that hides the server as the ball is being served (waving arms, moving sideways or jumping).
- Serves touching the net, continuing to the opponent's side and landing inbounds are considered good.
- No person can distract, yell, or in any way try to break the server's concentration. If this occurs, the player will be allowed to repeat the serve. A warning will be given after the first violation and multiple violations will result in the removal of the offending person from the facility.
- **4<sup>th</sup> - 5<sup>th</sup> Grade League and 6<sup>th</sup> - 8<sup>th</sup> Grade League Only!** If the player serving scores five consecutive points in a row, then the serving team will rotate one position (thus getting a new server).

## 7) 4<sup>th</sup> - 5<sup>th</sup> Grade Serving Rules:

- No overhand serving is allowed on the first RED line marked 16' from the net designated for 4<sup>th</sup> grade players. Only underhand serving is permitted.
- 4<sup>th</sup> grade players are allowed to serve underhand or overhand from the second red line designated for 5<sup>th</sup> grade players. Players must clearly be behind which ever red line they choose to serve from.

### 8) Rotations & Playing Time for 4<sup>th</sup> – 8<sup>th</sup> Grade League:

- For equal time play, when teams have more than six players, a new player shall enter the game after each rotation. Players coming off the bench shall take the place of the offensive player who has completed her serve. For example,



- After serving and a rotation, the player in position 1 (server position that has already had an opportunity to serve) will go to the bench and her replacement shall enter the game in position 6. This sequence will occur on all rotations, allowing players to move from Position 1 to the bench, and re-enter the game in position 6.
- Players who just finished serving must then start at the end of the team's rotation. Players substituting out of the game after serving can't re-enter the game until all players before them on the bench have substituted back into the game.
- After the serve, players in all age groups may transition to a different position. Only players in their designated row (front row or back row) and are next to each other in the rotation can switch positions. Switching between front row and back row players is not allowed. Upon completion of point, players must return to their original position for the next serve.
- Players must remain in their same position after time-outs or if a player is substituted due to an injury. The player replacing the injured player will take the injured player's position in the rotation until the injured player can return to the game.
- When a set concludes, coaches can continue their rotation from the previous set or choose to start a new rotation.

**9) Rotations & Playing Time for 9<sup>th</sup> – 11<sup>th</sup> Grade League:**

- Players will be given assigned numbers for the entire season. Players are required to wear jerseys with numbers for all the games.
- Coaches will submit a lineup card of their team's rotation to the scorekeeper before the game begins. Once the game starts, the team's rotation can't be changed at any point during the game.
- For equal time play, when teams have more than six players, a new player shall enter the game after each rotation. Players coming off the bench shall take the place of the offensive player who has completed her serve.
- Rotations are based on the lineup card provided by the coach
- Once a player enters the game, they can play different positions for setters, liberos, defensive specialists, front row specialists and etc.
- Players can move to different positions during rotations or the game.
- Once a new set begins, teams will continue the rotation from the ending of the previous set.

**10) Coach and Player Conduct:**

- Coaches must stay within the Coach's Box during the game. The Coach's Box is the area between the team's bench and game official.
- Coaches can walk along the sidelines and talk to their players without stepping in the playing area.
- Any dispute occurring during a game, such as rule or scoring, should be referred to the official. All disputes will be resolved by the officials.
- Teams are required to line-up at the end of the game and shake hands.
- Coaches and players must exhibit proper conduct and sportsmanship before, during and after the game.

**11) Spectator Conduct:**

- Spectators are an important part of the game and shall at all times conform to accepted standards of good sportsmanship and behavior.
- Spectators shall at all times respect officials, coaches and players and extend all courtesies to them.
- Taunting, foul and abusive language, noisemakers, inflammatory remarks, and disrespectful signs and behavior are not acceptable.
- All spectators will be expected to remain off the playing area until after the game has concluded.
- Any persons not following the code of conduct will result in being removed from the gym by a PARC staff member.