

Police Athletic League
P.O. Box 1501
Elko, Nevada 89803



President Randy Brown
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ELKO, Nevada Police Athletic League Volleyball Rules Master

I. Authority:

The PAL Basketball Program operates under the authority of the Charter of the National Police Athletic / Activities League and local bylaws maintained by the PAL President and the appointed Board of Directors of the Elko Police Athletic League. The Elko Police Athletic League is a State of Nevada Not for Profit Corporation, DBA Elko Nevada Police Athletic League, Inc. Sponsorship of the National Police Athletic / Activities League charter is granted by the City of Elko Nevada Police Department and the Elko County Sheriff's Office.

The PAL Board of Directors shall hold elections for the Board of Directors. The Board shall consist of a President, Vice President and a Secretary. Term limits for Board members shall be a minimum of two years. It shall be at the discretion of the PAL President to add or remove members to the Board as needed.

Associate Board members shall be one representative from each community and shall be non-voting members.

II. Volleyball League Mission Statement:

The PAL Volleyball Program is conducted to promote sportsmanship, provide enjoyment of athletics and to teach the fundamentals of Volleyball. It is the goal of this program to develop enthusiasm and interest in the game of Volleyball as well as to provide a forum for a positive interactive relationship between Law Enforcement, adults and the children of our community.

III. Administration:

A. PAL Directors:

The Seven (7) PAL Directors are responsible for the general oversight of the functioning of the League. Their responsibility lies in insuring the smooth operation of the League and the promotion of the League in a positive manner.

B. Board of Directors:

The Board of Directors is an advisory board and is responsible for the oversight of rules compliance, and the daily operations of the League. The Board may hear complaints and special concerns; however, the final ruling shall be made by the PAL President with the recommendations of the Board. They shall annually review the League's rules and amend them as needed for the betterment of the League and players.

C. Coaches:

Coaches are responsible for his/her team's practices and games, and for the conduct of all persons connected with his/her team. Coaches are encouraged to have a team dad/mom to assist during practices. Coaches are encouraged to have at least one assistant coach as well. All coaches are subject to review by the Board of Directors. No one under 16 years of age will be allowed to coach a team, but may assist under the direct supervision of a coach who is at least 18 years of age. Any coach under the age of 18 must be approved by the Board of Directors. Assistant coaches must take an active, participatory role in the training and coaching of the team's players.

D. Officials:

The Board of Directors will obtain the most competent officials available.

E. Director of Officials:

The Director of Officials will be appointed by the Board of Directors and/or President or Volleyball Coordinator and will be responsible for the training and conduct of officials working the scheduled games.

F. Players:

Children participating in the Police Athletic League activities are required to play within their respective age and grade level groups. However, in some instances a child may play at a higher age or grade level, upon the approval of the Board of Directors/President/Volleyball Coordinator.

IV. Code of Ethics:

A. PAL Harassment Policy:

- 1) There will be no tolerance of harassment in the PAL organization.
- 2) PAL is committed to providing a sports environment in which all individuals are treated with respect and dignity. Each individual has the right to participate in an environment that promotes equal opportunities and prohibits discriminatory practices.
- 3) PAL is committed to the education of all of its members in the area of harassment.
- 4) This policy applies to all board members, officials, coaches, volunteers, players and parents of PAL. PAL promotes the prompt reporting of all incidents of harassment regardless of who the offender may be. All incidents should be reported to the Board of Directors or other board member immediately.
- 5) PAL will act quickly on any complaint of harassment with the goal of resolving the situation fairly and to prevent future occurrences, including determination and enforcing appropriate discipline, if required.
- 6) All reports shall protect the dignity and rights of those involved, therefore, a fair

investigation shall be conducted and confidentiality maintained as much as possible.

B. Complaint procedure:

1) A person who thinks he/she has been subjected to conduct constituting harassment under this policy (complainant) is encouraged to make it known to the person responsible for the conduct (respondent) that the conduct is unwelcome, offensive and contrary to this policy.

