

**PARISH ATHLETIC RECREATION ASSOCIATION
VOLLEYBALL RULES**

**(CO-ED RULES AND REGULATIONS)
2006-2007 Season**

Grade Level Divisions

5th Grade	Boys and Girls
6th Grade	Boys and Girls
7th Grade	Boys and Girls
8th Grade	Boys and Girls

SECTION I: GAME RULES

- A. CO-ED Rules:
1. No more than three (3) boys may be on the court at one time, even if three (3) girls are not available to play.
 2. If there is more than one hit on a side, a girl must make one of the hits before the ball goes over the net.
 3. The serve may not be blocked by any player within an arms distance of the net and the hands above the head.
 4. All players must wear a numbered shirt, athletic shorts and shoes. **NO JEAN SHORTS ALLOWED.**
 5. **NO JEWELRY OR HARD BARRETTES ALLOWED.**
- B. Substitutions:
1. **NO SUBSTITUTION IS ALLOWED.** All players will rotate into the game equally according to the rotation schedule submitted before the game.
 2. Only when a team has more boys than girls, must a boy rotate in for a boy. When this occurs girls must rotate in for girls throughout the game.
 3. At the beginning of each match the coach must specify to the scorekeeper and referee which position spot they will rotate in their players. Position specified must be used throughout the entire match.
- C. 5th & 6th Grade Rules:
1. 5th & 6th grade teams will use the Volley Lite ball for match play.
 2. A server can only serve five (5) consecutive serves in a row, then you must rotate to your next server.
 3. There will be rally scoring for all of the matches and games.
 4. All rally games are two (2) to twenty five (25) points. Win by two (2) capped at thirty (30).
 5. The third match are to fifteen (15) points. Win by two (2) capped at twenty (20) points.
 6. **Rules 4 & 5 are for season play only.**
 7. Games shall use **LET SERVE**: if the server touches the net and goes into the court, the serve is playable.
- D. Ceiling Rules:
1. If the ball hits any part of the ceiling, it is a sideout.
 2. If the ball hits the ceiling while in play and comes down on the hitter's side and there is a hit left, the ball is still in play.
 3. If the ball hits the ceiling while in play and comes down on the opposite side of the net, it is a side out.
 4. Any ball that hits the center beam is a side out.
- E. Officials:
1. If the official is not present by 15 minutes after the scheduled game time, the league will reschedule the match.
 2. **PARENTS MAY NOT OFFICIATE ANY GAMES.** Only sanctioned league officials may officiate a match.
- F. General Rules:
1. CO-ED Rules must be posted in all gyms of play.
 2. Representatives may start games if both coaches agree.

SECTION II: COACHES, OFFICIALS AND PLAYER ELIGIBILITY

- A. A coach's eligibility to participate in P.A.R.A. is defined in the section below. Coaches may have to meet other requirements as defined by their Parish Athletic Directors.

1. Requirements:

- a. Anyone wishing to be a coach/assistant coach must obtain their credentials by attending the Safe Environment Training through registered Parish. They must undergo a criminal background check through their Local Parish Director for Safe Environment. All must submit their checklist or a letter of compliance from their Parish Safe Environment Director to P.A.R.A.'s Director for Safe Environment before they will be certified as a coach.
- b. Anyone wishing to be a coach/assistant coach must undergo a seminar on P.A.R.A.'s approved rules and zero tolerance policies. The head coach of the team must be at least (21) years of age.
- c. When an applicant has met the following requirements and passed their background check the P.A.R.A. Director for Safe Environment will issue a Certification card, which is good for all Sports Programs governed by P.A.R.A. Lost or misplaced cards may be replaced by paying the \$5.00 replacement fee.
- d. Coaches must turn in their compliance checklist or letter and be certified before being eligible to coach their first practice, unless SPECIAL P.A.R.A board approved circumstances negate the deadline.
- e. Before the start of the game, the coach and assistant coach will give their certification cards to the timekeeper or scorekeeper before the start of the game. It is the coach's responsibility to pick up the card after their game is over, unless the coach is ejected from the game by the official or Gym Coordinator.
- f. When the timekeeper, scorekeeper or Gym Coordinator has determined the certification cards to be valid the coach shall enter his ENTIRE team's roster in the official scorebook. The player's jersey numbers MUST be listed in numerical order, from smallest number to highest. Coaches MUST inform the score keepers of players who are absent or injured. This information should be documented in the score book.
- g. Only (2) coaches will be allowed on the bench during regulation play. One coach may stand in the designated coach's box and the other must sit on the bench with the players. NO coach may cross the half court dividing line between benches or come onto the court, unless a player becomes ill or injured. NO coach shall leave the coach's box or bench during the course of the game except to extol praise and during time outs, or a technical foul will be given.
- h. Coaches are responsible for ensuring playing time for each player. Teams in noncompliance with the rules set forth under *Section I.A.6* will be reported to the Gym Coordinator who will review the lineup and may recommend to the P.A.R.A. board that the game be forfeited.
- i. Any coach found with alcoholic beverages or non-prescriptive drugs on the premises of any Gymnasium will be dismissed forthwith from the premises and will be suspended from further participation in P.A.R.A. for the remainder of the season.
- j. Coaches that display inappropriate behavior or who are caught in any illegal action will be brought before the P.A.R.A. board for review and/or disciplinary action.
- k. Coaches who are registered officials with UHSAA or other associations may not officiate games in the divisions which they coach.

