



The Pontiac Area Vicariate Athletic League (PAVAL) has been created for all Catholic parishes/institutions within the Pontiac Area Vicariate to promote fellowship, to build community, to enhance communications, and to foster Christian values through athletic endeavors which will accommodate a variety of age groups in healthy, caring, and enjoyable activities. Activities are meant to take place in a family atmosphere, individual families as well as parish/institution/vicariate families. PAVAL, therefore, fosters family involvement and participation as well as that of singles and couples. All persons of the Pontiac Area Vicariate are invited and welcome to participate.

PAVAL Co-Ed Volleyball Rules

I. GENERAL RULES

- 1) It is the responsibility of each of the team managers to make sure **ABSOLUTELY NO** food or drinks (except bottled water on the stage **ONLY**) is brought into the gym. (NOTE: violators may cause team forfeiture of the match and further disciplinary action. It may also ban PAVAL from the use of the Notre Dame Prep High School gym.)
- 2) It is the responsibility of each of the team managers to make sure **NO ONE** is sitting on the pads at the edge of the stage. These pads get torn and cracked from people sitting on them. Please have people remove them (they're attached with Velcro) and set them aside if they want to sit on the edge of the stage. Additionally, please **DO NOT** fold the pads as this also tears and cracks the pads.
- 3) It is the responsibility of each of the team managers to make sure any children and/or invited friends and family of their team players remain on the stage at all times. The intention is to have these "fans" watch you play and cheer you on but they can also play on the stage as long as they are:
 - a) **NOT** interfering with other teams warming up for their match
 - b) **NOT** climbing up the bleachers
 - c) **NOT** climbing onto **ANY** mats
 - d) **NOT** running in the halls of the school, the kitchen, the offices upstairs, etc.
- 4) It is the responsibility of each of the team managers to understand the proper way to set-up and put away the volleyball equipment and inform their players of the process as well. The teams playing the first set of matches each night must arrive at least 15-20 minutes earlier than game time in order to set-up the equipment properly. The teams playing the last set of matches each night must stay around until all equipment is properly stored.
- 5) PAVAL is not liable for any injuries sustained to players while participating in volleyball activity or "fans" while watching.
- 6) No alcoholic beverage or smoking is allowed in the building or the parking lot area. To do so could cause us to lose the privilege of using the Notre Dame Prep High School gym. Any player violating this rule may cause team forfeiture of the match and possible further action by the High School.
- 7) It is suggested that you lock valuables in your car or leave them at home. Do not leave items on the stage or in the gym.
- 8) It is expected that any violators of the above rules be addressed through their team manager in a polite and Christian manner. If the issue is not able to be resolved between the team managers it can be brought up to the Volleyball Commissioner and/or the PAVAL Commissioner who have the final say in all matters pertaining to the rules.

II. PAVAL League Rules

A. Eligibility

1. PAVAL is open to the members of all Catholic parishes/institutions in the Pontiac Area Vicariate.
 - a. Each parish/institution will be responsible for developing a roster of eligible players. The roster will contain the following information:
 - name of parish/institution
 - name of each player
 - name of the parish manager/representative
 - b. The roster shall be limited to 12 players
2. Team members must be registered members of the parish/institution for which they play.
3. Players must be at least 15 years of age and not playing high school volleyball during the PAVAL league.
4. The pastor or institutional head must sign the roster to verify eligibility.
5. Release and Hold Harmless Agreement Forms must be signed by all players and filed with the league commissioner(s) prior to the team's 1st night of matches.
6. Eligibility rosters must be signed (per #4) and filed with the league commissioner(s) prior to the team's 1st night of matches.
 - a. Each team's roster can be modified using the Addition/Deletion Form as long as the roster does not exceed 12 players at any time.
 - b. If a team's roster is at 12 players a player must be deleted in order for a new player to be added.
 - c. The Addition/Deletion Form must be signed by the pastor or institutional head and submitted to the commissioner(s) prior to any new players playing a game/match.
 - d. If a team is adding a person to the roster that person must also sign the Release and Hold Harmless Agreement Form.
 - e. Once a player is removed from a team's roster they MAY NOT be added back in later in the season and must wait until the following year.

B. PAVAL League Board

1. The PAVAL League Board shall be composed of the PAVAL Commissioner and the Commissioners for both Softball and Volleyball.

III. Volleyball Playing Rules

All games will be played under the USA Volleyball Rules found at www.usavolleyball.org except as noted below.

A. General Match Conduct:

1. A regulation co-ed volleyball team consists of six (6) players (3 women/3men) and must have a minimum of four (4) players for the game scores to count.
2. The number of men players can not exceed the number of women players by more than one (1).
3. A minimum of 2 women is required to start/play a game.
4. **FOR EXAMPLE a team can consist of the following combinations:**
5. 2W+2M, 2W+3M, 3W+1M, 3W+2M, **3W+3M**, 4W+1M, 4W+2M, 5W+0M, 5W+1M & 6W
6. If the team doesn't meet any of the combinations above **AT GAME TIME** they will forfeit the game to their opponent. If a team still does not meet any of the combinations above 20 minutes after the match start time the **ENTIRE MATCH** is forfeited. The teams are allowed to play/practice off the record if both teams are willing. Game time is the time listed on the league schedule.
7. If additional players show up anytime during the game/match they may enter the game as a player as soon as they are warmed up and ready.
8. If a team is playing with **LESS THAN 6** players they **WILL NOT** take a penalty on the missing player's service rotation(s).
9. Games can be played using substitutions OR rotations and the official must be notified which will be used.
10. Service/Receive and Side of Court will be determined by the referee's coin toss. The teams will exchange courts after game one (1) and play game two (2) with the other team taking the first serve. Service/Receive and Court Sides for game (3) will be determined by a second flip of the coin if the match is 1-1 otherwise the team with zero game wins in the match will automatically be given their choice without a coin toss.