2) If confronting the respondent is not possible, or if after confronting the respondent the conduct continues, the complainant should report and document the conduct in writing to the PAL President.

3) Upon receiving of the complaint, the Board of Directors shall review the written complaint from the complainant. The statement will include a detailed explanation of the conduct, date(s) of occurrence, any witnesses and a statement regarding the meeting the complainant had with the respondent, if applicable.

4) The PAL President will meet with the complainant as soon as practical and advise the complainant of:

- a) The option of pursuing an informal resolution of the complaint;
- b) The right to make a formal complaint if an informal resolution is inappropriate or not feasible;
- c) The availability of counseling and other resources;
- d) The confidentiality provisions of this policy;
- e) The right to be represented by a person of his (her) choice, including legal counsel, at any stage of the complaint process;
- f) Any other avenues of recourse, including reporting the incident to the proper authorities.

5) Following the initial meeting, any of the following steps may be taken:

a) If the complainant and the PAL President agree the conduct does not constitute harassment, the President will take no further action and no written record of the alleged complaint shall be made;

b) If the complainant wishes to proceed with an investigation, the matter will be reported to the director and an investigation shall be started;

c) If the PAL President believes the alleged conduct constitutes *prima facie* evidence of harassment, irrespective of the desire of the complainant to proceed with the complaint, the following steps may be taken; if the complainant wishes to pursue an informal resolution, the President will meet with the Respondent with a view to obtain an apology and an assurance that the offensive conduct will not be repeated; if the Complainant does not wish to pursue an informal resolution, the President may either contact with respondent with a view to obtain an apology and assurance that further such conduct will not occur or, proceed with an investigation and upon completion of the investigation take appropriate disciplinary action. Documentation of the investigation is required.

6) Investigations of alleged harassment:

a) The PAL President shall investigate all complaints that are not resolved informally.

- b) The PAL President shall give the complainant and respondent a copy of the complaint within ten (10) days of receipt of the complaint unless more time is required.
- c) The PAL President shall advise the Respondent that he has a right to be represented by a person of his choice including a legal advisor. The respondent will be given the opportunity to respond at that time.
- d) The respondent will have ten (10) days to give a written response to the board member.
- e) The PAL President will complete the investigation within thirty (30) days of receiving the complaint.
- f) All investigations shall be done adhering to the following rules:
- 1) Everyone has the right to a fair hearing in the course of determining whether an infraction has been committed;
 - 2) The issues should be clearly and concisely stated so that the accused is aware of the essentials of the complaint;
 - 3) The accused has the right to have representation of his (her) choice; relevant information must be made available to all parties;
 - 4) The accused has the right to call and cross-examine witnesses;
 - 5) The accused has a right to the written decision following the judgment;
 - 6) The accused has the right to appeal the decision if there are grounds to do so;
 - 7) The decision-maker(s) has the duty to listen fairly to both sides and reach a decision untainted by bias.
 - 8) All appeals must be filed with the PAL President within 10 days of the respondent receiving the notice of decision.
 - 9) Appeals will be heard by the Board within 15 days of the appeal being received.

C. Definitions:

Appeal's Board: Shall be the entire PAL Board of Directors.

Harassment: Behavior including comments, conduct or gestures which is insulting, intimidating, humiliating, hurtful, malicious, degrading or otherwise offensive to an individual or group of individuals or which creates an uncomfortable environment or which might reasonably be expected to cause harassment, insecurity, discomfort, offense or humiliation to another person or group, including but not limited to:

- Written or verbal abuse or threats;

