

PAROCHIAL ATHLETIC LEAGUE VOLLEYBALL RULES

Updated 9-17-2021

Please note the changes in red we all need to be on the same page. Officials received a copy as well. This should address all concerns moving forward.

2020 Rules

Please give a copy of our rules to each coach and have a copy at your gymnasium to curb any problems that may arise.

SECTION 1 – NAME OF THE ORGANIZATION

The name of this league shall be Parochial Athletic League (PAL) for Volleyball

SECTION 2 – PURPOSE

To educate Catholic youth in the fundamentals of athletic competition, to uphold the standards of the game, protect the interest of its members, and above all, provide a volleyball program for youth, teaching sportsmanship and a healthy competitive attitude while actively practicing Christian principles.

SECTION 3 – RULES

1. League will follow NSAA (NFHS) rules for **High School** (not club rules)
 - a. Net rules -High school all net touches except for hair are violations
 - b. Center line - High school all center line infractions are violations
 - c. Once ball crosses center line it is out of bounds, players cannot bring the ball back to their side.
 - d. One Libero only
 - e. High school number of subs is 18.
 - f. No jewelry including pierced ears, no bracelets or rubberbands on wrists, bobby pins are **allowed**.
 - g. Receiving teams back your team up counter clockwise one rotation so when you rotate your first server is in the service zone.
2. Web site for NSAA is <http://nsaahome.org/volleyball>.
3. Rules approved for 2020 season at July 20th meeting ie exceptions from NFHS rules.
4. A team may start each set with five players. Competitive teams 6th,7th and 8th AA, AAA will lose a point when the missing player reaches the service line.
5. A team may request (contact commissioner prior to that game) to use a younger player to avoid forfeit.

6. Teams in 4th , 5th, and 6th grade will use the volley lite ball
7. Reminder that we are not a club organization
8. 4th, 5th and 6th may also serve from the 24 foot line. After five serves must move back to the regulation (30 foot) line. Coaches sub players after 5 serves subbed player must move back
9. Any student that uses an overhead serve must be behind the regulation line
10. During service any loud, unsportsmanlike cheering will not be tolerated.
(ex: Ball's-up)
11. Warm ups shall be 2-4-4, 2 min shared each team stays on their own side of court. 4 min home team has entire court (visitor not on court), 4 min visitor has entire court (home team not on court). This is to begin after the coin flip with the official. 4 mins includes serving time there is no additional serving time.
12. Tournament pairing will be compiled one week before the tournament is scheduled to start.
13. Movement of teams for tournament play will be left to the discretion of the commissioner

14. Age division rules:

Age division	Rules	notes
4 th	<ul style="list-style-type: none"> • Short serving line for underhand only • Volleyleite • May start with 5 players no penalty for missing player • Overhand servers must be behind regulation line-foot fault in play • Regulation net height 	<ul style="list-style-type: none"> • 5 serves in a row must move to regulation line (4th-6th) • Allowed to serve short line each rotation regardless if have to move back time before • Foot faults should not be a huge deal (if players cannot get serve over they can move up to where they can but should be moving back each time they get the ball over)

5 th	<ul style="list-style-type: none"> • short serving line for underhand only • volleys • 5th grade may start with 5 no penalty • Overhand servers behind regulation serving line 	<ul style="list-style-type: none"> • 5 serve rule • Foot fault in play
6 th	<ul style="list-style-type: none"> • short serving line for underhand only • volleys • may start with 5 but 6th AA/AAA are penalized each rotation (1 pt) 	<ul style="list-style-type: none"> • 5 serve rule • Foot fault in play
7 th	<ul style="list-style-type: none"> • regular volleyball • no short serving line • may start with 5 but 7th AA/AAA are penalized each rotation (1 pt) 	
8 th	<ul style="list-style-type: none"> • high school rules • can play with 5 but 8th AA/AAA will be penalized 1 pt for each rotation player is missing 	
All ages	<ul style="list-style-type: none"> • no ace cheer allowed • no “balls up” (if it distracts serve then a point is awarded to serving team) • warm up 2-4-4 (2 shared, 4 home team, 4 visitor) • no cap on score must win by 2 • Libero okay to run must have different (contrasting color) jersey 	<ul style="list-style-type: none"> • friendship game cap is 15 points (if only 5 mins left then no friendship game, ref discretion can also call it if teams are making a mockery of the game)

SECTION 4 – SCORING

1. All scoring will be rally scoring.
2. A match will consist of three games.
3. All games are no cap
4. Friendship game will have a cap at 15. There is **no** side change for any game 3 at point 8 as score book is not set up to do so.

SECTION 5 – SPORTSMANSHIP

1. There can be no “ACE” cheer during play. It is ok to say team, go tigers, etc...
2. There will be no “Balls Up” remarks while the opponent team is serving and can be heard by opponents. Yellow card is first warning and teams are issued a point for any repeating offense.
3. New PAL policy as of Sept 16th 2021. Parent, Fan , spectator behavior at all contests during fall PAL volleyball season. We would suggest that the school that has the issue report what schools were causing the problem and the PAL director would tell that school that all of their teams will be removed if there is another issue. Host schools should not have to deal with this and offending schools should be punished until they can figure out how to act. This does affect the players, but it is not fair to the host school to have to deal with this type of behavior. Volleyball board 2021

SECTION 6 – ELIGIBLE MEMBERS

1. Students enrolled in the school you are representing.
2. Students belonging to representing parish but not attending representing school.
3. Students enrolled in Religious Education program who are not members of representing parish.
4. Students from another parish which does not have a team at participating at current grade level.
5. A player must play for the school they are presently attending.