2. Ejection Policy:

a. First Ejection:

- i. The coach will be asked to leave the building and their certification card will be held. At the end of the game the Gym Coordinator will make a record in the score book and contact the Athletic Director and P.A.R.A. board. The Athletic Director will contact the coach under their jurisdiction. The ejected coach will serve a (1) game suspension. After the suspension has been served, the certification card will be returned to the coach.

b. Second Ejection:

- i. The coach will be asked to leave the building and their certification card will be held. At the end of the game the Gym Coordinator will make record in the score book and contact the Athletic Director and P.A.R.A board. The Athletic Director will contact the coach under their jurisdiction. The P.A.R.A. board will investigate the matter and review the situation. All parties will have an opportunity to plead their case to

the board. Based on the board's findings and decision, the coach may not be allowed to participate in P.A.R.A. for the rest of the season.

- B.** An official's eligibility to participate in P.A.R.A. is defined in the section below. Officials may have to meet other requirements as defined by the P.A.R.A. Officials Coordinator.
1. Anyone wishing to be an official must obtain their credentials by undergoing a criminal background check through P.A.R.A.'s Director for Safe Environment or their Local Parish Director for Safe Environment. If they undergo a check through another parish program, they must furnish a letter or copies of their forms to P.A.R.A.'s Director for Safe Environment before they will be certified as an official.
 2. If an official is a member of a participating parish, he or she cannot officiate games in which their parish team plays (this is to avoid conflicts of interest).
 3. Officials will be required to be present (15) minutes before scheduled game time. If an Official cannot make a scheduled game time they should inform their local site coordinator and Gym Coordinator in advance so a replacement may be found.
 4. Officials found with any alcoholic beverages or non-prescriptive drugs on the premises of any Gymnasium will be dismissed forthwith from the premises and will be suspended from further participation in P.A.R.A. for the remainder of the season.
 5. Officials who display inappropriate behavior will be brought before the P.A.R.A. board for review and/or disciplinary action.
- C.** A players' eligibility to participate in P.A.R.A. is defined in the section below. Players may have to meet other requirements as defined by their individual Parish Athletic Directors.
1. **Requirements:**
 - a. A Catholic player is to play on a team sponsored by the PARISH in which he or she is a registered member.
 - b. If a player is a registered member of a parish that DOES field a team in P.A.R.A., he or she may play on the team of another parish with approval of both Athletic Directors. It is the responsibility of the player to turn in the necessary forms to the Athletic Directors. Teams with players who do not submit the required forms will forfeit all the games played for the period player(s) were ineligible.
 - c. If a player is a registered member of a parish that DOES NOT field a team in his or her division, the player may play for another parish team with approval of both Athletic Directors. If a player is a registered member of a parish that DOES NOT participate in P.A.R.A., the player may play for another parish team with approval of the participating parish Athletic Director. In either case, it is the responsibility of the player to turn in the necessary forms to the Athletic Director(s). Teams with players who do not submit the required forms will forfeit all the games played for the period player(s) were ineligible.
 - d. Catholic and Non-Catholic youth who attend a Catholic School may play on the school's sponsored Parish team.
 - e. Non-Catholic players who are members of a Non-Catholic affiliate church may play on the school's sponsored Parish team.
 - f. Players who have been held back (1) year must play in the grade they should be in.
 - g. The P.A.R.A. board must approve all exceptions to these eligibility rules.
 - h. Any player found with alcoholic beverages or non-prescriptive drugs on the premises of any Gymnasium will be dismissed forthwith from the premise and will be suspended from further participation in P.A.R.A. for the remainder of the season.
 2. **Ejection Policy:**
 - a. **First Ejection:**
 - i. The player will be asked to leave the building. At the end of the game the Gym Coordinator will make a record in the score book and contact the Athletic Director of the team. The Athletic Director will contact the coach and player. The ejected player will serve a (1) game suspension.
 - b. **Second Ejection:**
 - i. The player will be asked to leave the building. At the end of the game the Gym Coordinator will make a record in the score book and contact the Athletic Director of the team. The Athletic Director will contact the coach and player. The player will be brought before the P.A.R.A. board for review and/or disciplinary action which may result in suspension for the remainder of the season.