- Physical assault;
- Unwelcome remarks, jokes, innuendoes or taunting about a person's body, sexual orientation, attire, age, marital status, ethnic or racial origin, religion, etc.;
- Displaying of sexually explicit, racist or other offensive or derogatory material including sexual, racial, ethnic or religious graffiti;
- Practical jokes which cause awkwardness or embarrassment, endangering a person's safety or negatively affecting performance;
- Hazing or initiation rites;
- Leering or other suggestive or obscene gestures;
- Intimidation
- Condescension, paternalism or patronizing behavior which undermines self-respect or adversely affects performance;
- Conduct, comments, gestures or contact of a sexual nature that is likely to cause offense or humiliation or that might, on reasonable grounds, be perceived as placing a condition of a sexual nature on opportunity within our organization;
- False accusations of harassment motivated by malice or mischief meant to cause another person harm;
- Any comments, conduct, gestures or contact involving unwelcome sexual advances, request for sexual favors or other conduct of a sexual nature when: such conduct might be reasonably expected to cause embarrassment, insecurity discomfort, offense or humiliation to another person or group; submission to such conduct is made implicitly or explicitly a condition of participation in the PAL organization; submission to or rejection of such conduct is used as a basis for participation in the PAL programs or organization; such conduct has the purpose or effect of interfering with a person's performance or creates an intimidating, hostile or offensive environment within the PAL organization.

Discipline: Corrective actions taken by the Board or its designee for infractions or violations of PAL rules. Discipline may include:

- A verbal apology;
- A written apology;
- A letter of reprimand from PAL;
- Referral to counseling;
- Sensitivity training in harassment issues;
- Temporary removal from PAL;
- Permanent removal from PAL.

V. Ethical Standards

A. General Standard:

While many aspects of personal behavior and private activities seem far removed from official duties of coaching, all coaches should be sensitive to their position as a role model for our youth. Private activities perceived as immoral, illegal or unethical can influence the coaching environment. Coaches are encouraged to observe the standards of the Ethics Code consistently.

Respecting others: Coaches respect the rights of others to hold values, attitudes and opinions that differ from their own. This is especially important at competitions where unfavorable judgments and other decisions by officials may arise. Coaches shall not endorse attitudes on the part of others (parents, players, assistants) which demonstrate a lack of respect for any participants.

Such comments are not allowed by contestants toward one another during competition and should not be tolerated by a coach.

Coaches do not engage in discrimination based on age, gender, race, ethnicity, national origin, sexual orientation, disability, language, socioeconomic status or any basis prescribed by law.

Coaches do not engage in sexual harassment. Coaches accord sexual harassment complainants and respondents with dignity and respect. Coaches do not deny an athlete the right to participate based upon the athlete having made or being the subject of any harassment charges.

Coaches do not engage in behavior that is harassing or demeaning, to persons whom they interact with, based upon such factors as race, age, gender, etc.

Coaches recognize that their personal problems and conflicts may interfere with their effectiveness. Accordingly, they refrain from undertaking an activity when they know or should know that their personal problems are likely to lead to harm to the athletes to whom they have an obligation. When coaches become aware of personal problems that are interfering with their duties, they take appropriate measures such as obtaining professional consultation, limiting their involvement or withdrawal from the PAL activity as necessary for the benefit of the youth.

Coaches take reasonable steps to avoid harming their athletes or other participants, and to minimize harm where it is foreseeable and avoidable. In this regard, knowledge of sexual promiscuity by members of the team, especially juniors, shall not be endorsed by the coach.

Coaches do not exploit athletes or participants over whom they have supervisory or other authority. Coaches do not engage in sexual or romantic relationships with athletes or other participants over whom the coach has direct or indirect authority because such relationships are likely to impair judgment or be exploitive in nature.

Coaches strive to maintain high standards of excellence in coaching. Coaches keep abreast of rule changes and are knowledgeable of the rules and coaching techniques.

Coaches seek to promote integrity in the practice of coaching. Coaches are honest, fair and respectful of others. Coaches respect the fundamental rights, dignity and worth of all participants. Coaches are aware of cultural, ethnic and individual differences including those related to age, gender, religion, etc. Coaches do not knowingly participate in any unfair discriminatory practices.

