

ARTICLE XIV--VOLLEYBALL

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

- A. Only the Head Coach is 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: Coaches are responsible for ensuring their players' compliance.

Shirts: All uniform shirts must match in color of body of shirt/jersey and in lettering/numbering 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 or the same color as the uniform, 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, spandex shorts, or leggings may not be worn as uniform shorts. Items under the uniform shorts must either be the same color as the body of the uniform or black if they extend below the uniform shorts.

Shorts Penalty: In 7th and 8th Grade, 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: Coaches are responsible for ensuring their players' compliance.

- a. Jewelry shall not be worn. Stud post earrings are allowed to be worn during play, any other type of earring, earbuds or air pods, are not allowed. It is illegal to tape over non-stud post earrings, including those newly pierced. Referees will 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 jewelry is considered dangerous to the player and a liability issue for the coach and official.
- b. 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 following exceptions:
- a. Unadorned bobby pins and flat clips/barrettes.
 - b. Hair control and other adornments (i.e. beads) in the hair that are securely fastened and do not present an increased risk to the player, teammates, opponents.
 - c. Ribbons and/or soft headbands no wider than 3" are legal. Sequined headbands are legal so long as the sequins are soft and pliable. Head coverings worn for religious reasons are not considered hair devices; must be made of non-abrasive or soft materials; and must fit securely. Head coverings worn for medical or religious reasons require PLKC Director approval.
- 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 feet into the court for the service. The 3rd grade may serve inside the court behind the ten-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-foot Attack Lines are not already marked, taped lines should be added measuring ten 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 HEIGHTS:** Girls - 7th-8th grade - 7'4", 5th-6th grade - 7'0", and 3rd and 4th grade - 6'6"-7'0"
Boys - 7th-8th grade - 7'4" and 4th-6th grade - 7'0"
- J. **TEAM SIZE:** No team should consist of more than fifteen players. In grades 3-5, if a team has more than twelve players, a rotation system must be established by the coach to ensure all players play one complete game of the match. For teams having over twelve 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. The home team is the official scorekeeper unless determined otherwise by the referee. A 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 into the referee before the two minutes of serving begins.
- N. **GAME BALL:** The PLKC will provide the official game ball. Host gyms will provide warm up balls for each team. **Volley Lite:** 3rd-6th girls and 4th-5th boys. **Regulation Size Volleyball:** 7th-8th girls and 6th-8th boys.
- O. **PRE-GAME CONFERENCE:** A head coach and team captain from each team must attend the pregame 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, stand during the game, 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 or receive and the loser has the remaining choice. Teams will not switch sides in between sets and are to remain on the same bench throughout the match.

P. "GHOST" PLAYER: A contest may begin with five players and continue with five 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 players. The Coach must indicate to the officials whether his/her team will be playing three front, two back or two front, three back before the match begins. PLKC will not use the High School recommended rotation requirement for the ghost player. There is no penalty in the serving rotation for the sixth "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: Per Rule 9, Section 4, Article 8 of the NFHS Rule Book, multiple contacts are permitted only:

- a. When the first ball over the net rebounds from one part of the player's body to one or more other parts in one attempt to block.
- b. On any first team hit, whether the ball is touched by the block (legal double hit).

PLEASE NOTE: there is a difference between a double hit and an illegal hit. Only the double hit is legal on and first ball over the net. Any type of prolonged contact remains illegal.

PLKC is removing the previous rule that "no double hit is legal".

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. If the protest is found valid, necessary corrections shall be made before the match resumes. The protesting coach has the burden of proof.

S. T-Shirts: For Volleyball Only: T-shirts worn under the uniform shirt/jersey shall be white or the same color as the uniform shirt/jersey.

GRADE-SPECIFIC RULES:

3rd GRADE: The third-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 games. The clock will stop for injury and called time-outs but will run during substitutions.
- b. Teams will be provided with a 5-2 shared warm-up time.
- c. Third graders will be allowed to serve anywhere behind the ten-foot line.

- d. Serving Limit: Any server is limited to five consecutive points. After the fifth point, the official will be notified by the scorekeeper and a side out will be awarded.
- e. A score sheet will be kept helping 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.
- f. There will be no city tournament for the third grade.
- g. 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 the time.
- h. If a team is not ready to play ten minutes past the scheduled game time, the first game is forfeited. A second ten 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 minutes, the entire match is forfeited. Exception: If the previous match has run late, the first ten minutes will start once the pre-game conference and warm-ups have been completed. When a team has enough players available, the remaining games of the match shall be played.

4th GRADE: The fourth-grade volleyball program is an advanced instructional league designed to expand the participants' understanding of the game.

- a. Every match will consist of three games, rally scored to 15 points with a 17-point cap.
- b. Teams will be provided with a 5-2 shared warm-up time.
- c. Fourth graders may serve from anywhere behind the short service line (six feet into the court from the regulation end line).
- d. Serving Limit: Any server is limited to five consecutive points. After the fifth point, the official will be notified by the scorekeeper and a side out (with no point) will be awarded.
- e. 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.
- f. There will be no city tournament for the fourth grade.
- g. Each player on the roster must play one complete game of the match. Since there will be three games, it is strongly recommended that each participant play an equal amount of time.
- h. If a team is not ready to play ten minutes past the scheduled game time, the first game is forfeited. A second ten 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 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 enough 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 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

minutes, the receiving team will have the full court for five minutes. Teams will share the court for two minutes of serving. If matches are running late, the official(s) may ask coaches to share five minutes and the two minutes. Both coaches must agree to share warm-up time.

- b. **FORFEIT TIME:** If a team is not ready to play ten minutes past the scheduled game time, the first game is forfeited. A second ten minutes will be put on the score clock and at the conclusion of the second ten minutes, the entire match is forfeited. Exception: If the previous match has run late, the ten minutes will start once the pre-game conference and warm-ups have been completed. When a team has enough 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 or three nights during the week and on occasion more than one match per night.
- e. **PARTICIPATION RULE:** In the 5th grade division, 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.

In all 6th-8th grade divisions, the National Federation of High School substitution rules will be followed. Eighteen team substitutions are allowed per game. Once a player has started a game or been subbed into a game and then been subbed out, that player can only return to the game in the same position in the rotation. No libero will be used. Coaches must do their best to ensure all players are playing equal points during the first two games of the match.

- f. **SERVING LIMITS:** For the 5th grade, 6th grade B, 7th grade B, and 8th grade B divisions, a server is limited to five consecutive overhand serves. After scoring five consecutive points with an overhand serve, the server must serve one underhand serve. If the point is won by the server's team, they can then start with a new five overhand count.