



## OKCPS/OKCPAL Volleyball Rules

**Eligibility Rules:** By signing up to play PAL sports you are agreeing to uphold at least a D or above in all of your classes to be able to participate in sports. Grade reports will be run each week on Monday morning. If a student athlete has an F in any class, that student will be placed on a two week probation period. If the student athlete does not improve their grade in those two weeks then they will not be allowed to play in games but will be allowed to practice until those grades.

Volleyball is considered a co-ed sport. However, only one male may be on the court at a time.

### Equipment & Uniforms

- Jerseys are provided by OKCPAL and given to the coach prior to the start of the season.
- Knee pads will be provided by OKC PAL. You may wear your own.
- No jewelry is allowed (will get clarification from the assignor about this?)

### Locations

- All games will be held at an OKCPS high school or middle school gym or practice gym.

### Teams & Games

- Teams may consist of 7- 15 players. (Schools may have more than one team if they have the facilities and volunteers to support another one.)
- A team must have at least 4 players to start a match. If a team has less than 4 players at official game time then forfeit will occur.
- If a team's strength ever drops below 4 players a forfeit will also occur.
- There will be a 10 minute countdown once the game time is supposed to start. If the opposing team does not have at least 4 after 10 minutes then it will be considered a forfeit.

### Court & Net Set up

- Court size:
  - standard court (59 ft x 29.5 ft)
- Serving lines:
  - All servers must stand behind the back court line. No exceptions
- Net Height
  - 7ft. 4  $\frac{1}{8}$  inches measured from the center of the net.



### Pregame/Coin toss

- Teams will be checked in by OKC Parks staff and referees by their roster.
  - Coaches will be responsible for keeping and bringing the rosters sheet to every game to check in. If the player is not on the roster then they will not be allowed to play. Roster Freezes after the 3rd week (will consider adding after for injury or special circumstance)
- The referee will conduct a coin toss with a captain of each team. Home team will call the toss. Winner chooses a side or serve. Teams will change to the opposite court, and the serve changes hands from the previous serving team for the second and third set.
- The referee will also talk to the head coach from each team (**away from everybody else**) and ask them if they have any questions, issues, concerns and/or **opposite team roster questions**. If a roster question is of concern, the ref or score keeper will take this information down, and PAL officers will address this on Monday morning.

### Overhead Obstructions

- A basketball goal outside of the court will be considered out of bounds. If the rim of the basketball goal is in the court and the ball hit it, a re play will be called.
- A ball hitting the face of the basketball goal at the back of the court will be considered out of play; however, if it hits the side or bottom of the goal and the referee determines that the ball would have been playable, a re-play will be called.
- A ball hitting the ceiling or an overhead obstruction above a playable area shall remain in play provided the ball contacts the ceiling by the team that last played the ball and the ball is legally hit next by the same team.

### Area of Play

A ball will be considered out of bounds if it:

- Touches the wall, objects mounted on the wall, or objects on the floor outside the court.
- Touches the floor outside the court's boundary lines regardless of overhanging objects.
- Touches the net Antennas.
- Does not cross the net with in the antennas.
- Breaks the plane of an adjacent court, goes over or touches the bleachers, benches, or officials tables, etc.
- The ball is IN if it touches ANY PART of the line.



## **Rules of Play**

### **The Serve:**

- Teams do not rotate before their first serve.
- The player in the back-right position shall hit the ball with one hand, first, legal part of arm, with ball held or after release, without feet coming into contact with the serving line. A player may serve anywhere behind the serving line but within the width of the court.\*To clarify, servers do not have to serve from the back-right position, but must be the back-right player.
- All players, except the server, must be inside the court at the serve.
- The ball shall be contacted within 5 seconds after the referee's signal. After one warning, a side-out will result.
- If the ball is thrown up and the server decides not to contact the ball, the ball must drop to the floor. The referee will blow the whistle and signal a re-serve. A new 5 second period will begin upon the referee's whistle. One re-serve is allowed per team of service if the second toss is errored then the referee will signal side out and a point is awarded to the other team
- Any player electing to jump serve must do so behind the back court line. The ball must be contacted as the player is in the air and before landing inside the court.
- If the space behind the line is less than 5', then the player may enter the court with only one step.

### **Hitting the Ball During Play**

- During play, the ball must be played with an overhand or underhand pass, one-hand dig, block, spike, or with any part of the body including foot.
- After receipt of the serve, a front line player has no restrictions as to legal contact of the ball. However, a back line player, in order to spike the ball, must begin their attack behind the 10ft.line.
- Playing the ball back to the opponent on the first touch is permitted
- A maximum of 3 touches are permitted per side of play, with exception of the touch on the block, which then permits a 4th touch.
- The ball may not be contacted by a player twice in a row with the exception of a block or hard driven spike.
- A ball may not be caught, pushed, carried, lifted or held.
- If two players touch the ball simultaneously at any time it will be considered one touch.



### **Play at the Net**

- Players may not touch the net except for loose hair
- Players may step on or have their foot partially above the center line. No other part of the body may touch or cross the center line

### **Out of Rotation**

- Teams found to be out of rotation order after the serve will receive a warning on the first violation. A second violation will result in a loss of ball and point awarded to the non offending team. Any points scored by the incorrect server will be taken off the score

### **Line Up**

- Line Ups are not required.

### **Match Play**

#### **Scoring**

- Match play will consist of the best 2 out of 3 sets. All 3 sets will be played in the regular season ( first two sets will be played to 25, 3rd set will be played to 15 (must win by 2 points with a max of 30 points at which the first team to score 30 points wins the set and a max score of 20 in the 3rd set.) A 3rd set will be played regardless of the first two sets in the regular season. Playoffs will be the best 2 out of 3 games
- All games will be played with rally scoring where a point is scored on each play , either defensively or offensively.
- There is no limit to the number of serves a player may make per possession.

#### **Substitutions**

- When rotating, a new player may enter at the middle back position only. The rotation does not change once a player is subbed out, they may only sub back in the middle back position.
- Playing time is solely at the discretion of the coach.

#### **Timeouts**

- Teams will have 3 (30 second) time outs per match. No additional timeouts will be allowed.
- If a requesting team is out of timeouts, a point will be awarded to the non offending team.
- If a player is bleeding or injured, an official's timeout is taken. The blood must be stopped before returning to play. An injured player must sit out a play before returning to the court. It will not count against their substitute limit.



### **Forfeits**

- A game will be considered a forfeit if a team has less than 4 legal players present on the court at game time. If a team's strength drops below 4 players at any time during the contest then a forfeit will occur.
- The forfeiture score will be 0-25 for each game forfeited.