Coaches are aware of their ethical responsibilities to the community in which they live and coach. Coaches comply with the law and conduct themselves in a positive fashion as the role model for their players and other participants.

Coaches are representatives of the PAL organization. Coaches do not make statements that are misleading or degrading which would reflect negative values of the PAL organization. Any public statements or advertising by coaches will be approved by the President or Coordinator prior to being done.

Coaches do not tolerate or endorse the use of performance-enhancing or other illegal drugs or alcohol by players, coaches or other participants. Coaches support a drug-free environment.

Coaches discourage the use of alcohol or tobacco products in conjunction with all PAL activities.

Coaches forbid the use of alcohol or tobacco by all minors.

B. Resolving Ethical Issues:

Coaches have an obligation to be familiar with this Ethics Code as well as the remainder of the PAL rules. Lack of awareness or misunderstanding of the Ethics Code is not itself a defense to a charge of ethical misconduct.

When a coach is uncertain whether a particular situation or course of action would violate the Ethics Code, the coach would ordinarily consult a member of the Board of Directors.

When a coach believes there has been a violation of the Ethics Code or other rule by another coach, they attempt to resolve the issue by bringing it to the offending coach's attention if an informal resolution appears appropriate and when intervention does not violate any athlete's rights that may be involved. If an apparent violation has occurred and informal resolution is not appropriate or if it is not resolved adequately, report the alleged violation to a board member.

Coaches cooperate with the Board of Director on all violations. Failure to cooperate with the Board is itself an ethical violation.

Coaches do not file or encourage the filing of frivolous complaints. Frivolous complaints may be mischievous or malicious and harm the PAL organization and individuals.

VI. PAL Coach's Code of Ethics:

A. Safety:

- 1) The coaches' first responsibility is the health and safety of all participants.
- 2) It is recommended that coaches become certified in basic first aid.
- 3) Be prepared to handle first aid situations as well as medical emergencies at all practices and games, both at home and away. Be familiar with first aid kits, 911 procedures, location of nearest emergency facility and always carry the medical release forms for players.
- 4) Know and understand the rules of the game.
- 5) Inspect players' equipment and court conditions for safety reasons.
- 6) Utilize proper coaching techniques and instruct players regarding safe techniques and methods of play.
- 7) Implement appropriate training programs to insure players are fit for practice and games.
- 8) Supervise and control players in order to avoid injurious situations.

B. Player development:

- 1) Develop the child's appreciation for the game.
- 2) Keep winning and losing in proper perspective.
- 3) Be sensitive to each child's needs.
- 4) Educate the players regarding the technical, tactical, physical and psychological demands of the game for their level.
- 5) Allow players to experience all positions.
- 6) Conduct practices in the spirit of enjoyment and learning. Players need to have fun and receive positive feedback.
- 7) Strive to help each player reach his (her) full potential, preparing them to move to the next stage of development.

C. Ethics:

- 1) Strive to maintain integrity within the sport.
- 2) Know and follow all rules and policies set forth by PAL.
- 3) Work in the spirit of cooperation with Officials, coaches, players and parents to provide the players with the maximum opportunity to develop.
- 4) Be a positive role model.
- 5) Set the standard for sportsmanship with opponents, referees, spectators and players.
- 6) Keep sports in proper perspective with education.
- 7) Encourage moral and social responsibility.
- 8) "Just Say No" to drugs and alcohol.
- 9) Coaches should continue their own education in the sport.

D. Coaches:

- 1) Read and take a course on the rules of the game.
- 2) Be accepting of the referee's decisions.
- 3) Remain calm.
- 4) Do not make loud and/or offensive remarks.
- 5) Concentrate on coaching rather than the accuracy of the referee's decisions.
- 6) Be a role model of fair play.
- 7) Be positive. Avoid confrontations with officials.
- 8) Attend coaching clinics to learn the most effective ways to conduct practices.
- 9) Give good guidelines to parents. Be firm with parents at games.
- 10) Teach skills and fair tactics. Discourage unfair gamesmanship.
- 11) Play the game and encourage parents to play and referee. Get the parents involved.
- 12) Referee games.