6. Teams may also invite players from the respective Religious Ed programs.
7. If a school or parish does not have a team, that player may play with a participating school with league permission.
8. Teams enrolled in PAL currently that are public schools, non-parochial related are grandfathered into league but must follow above rules for student enrollment. No additional schools can join. If a team drops out of league then they may not be permitted back in. (2019)

SECTION 7 – UNIFORMS

1. All team members must have uniforms of the same color with numbers on back and front of jersey large enough to see from referee stand.
2. Libero must have a different color uniform than regular team members with number on front and back of jersey large enough to see from referee stand.
3. All jewelry must be taken off during games.

SECTION 8 – GYMNASIUMS

1. Need to supply a person to run the clock from the school.
2. Must be open 30 minutes prior to first game scheduled.
3. Must have regulation net, referee stand, boundary lines, antennas, and 6ft server line (can be temporary or permanent).
4. Host schools need to provide gate, clock/score-Home teams needs to provide scorebook.
5. Gym admission fees for Pal volleyball
Adults \$2, children prek-12 \$1. Max immediate(household) family \$5
6. Reschedules take time and should only be used for:
PAL approved conflicts are curriculum night, back to school night, religious retreats, Confirmation, First Communion.

SECTION 9 – FEES

1. The fees will be \$100.00 per team.
2. Fees are to be paid at the beginning of season.

3. Forfeit fees are \$50 per game for no shows. \$24 for the ref and \$26 to host school for gate.
 - a. Do not pay the referees if there is a forfeit. The offending school will pay both ends of the fee (\$24) if a forfeit occurs. The league commissioner should be advised immediately of potential forfeits.
 - b. Coaches be proactive you can avoid forfeit fees by showing up with any number of players you have and share players with the other team. Your results show a loss for the game but the kids can still play. Refs will still ref the game and get paid by each each.
4. Referee fees are \$12 per team per game.
5. A late fee for those that still want to join after the dates is \$50-excess money goes toward data entry, possible gym rental for additional courts if necessary.
6. Number of games per team minimum is 8. Starting the week before Labor day. Also cancellations after forms are turned in will have loss of game that will not be made up.
7. When a game is canceled by one of the scheduled teams for any reason other than an unforeseen emergency (determined by the PAL Commissioner), and another game can't be moved into the resulting gym opening, the team which canceled the game will pay the total officiating fee (\$24) for that game.

SECTION 10 – COMMISSIONER DUTIES

1. To be the chief executive officer and shall preside at all meetings.
2. Create agenda for all meetings.
3. Act as liaison for league between Athletic Directors and Officials.
4. Create schedules for all leagues. Problems with schedules come from schools AD's
5. Create end of year tourney for all leagues.
6. Assign officials for all games.
7. Collect rosters for all teams.
8. Maintain records for all games.
9. Maintain rules and exceptions for league.
10. Website management

SECTION 11 – VOLLEYBALL COORDINATOR DUTIES

1. To be the official school representative.
2. Attend all meetings unless notification is given in advance of absence.
3. Act as liaison for league between commissioner and coaches.
4. Create team counts for school.
5. Complete all forms required for registration. No play date forms need to include conflicts like coaches that coach 2 teams, This league should be first priority, not tourneys, exception for school functions like confirmation meetings etc.
6. Turn in rosters and fees to commissioner prior to sign-up completion date.

SECTION 12 – MEETINGS

1. PAL Volleyball meetings will be held in July and early November. Check the website for times and dates.
2. Special PAL Volleyball meeting may be called by the commissioner and needs to be advertised 24 hours in advanced.

SECTION 13 – RULE AMMEDMENTS

1. These rules may be amended at any regular or special meeting, where a quorum of 50 percent members plus 1 are present, by a two-thirds majority vote of those members present; provided that such amendments have been presented and read to the membership at the previous meeting or electronic communications.
2. League winners
League champion is awarded by division record, if there is a similar record head to head results, then total games won-lost, if we still cannot break tie a second trophy will be awarded.

SECTION 14 – SIGN OFF

The following schools shall initial approval for the PAL volleyball league rules:

Date Approved _____

- | | | |
|-----------------------------|---------------------------|---------------------------------|
| All Saints _____ | Bergan Catholic _____ | Boystown _____ |
| Brownell Talbot _____ | Christ the King _____ | Concordia Academy/Jr High _____ |
| Cornerstone Christian _____ | Fort Calhoun _____ | Good Sheperd Lutheran _____ |
| Holy Cross _____ | Holy Spirit _____ | Lifegate Christian _____ |
| Mary Our Queen _____ | Omaha Home School _____ | Omaha Christian Academy _____ |
| Omaha Lightning _____ | Our Lady of Lourdes _____ | Sacred Heart _____ |
| St Albert _____ | St Bernadette _____ | St Bernard _____ |
| St Cecilia _____ | St Columbkille _____ | St Gerald _____ |
| St James-Seton _____ | St Joan of Arc _____ | St Margaret Mary _____ |
| St Mary _____ | St Mathew _____ | St Patrick _____ |
| St Paul Lutheran _____ | St Phillip Neri _____ | St Peter & Paul _____ |
| St Pius-Leo _____ | St Robert _____ | St Stephen _____ |
| St Thomas More _____ | St Vincent _____ | St Wenceslaus _____ |
| Trinity Lutheran _____ | OCA _____ | Trinity Academy _____ |
| Home Schools _____ | | |