11. Each team will be allowed 2 minutes of hitting and 2 minutes of serving in order to warm prior to the start of the match.
12. Each team is allowed two (2) 30-second timeouts per game and can be called any time the ball is dead.
13. Non sportsman like conduct **WILL NOT BE TOLERATED**. No kicking of the volleyball, no throwing the volleyball over the net or towards/at someone, no bad language, etc. Additionally, persistent comments to the referee regarding decisions or making derogatory remarks to or about either the referee OR opponents are considered to be gross misconduct and non sportsman like. These situations will be handled as follows:
 - a. The 1st Offense: player(s) will receive a verbal warning.
 - b. The 2nd Offense: opposing team will be given side-out and point.
 - c. The 3rd Offense: player(s) will be removed from match.
 - d. The 4th Offense: the player's team will forfeit current and remaining games in match(es) that night.
 - e. If a separate offense occurs on a second night of matches the player(s) will be suspended from all further league play that year.

B. Scoring:

1. One match will consist of three (3) games with a **TOTAL MATCH** time limit of 55 minutes.
2. Games will be played using Rally Scoring and the first team to 25 points wins the game providing that they have at least two (2) or more points than their opponent.
3. Rally Scoring is defined such as, if the serving team wins the point, they score a point and continue to serve. If the receiving team wins a rally/side-out, they score a point **AND** serve next.
4. If the 55 minute time limit is reached prior to either team reaching 25 points in the 3rd game of the match, the team with the most points receives the win. The team **DOES NOT** have to win by two (2) points if time has run out therefore a team ahead by 1 point is the game winner.

C. Playing The Ball:

1. The server is allowed one (1) re-toss **PER ROTATION**. To obtain a re-toss the server **MUST** allow the ball to drop to the floor and wait for the referee to blow the whistle again and serve. Failure to serve on the second toss will result in a side-out and point for the other team.
2. The ball may be touched only three (3) times by one team before being returned over the net (except when participating in a block which doesn't count as a touch/hit).
3. No player may play the ball twice in succession unless two players touch the ball at the same time. It shall count as one hit and both players are eligible to hit it a second time. A player may play the ball on the first and third hit.
4. There are no requirements for there to be at least one female touch per volley therefore if all 3 hits are by male players that is legal. However, this should not be a standard strategy that is used by any team.
5. A ball touching the net is still in play including the serve (let serve).
6. An out-of-bounds ball must be allowed to hit the floor.
7. The center line under the net may be stepped on, but not over.
8. A player may run outside his/her own court to play a ball but not onto the opponent's court.
9. When a team hits a ball forward **AND** out-of-bounds taking the ball past the middle of the court a player is allowed to play **PURSUIT**. Pursuit is when the ball travels outside of the antenna and beyond the middle of the court. Provided the team has enough hits left a player can play the ball backwards outside of the antenna and back into the their team's side of the court. At that time the 3rd hit can be made to send the ball over the net as in normal play.

D. Fouls and Penalties

A foul is an infraction of the rules or a failure to play the ball properly. The penalty for fouls is a point scored for the opponents if the foul is committed by the receiving team, or side-out (loss of service) if the foul is committed by the serving team.

1. A foul is called whenever:
 - a. The server is out of the service area at the time the ball is contacted.
 - b. Any player is illegally positioned on the service (overlap).
 - c. A backline player, while in front of the ten-foot line spikes OR blocks.
 - d. A player serves out of order.
 - e. The server fails to hit the ball clearly with hand, fist or arm.
 - f. The server hits the ball out of bounds, into the net or fails to hit it completely over the net.
 - g. A player causes the ball to land out of bounds at any time during play.
 - h. A player does not cleanly hit the ball (the ball may not visibly come to rest during the hit).
 - i. Successive contact allowed after participating in a block or after simultaneous hit with either a teammate or an opponent.
 - j. A server unnecessarily delays putting the ball into play.
 - k. A player touches the net, reaches over the net, crosses the center line, or interferes with opponents under the net while the ball in play (exception: A blocker may reach over the net to block a return provided the opponent has hit the ball, or a spiker may follow through over the net).
 - l. A player delays the game in any unnecessary manner.
2. A point is replayed whenever:
 - a. A referee commits an error.
 - b. Any object enters the court and interferes with play.
 - c. A player serves the ball before the referee's whistle signals for service.
 - d. A player is injured and a timeout is called while the ball is in play.
 - e. A double foul occurs.

(KEEP PLAYING UNTIL THE REFEREE CALLS ANY OF THE ABOVE)

IV. ENTRY FEE

The entry fee will be determined by the PAVAL Commissioner(s). The fee is based on the needs to cover referee costs, cost for two balls each year, plaque engraving for the league champions, shirts/prize for the tournament champion(s) and a small donation to Notre Dame Prep's Volleyball program in appreciation for the use of their gym FOR FREE (gym time can be very expensive at other locations).

V. LEAGUE CHAMPION

In case of a tie for the league championship, the winner shall be decided by a series of tiebreakers. The sequence of tiebreakers will be:

- 1st Tiebreaker: The team who has not lost to any of the other teams in the tie for 1st.
- 2nd Tiebreaker: The team who has not lost to first team below the 1st place tie.
- 3rd Tiebreaker: The team who has scored the most points in the season.
- 4th Tiebreaker: The team who has allowed the least points against them in the season.

VI. ELIGIBILITY OF TOURNAMENT

Players must be on the team roster and have played a MINIMUM of one (1) match during the regular season to qualify to play in the tournament with their team. If this rule is not abided by all games played during the tournament will be forfeited. This will not affect the regular season standings.