E. Parents:

- 1) Be knowledgeable of the game.
- 2) Encourage fair play at home and at the game.
- 3) Be supportive. Be sure your child attends practices. Pick them up on time.
- 4) Attend all games.
- 5) Be positive, or quiet at games.
- 6) Be respectful, if you expect your child to be respectful.
- 7) Focus on good nutrition.
- 8) Volunteer to help the coach.
- 9) Become a referee.
- 10) Be calm and have good manners.
- 11) Support the coach's and referee's decisions.
- 12) Encourage communication between your child and the coach.
- 13) Help your child at home.
- 14) Concentrate on praising **ALL** players during the game.
- 15) Be a role model for your child.

VII. Practices:

- A. Meetings will be held each year prior to the beginning of the volleyball season, by PAL to advise coaches which gyms and times will be available for practices. Each practice time and number of practices per week will be determined by the number of teams formed and facilities available. Each player will participate in practices unless injured or disciplined. Failure of a player to make practices may result in the waiving of mandatory playing time as a form of discipline. The coach should notify the PAL Director prior to the next scheduled game regarding the disciplinary "benching" of a player and/or note the "benching" in the score book at the time of the game. Coaches should advise the child's parents as well.

All coaches will have at least one parent or adult appointed as hall monitor during all practices. Practice facilities will be locked during PAL use. The hall monitors will be responsible to ensure that only authorized persons are in the gyms. Also, the hall monitor will let the next team in for practice.

- B. Only authorized team members are allowed at practices. Unauthorized people will not be permitted at practices and will be asked to leave. Violation of the "Closed" practice policy may result in loss of the practice facilities for all teams. All parents are encouraged to volunteer to assist the coaches as well as referee games and keep the score book.
- C. Any vandalism, damage to school property or disruption of school programs during PAL practices may result in loss of team practices for one week or more. Any vandalism, damage or disruption is to be reported to PAL President or Volleyball Coordinator immediately.

VIII. Games:

- A. All games are to be played according to High School rules. League specific rules will be developed to address unique situations not occurring in a High School setting.
- B. Games will be played only between teams in their respective leagues.
- C. Each player will play according to the time specifications of his/her league.
- D. Only team players and coaches are allowed on the bench during a game. Benches are on either side of the referee platform. Teams must sit in these areas. Coaches may stand to coach, ask the referee or scorekeeper questions during a dead ball and attend to an injured player. Coaches may stand and instruct their players, only in the area from the 10' line (from the net) to the end line. **Only the head coach may stand.**
- E. Matches will consist of three (3) 15 minute games to 25 points.
- F. There will be a two minute rest period between each game.

- G.** If a team cannot field six (6) players at the start time of the first game, that game will be forfeited. Start time for second game will be 10 minutes after the starting time of game #1. Start time for game three will be 15 minutes from the starting time for game #1. Should these times be exceeded, each game shall be forfeited. Extraordinary circumstances may present themselves, however, that may result in the rescheduling of a game, such as severe weather, scheduling error, etc. Forfeit score is **25-0** for all three games.
- H.** **5th & 6th only.** Each substituting player will rotate in at the center back position and rotate out after serving and side out back to team occurs. Each player shall play equal time in each match or in accordance with the substitution policy. The players on the court at the end of each game will start in the next game, with rotations occurring on the first side out. Service rotation is clockwise.
- 7th & 8th only.** By high school rules; substitution method occurring in the substitution zone (center line to 10' line). The position of the substitute shall be that of the player replaced without changing the serving order as recorded in the score sheet. Each player is allowed unlimited entries and the 18 high school substitution limit will not be in effect.
- I.** **5th & 6th only.** Any player arriving late will be placed at the end of the rotation roster. **7th & 8th only.** Any player arriving late must have been placed on the original roster, and then may substitute in as the coach desires. If the player is not placed on the original roster and is added on, a time-out will be charged that team. If no time out is left, the player may be added to the roster with a penalty point/loss of service.
- J.** A game bag at the school shall contain scorebooks, game balls, whistles, game and referee schedules, hall monitor schedule (if applicable) and pencil bag.

