PECSAA

Co-Ed Volleyball Rules & Regulations

I. Admissions

A. $5.00 Adults, $1.00 Students, Children under five (5) are admitted free.

B. Athletes, a maximum of two (2) coaches per team, one student manager, and one scorekeeper are to be admitted free.

C. Principals and Athletic Directors are also to be admitted at no charge.

D. Faculty/staff will not be charged at their home games

II. Policies

A. Practices may begin three weeks before the first volleyball game. The official date that try outs can begin will be set during the AD scheduling meeting at the end of the previous school year.

B. The home school is responsible for providing certified referees, adult score keepers and adult line spotters for the games. Or high school students 16+

C. The game ball shall be a leather indoor ball, which shall be supplied by the home team.

D. Games will begin at 9:30 A.M. for Saturday games. Each school will determine if they wish to schedule weeknight games.

E. Coaches will meet before the start of the match to review the League and home court rules with the referee.

F. Visitors and players will arrive 30 minutes before match time.

G. Numbered Jerseys are required on front and back. No two players can have the same numbered jersey on the same team. Players are encouraged to wear kneepads. Appropriate gym shoes are required.

H. Each school may have one Junior Varsity and one Varsity Team, with no more than 15 players on a roster.

I. Junior Varsity teams may consist of grades 5-6; 4th graders may be added to make a roster of 12. Varsity teams may consist of grades 7-8, 5th and 6th graders can be added to make a roster of 12. Junior Varsity players may play both J.V. and Varsity on the same day if Varsity has less than 12 players. No teams shall have more than 15 players on a team. (Special circumstances will be discussed, reviewed and ruled upon by league ADs)

III. Rules of Play

A. The National Federation of State High School Associations Volleyball rules will govern play except where PECSAA rules deviate. PECSAA specific rules are italicized for clarification and will need to be confirmed with referees before each match.

B. *No libero.*

C. Net height is 7' 4 1/8".

D. On-court Warm-up times for both levels: 2min (shared)-->3min/3min (individual team) /2min shared serving.

E. There should always be 6 players per team on the court. *The percent of girls to boys on the court must be equal to or greater than 50% unless the coaches of both teams agree to a different arrangement before the game starts.*

F. *All JV players must have played by the end of the second set*. There are no Varsity playing time requirements.

H. Substitutions must take place during dead ball.

I. The position of the substitute shall be that of the player replaced without changing the service order as recorded on the score-sheet. (i.e., Players must stay in the same serving order [position] but there is no limit to how many players can be substituted for a particular position, as long as the team does not exceed 18 substitutions per game.)

J. Starting line ups do not count as a substitution. Eighteen subs per game are allowed.

K. Players cannot throw or grasp the ball.

L. The ball may be struck by one team up to 3 consecutive times. On the first ball over a double or multiple hit is allowed as long as it is one attempt to play the ball.

M. One player may play a ball twice during a volley, but not twice consecutively. Players cannot attack or block a serve.

N. A ball landing on the line is a good ball.

O. All games use rally scoring and must be won by 2 points.

P. Each team is allowed two 60 second time outs per game.

Q. A guard, cast, or brace made of hard or unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance, even though covered with foam padding, is not permitted on the elbow, wrist, or forearm. Supports are permitted on the other parts of the body as long as they are soft or unyielding and padded with at least 1/2 inch of foam rubber, or 1/4 inch closed cell slow-recovery foam rubber.

R. No jewelry of any kind are permitted.

S. Any disagreement over the rules that occur during a game should be brought to the attention of the Athletic Director (or substitute) for both teams for review and resolution.

T. Disputes over the meaning of rules will be interpreted by the league director when necessary.

IV. Junior Varsity

A. JV teams will play the best 2 out of 3 games to 20 points with a cap at 25. If 3rd game is necessary, play to 15 points with a cap at 20.

B. *Junior Varsity players will serve behind the 15-foot line within a 10-foot service area from the right side of the court. A junior varsity player will serve the ball a maximum of three times during service (i.e., three times in a row). That server then rotates to the next position and the team maintains their serve. If a substitute comes in he/she gets the remaining serves. If a JV server starts from behind the full service line, he/she must stay behind the line without a foot-fault. NO overhand serves from the 15-ft service line.*

V. Varsity

A. Varsity teams will play the best 2 out of 3 games to 25 points with a cap at 30. If a third game is required it will be played to 20, capped at 25.

B. Varsity players must serve from the regular service line. Junior varsity players that move up to varsity must serve from the regular service line.

VI. PECSAA Volleyball Tournament

A. The end of season PECSAA volleyball tournament will be a seeded tournament.

B. Each school must provide a line judge for match play.

C. The league will decide the order of play in the Tournament.

D. Any changes to the rules for the tournament must be agreed upon with the majority consent of all Athletic Directors whose teams are involved.

E. The tournament will have a first place, second place and third place team. The draw will be according to the win/loss records of each team.