D. Team Fees and Rosters:

1. Team fees will be due in entirety before week (1) of regulation play. Parishes in noncompliance will be removed from the schedule until the balance of their account is paid in full.
2. A complete list of all PARISH team rosters must be submitted to P.A.R.A. before week (1) of regulation play. Parishes in noncompliance will be removed from the schedule until rosters for all teams have been submitted to P.A.R.A. for approval.
3. After the beginning of regulation play, the names of additional players may be added to the team roster. Such names must be submitted to P.A.R.A. in writing no later than the Wednesday before the next scheduled game to be eligible to play. Submissions will only be considered up to week (5) or game (5) of league play, whichever comes first. Only those players registered before week (5), game (5) in league play will be eligible. Families who are new in the Parish are the only exceptions to this rule, though they must comply with the provisions outlined in *Section II.C.1.A-H and C.2.A-B*.
4. Traveling expenses of teams will be the sole responsibility of the team.
5. Teams having more than (16) players must split and form two teams. Teams must begin with (5) players to be eligible to participate in P.A.R.A.

E. Division Requirements:

1. NO player may play in two divisions or on two teams, simultaneously.
2. Players who qualify to play in a lower division may play in a higher division, but may not revert to the lower division after season play has begun.
3. To have sufficient players for a lower division team, ONLY (2) players, from one grade level above, may be used to field that team.
By consensus, for the 2005/2006 season, a 'division' will be one grade level.
4. The P.A.R.A. board will rule on the eligibility of any players or teams in question. The Gym Coordinator will make record in the score book and bring it to the attention of the board.

SECTION III: COMPLAINTS, FORFEITS AND PROTESTS

A. Complaints:

1. P.A.R.A. takes complaints very seriously. Our goal is to provide a safe, fun and enjoyable environment for coaches, players, officials and spectators. All complaints brought to the attention of the board are thoroughly investigated. Based on the findings of the board, disciplinary action is taken as each situation permits.

B. Protests:

1. All protests are adjudicated by the P.A.R.A. board. All protests must be made within (5) minutes after the game in question. Protests must be submitted to P.A.R.A. in writing and accompanied by a protest fee of \$125.00 within (5) days of the game in question. Protests must coincide with the approved rules of UHSAA and P.A.R.A. and are not necessarily with the judgment of the officials.

Mail Protests to:

**P.A.R.A.
1305 West 800 South
Salt Lake City, Utah 8104**

C. Forfeits:

1. Teams with ineligible players will forfeit every game in which those players participated.
2. Failure to appear for a scheduled game without making arrangements (3) days in advance will cause the negligent team to lose the game by forfeit.
3. Teams will not be more than (15) minutes late for any scheduled game, except in the case of weather conditions or other emergency conditions deemed as GRAVE. Teams more than (15) minutes late (without the above mentioned conditions) will forfeit the game.
4. Coaches who do not have their certification cards present at the game will forfeit the game.

SECTION IV: ZERO TOLERANCE POLICY

- A. Any Player, Coach, Fan or Spectator displaying any inappropriate behavior whether physical, verbal and/or obscene in nature; will be required to leave the premises immediately in compliance with this Diocesan Zero Tolerance Policy.

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