IX. Coaches:

- A.** The head coach is responsible for all equipment furnished to his/her team by PAL. Returning of equipment shall be made by the head coach or a team representative no later than two weeks after the end of the regular season or tournament. Returning equipment shall be made to the PAL Area representative or your Director, please make sure notice is given to the Volleyball Director.
- B.** All coaches are representatives of the PAL League to the players, parents and public. It is imperative that they conduct themselves in a sportsmanlike manner at all times, both on and off the court. Coaches are responsible for their players' conduct as well as the parents of their players. Coaches need to communicate to the parents the purpose of the PAL League and be an example of conduct for the parents and players to emulate. Those coaches that fail to abide by the principles and spirit of the PAL program may not be allowed to coach the next year. Flagrant violations of the rules or conduct which shocks the League most likely will result in the removal of the violator from further coaching with the children.

- C. Coaches are required to have meetings with the parents at the beginning of the season, and through the season if necessary, to discuss the policies and procedures of the League and to explain the purpose and direction of the League.
- D. It is the responsibility of the coach to have every player wearing **plain black or colored gym shorts that every member on the team is the same**. No stripes or logos over 2 1/2", lettering or other decals may be on the shorts. Plain white, black or corresponding colored tee-shirts, under the jersey are optional. All players wearing t-shirts will wear the same color as their team-mates. This is Mandatory with no exceptions.

X. Regular Season and Tournament Competition:

- A. The ranking of each team will be determined by the win/loss record of the team ***based on games, not matches***. In the event of a tie in the standings, head to head competition will be the tie breaker. If the teams vying for a position have not played head to head, then High School rules will be used to determine the standings or at the discretion of the Volleyball Coordinator..
- B. A tournament will be held should it be determined there is time available to have a tournament and/or at the discretion of the PAL Board.

XI. Disciplinary Action:

- A. Disciplinary action may be taken against any coach for any violations of the rules, policies or procedures. If an alleged violation is brought to the Board, the Board will convene as soon as practical to determine if a violation has occurred and to decide what appropriate disciplinary action should be taken. Disciplinary action may include forfeiture of the game in question, forfeiture of the next scheduled game should the violation not involve a game, or suspension or dismissal of the coach. Disciplinary action will be consistent with the severity of the violation. The Board shall forward their findings and recommendations to the PAL President or Volleyball Coordinator, who will take the recommended disciplinary action. If the alleged violation is taken to the PAL President or Volleyball Coordinator, he/she will investigate the allegation and report those findings to the Board along with his/her recommended disciplinary action.
- B. Violation of the mandatory substitution rule will not be tolerated by the Board. Proof of an infraction could result in forfeiture of the match in review, suspension or dismissal of the coach. Repeated violations will result in forfeiture of the matches in question and suspension or dismissal of the coach who has repeatedly violated the substitution rule.
- C. A player or coach will receive a yellow or red card for un-sportsmanlike conduct or other rule violations. A yellow card is considered a first warning. A second yellow card, or a red card will result in a one (1) point and service award to the opposing team. A third yellow card or a second red card will result in immediate ejection of the player or coach as well as a one (1) point and service award to the opposing team. A player, or coach, who is ejected from a game, will also be suspended for the remainder of the match as well as the next scheduled match for the team. Should the head coach be ejected, an assistant coach may

finish the match. If no assistant coach is available, a responsible adult may finish the match as coach. If no responsible adult is available, that team shall forfeit the remainder of that match.

