Detroit PAL small logo

**2017 GIRLS VOLLEYBALL RULES**

**ELIGIBLE PLAYERS**

1. No player can participate in a Detroit PAL sponsored game without having a completed **signed** registration form and birth certificate on file at Detroit PAL.
2. A team forfeits a game when an ineligible player participates (if a team is found to have had an illegal player on their team, they will forfeit all games that the illegal player participated in). It is the coach’s (school’s) responsibility to ensure the validity of their age.
3. There shall not be any additions to a team roster after the 4th game of the season.
4. A player participating on a school team must be a current student at that school.
5. Players may play up (5th or 6th grader may participate in the Varsity Division); however, players may not play down (7th or 8th graders may not participate in the Junior Varsity Division).
6. Varsity (8th grade & under) players are ineligible if they turned 15 before September 1, 2016. Junior Varsity (6th grade & under) players are ineligible if they turned 13 before September 1, 2016.
7. It is highly recommended, but not mandatory that all players play in every league game.

**EQUIPMENT**

1. All players must wear team uniforms (same color). Jerseys must be tucked into shorts.
2. All players are recommended to wear knee pads.
3. All jewelry must be removed before each game. This includes rubber bands, beads, piercings, etc.
4. Unadorned bobby pins, no longer than 2 inches, may be worn.

## SCORING

1. A match is the best 2 out of 3 sets.
2. The first two sets go to 25 points with no cap.
3. The deciding third match goes to 15 points with 17 point cap.

## WARMUPS

1. Pre match warm-ups: 4 minutes for each team and 2 minutes shared serving.
2. Ten minutes after starting time is a forfeit of the first set.
3. Thirty minutes after starting time is a forfeit of the entire match.

## POSITIONS AND SERVING

1. The position of players in order of the serve shall be Right Back, Right Front, Center Front, Left Front, Left Back and Center Back.
2. Once the ball is served, players may move from their respective positions.
3. A re-serve shall be called, once per server per serving rotation if a player drops or catches the ball while serving. Serving time is 5 seconds per server (8 seconds for JV players).
4. A foot fault occurs when a player violates the serving area or center line restrictions. Serving is allowed anywhere behind the baseline. The serving line is adjusted 3 ft. from the backline for JV players. If the serving line for JV players is not identified by a line on the floor, the point where the player can serve is at the discretion of the official.
5. Let serves (a ball that when served hits the net without touching the net antenna and continues across the net into the opponents court) are playable live balls.
6. The libero player must wear a uniform top that is immediately recognized from all angles and contrast to other team members.
7. The libero may replace any player in the backrow. She can only serve in one position in the serving order.

## TIMEOUTS AND SUBSTITUTIONS

1. Each team is allowed 2 time outs (45 seconds) per set.
2. A team is allowed a maximum of 18 substitutions per set.
3. Each team is permitted only one request for substitution during the same dead ball.
4. The position of the substitute shall be that of the player replaced without changing the serving order recorded on the score sheet. Once a sub has gone into a serving position, they may not go into a different serving position during that set.
5. Substitutions must be made one at a time, with one substitute in the substitution zone at a time.
6. Libero player must sub in the designated area: the area near the sideline between the attack line and the end line.

**RULES OF PLAY**

1. Each team must have at least 5 players to begin a match. A team forfeits a set if it lacks the minimum number of players 10 minutes after its scheduled game time (unless stated otherwise by the commissioner of the league). A team forfeits an entire match if it lacks the minimum number of players 30 minutes after its scheduled match time.
2. Each team must play at least 5 players at all times, unless a teams’ eligible players are reduced due to injury, in which case the team may continue playing with 4 players. No team can continue with less than 4 players under any circumstance.
3. A ball contacting and crossing the net shall remain in play provided contact is entirely within the net antennas.
4. A team shall not have more than three hits before the ball crosses the net into the opponents playing area.
5. Multiple contacts are permitted only on a first team hit (the ball may also hit any part of the player’s body).
6. No serve can be blocked or spiked.
7. A ball striking the ceiling or an overhead obstruction above a playable area shall remain in play provided the ball contacts the ceiling of obstruction on the side of the net extended that is occupied by the team that last played the ball, and the ball is legally played next by the same team within the third hit.
8. A live ball becomes dead when the officials whistle sounds.
9. A ball shall be called out of bounds when it touches the floor completely out of bounds or it hits the antenna or crosses the net outside the antenna.
10. Over hand and under hand slapping, with an open flat hand, is prohibited. The attempt should be made with hands above the head (not behind), using finger tips only (not the palm). Otherwise, “lift” or “carry” will be called.
11. Official score will be kept at the scorer’s table. Each team is also responsible for keeping their own score to ensure uniformity with the official scorekeepers. Adults at the scorers table should have their cell phones turned off or put on silent. Coaches or AD’s should take away a student’s cell phone while he/she is working at the scorers table.
12. Each team is expected to provide one competent line judge for their game.

**STANDINGS, SCHEDULES, AND POST-SEASON PLAY**

1. Team standings will be determined by win/loss record. In the event of a tie between any positions, the tie will be decided in the following manner:

* Head to Head Competition
* Fewest Points allowed
* Coin flip

**SPORTSMANSHIP**

1. Fighting is prohibited. If any person(s) violates this rule, they will be removed from the match without warning. If a person is removed from a match for fighting, then they will not be permitted to participate in the next league match. Any person removed from 2 matches for fighting shall be disqualified from the league.
2. Profanity is prohibited. The first violation of this rule shall result in a warning to the offending team. A subsequent violation may result in the player being removed from the match.
3. Coaches and players from each team must shake hands after every game. **NO EXCEPTIONS!** If a player refuses to shake hands after the game, she will be suspended for the next scheduled game. If it happens a second time, she will kicked out of the league.
4. Teams must clean up their bench area before leaving the gym!

**GENERAL**

1. Every coach must wear their Detroit PAL credential (badge) to every game (including All-Star games and special events) and only adults with badges are allowed on the player’s bench. If a coach does not have their credential properly displayed but it’s confirmed that he/she did in fact take an IMPACT class, the team will start the match with a sideout, awarding a point and the serve to the opposing team. If a coach has no badge and has no proof that he/she took an IMPACT class, the game will be forfeited. If a coach has 3 similar infractions, they may be expelled from the league.
2. If a volleyball or league rule is not listed above, Detroit PAL uses MHSAA rules as a back up.
3. The commissioner makes the final determination regarding interpretation of rules.