



## 2009 P.A.L. VOLLEYBALL



### RULES:

- \*The National Federation of High School Rules will govern play. Players are to play for the school they attend.
  
- \*Each match has a 50 MINUTE TIME LIMIT hopefully allowing time for three games to be played. Match must stop at \_\_:50. A fourth game may be played for fun and practice when time allows.
  
- \*Teams will be given 10 minutes to warm up and game must start on the hour. Warm-up time will be 2-4-4 minutes: 2 min. both teams on the floor; 4 min. serving team has floor for hitting and serving; 4 min. receiving team has floor for hitting and serving. The referee can let the coach(es) know when there is one or more minutes left to allow ample time for serving.
  
- \*Game time is forfeit time. Teams must have at least 5 players ready to play at game time.
  
- \*At the Developmental Levels (5<sup>th</sup>/6<sup>th</sup> grades), SUBSTITUTES may enter the game ONLY in the center-back position unless an injury occurs. SUBSTITUTIONS at the Varsity & JV levels will follow high school rules with player for player substitutions only, with a limit of 18 subs per game.
  
- \*Games are played to 25 POINTS and teams must win by two points. Matches are governed by time (50 minutes) which should allow ample time for hopefully three games to be played each match. The third game may need to have a time limit to end at 50 minutes past the hour. More than three games may be played as long as time allows.
  
- \*SCORING will be done in "RALLY STYLE" with each volley producing a point for a team.
  
- \*LET SERVES (serves that touch the net while going over) ARE PLAYABLE at all levels.
  
- \*DOUBLE HITS are allowed on the first hit of a volley, such as, the first hit

when returning a serve, or when passing after a hard return.

\*Two TIME-OUTS per game.

\*The server may serve anywhere behind the end line, but must not be blocked by another player. Players at the Developmental level may serve from an area of about 5 feet ahead of the end line.

\*The ceiling will be considered in play on own side.

\*Each team must provide an ADULT line judge for each match.

\*Referees will be mostly watching for double hits, lifts, foot faults on the serve, in or under the net, and more than three hits.

**\*\*CHRISTIAN SPORTSMANSHIP is a MUST from all PLAYERS, COACHES, & SPECTATORS! Failure to comply will result in EJECTION!**

\*For more information or answers to questions, contact:

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