- D. Any spectator demonstrating rude, abusive behavior during a game will be required to leave the game immediately by the referee. Should this situation arise, it is the responsibility of the coaches to support the decision of the referee. Administration of removal of a spectator shall be the responsibility of a PAL Director or Volleyball Coordinator if present. If there is not a PAL representative present and the situation cannot be controlled, the match will be temporarily suspended and continued at a time set by the Volleyball Coordinator.
- E. Fighting will not be tolerated under any circumstances. Players or coaches who fight, instigate or attempt to instigate a fight will be ejected from the game and expelled permanently from further League involvement. Any player or assistant coach who leaves the bench during an altercation will be ejected and suspended for one additional game. The head coach is expected to assist the League by helping the officials to break up any altercations.
- F. All ejected persons must leave the gym within 1 minute. Any further disruption by ejected players or coaches may result in the forfeiture of the game.
- G. All ejections will be reviewed by the Board as soon as practical.

XII. Elementary League & Jr. High League Rules

- A. Visitors are listed first on the schedule. That team will wear the gold uniforms and will serve first in the first and third games. For the second game, teams change sides and the home team serves first. For the third game, teams change sides again upon the referee's signal. (Coaches' note for scorebook line-up: Receiving team rotates on 1st possession. Serving team-1st server is in right back position. Receiving team-1st server is in right front position.) The home team wears white uniforms. No parents are allowed on the team bench unless they are coaches, scorekeepers, or statisticians.
- B. The elementary division shall consist of 5th and 6th Grade students. The Jr. High League shall consist of 7th and 8th Grade students.
- C. All games are of 15 minute duration.
- D. One thirty second time-out is allowed per game per team. Play begins after 30 seconds have elapsed or prior to if both teams return to the court ready to play.
- E. As practical, the season will consist of at least 8 matches of 3 games per match depending on the number of teams and facility time available.
- F. In the **5th & 6th Grade** division each player will be rotated in equally throughout the match, unless disciplinary action is being taken against a player. Coaches must write this in the scorebook.

In the **7th & 8th Grade** division each player must play in at least one game of the three played. This can be done in one game or a combination of two or three games.

- G.** Time between matches will be 5 minutes or the scheduled start time, whichever is longer. Teams will share court time during warm-up.
- H.** The visiting team will be listed first on all game schedules.
- I.** Rally scoring will be implemented to conform to High School rules. In rally scoring, a point will be awarded for each loss of rally. (i.e., if the serving team wins the rally, one (1) point will be awarded. If the receiving team wins the rally, one (1) point and service will be awarded.) A team will be deemed the winner if (1) the team's scores 25 points or more and has a two point or more advantage upon reaching 25 points or (2) has a two or more point advantage at the end of the 15 minute game. Should no team score 25 or more points or have a two point advantage at the end of the 15 minutes, a single 3 minute sudden death overtime will be played.
- J.** Only one three minute sudden death overtime period is allowed. If the game ends in a tie after the overtime period, then the game is entered as a tie. If at the end of the overtime period, a team has a single point advantage, that team will be declared the winner. If a team obtains a two point lead at any time during the overtime period, that team shall be declared the winner. Every opportunity should be given to have the game concluded with a win and not a tie. Referees should give coaches notice of termination of overtime prior to service.
- K.** The service line will be 20 feet from the net for the **5th and 6th** Grade.
- L.** The **5th & 6th** Grade division will play with the net height at 7 feet.

The **7th & 8th** Grade division will play with the net height at 7 feet, 4 1/8 inches.
- M.** In the **5th & 6th** Grade division, there shall be a 5 point rule. A player may serve, during their term of service, a maximum of 5 points. No point is awarded on the side out to the other team. A side-out will be awarded to the other team after that server has scored 5 points. (This rule is to discourage one player from dominating a game through service. Replays do not count as one of these 5 points. The original rally scoring point also does not count towards the player's maximum five points.)
- N.** Any first hit on a serve or any rally may be a multiple hit by a player, including setting action. However, excessive prolonged contact is not legal. A ball contacting and crossing the net on a serve shall remain in play provided that the ball has crossed the net in-bounds or, if provided, entirely within the net antennas. A player may not block a serve or spike a serve provided that the ball is entirely above the level of the net. A block does not count as a team's first hit. Any player may play the ball after a block, including the player who touched the ball on a block.
- O.** Any delay of game determined to be intentional, by the referee, shall result in a red card to the violating coach and a one point/service award to the opposing team.
- P.** Jewelry is not allowed during warm-ups or games. Hair devices must be soft material and no more than 2" wide. Unadorned bobby pins, flat clips and flat barrettes, no longer than 2" long may be worn. Towels can be tucked into the waistband. If towel falls out continuously, referee can prohibit use of towel.
- Q.** A legal contact is a touch of the ball by any part of the player's body. (2009)

XIII. Player Assignment

A. Protected players:

- 1) The head coach may protect their child(ren) only.
- 2) An assistant coach may protect their child(ren) only. The coaches' children, both the head and assistants, constitute as their first draft picks. Their team is eligible to draft in rounds following those in which their children were protected. This rule applies only to the first year that player is placed on the team in a protected status.
- 3) No more than two assistant coaches will be able to protect their child(ren) on any given team.

B. Player placement:

- 1) In the **5th & 6th** Grade Division: Each child signing up for volleyball will be assigned to a team by the PAL Area Representatives and/or Volleyball Coordinator. Siblings shall be placed on the same team unless specifically requested to be on different teams by the parent or guardian.
- 2) In the **7th & 8th** Grade Division a try out / draft will be conducted for player placement.

C. Siblings:

This applies only to brothers and sisters, step-brothers and step-sisters or if parents are legal guardians within the same family. If a team has a player who has a younger sibling entering the league, the PAL Area Representative shall assign the younger sibling to the same team as the older sibling.

- #### **D.**
- Isolated, unique situations will present themselves from time to time. The PAL Area Representative reserves the right to review these on a case by case basis and make exceptions as needed for the betterment of the League and the individual player.

XIV. Miscellaneous:

- A.** Any parent wishing their child not be coached by a specific person must submit this request in writing to the PAL President for review. If there is a valid problem, the PAL President, Volleyball Coordinator and/or Directors may assign the child to a particular team or place that child into the draft, if applicable.
- B.** A coach may present any player to the PAL President/Volleyball Coordinator and/or Directors who is a disciplinary problem, is un-coachable, or whose parents are adversely affecting the coaches' ability to coach the player and/or team. The PAL President/Volleyball Coordinator and/or Directors will review the situation, contact the parents and player and rule as to whether the player will remain in the League or be suspended.
- C.** PAL does not allow any coach or player to wear any clothing that promotes the use of alcohol,

tobacco, or drug products. No jewelry may be worn by players during the game. No player will be allowed to play if tattoos are visible. No Do-rags or other socially offensive attire will be allowed, as defined by National High School rules and/or PAL specific rules.

- D.** Coaches are responsible for their players and parental conduct during games and practices.
- E.** The Board reserves the right to modify or change rules for the betterment of the program. The PAL Directors may modify, review and consider special circumstances and situations which are in the best interest of the players and League. The PAL Directors may rule in individual cases that supersedes the normal PAL rules.
- F. Uniform:** It is the responsibility of the coach to have every player wearing **plain black or colored gym shorts that every member on the team is the same.** No stripes or logos over 2 1/2", lettering or other decals may be on the shorts. Plain white, black or corresponding colored tee-shirts, under the jersey are optional. All players wearing t-shirts will wear the same color as their team-mates. This is Mandatory with no exceptions.
- G.** The jerseys are not to be modified in any way. Should the jersey be too large or small for a player, please notify the PAL Area Representative or Volleyball Coordinator for a replacement jersey. It is the responsibility of the head coach to maintain a roster of players and the jersey number assigned to each player.
- H.** Any player not properly dressed for a game will not be allowed to play.