

UTAH CATHOLIC ATHLETIC ASSOCIATION

VOLLEYBALL RULES

(CO-ED RULES AND REGULATIONS)

2014 Season – updated 9/16/2014

Grade Level Divisions

5th/6th Grade Boys and Girls

7th/8th Grade Boys and Girls

SECTION I: GAME RULES

A. CO-ED Rules:

1. No more than three (3) boys may be on the court at one time, even if three (3) girls are not available to play.
2. If there is more than one hit on a side, a girl must make one of the hits before the ball goes over the net. A block at the net does not count as a hit. This rule applies only to 7th/8th grade teams.
3. The serving order and positions on the court at service shall be male and female alternated or vice-versa. In other words, boys must be separated in the rotation by a girl at the start of each play.
4. If a team has 4 or more boys or generally more boys than girls, then a boy must rotate in for a boy to adhere to rule 3 above. When this occurs girls must rotate in for girls throughout the game.

B. Substitutions:

1. **NO SUBSTITUTION IS ALLOWED.** All players on the team will rotate into each and all games and matches equally according to the rotation schedule submitted before the match.
2. An exception to rule B1 is allowed, as outlined in rule A4, in order to comply with rule A3.
3. At the beginning of each match the coach must specify to the scorekeeper and referee which position spot they will rotate in their players. Position specified must be used throughout the entire match.
4. A player must be present at the beginning of a game (not match) to be allowed to enter that game. Otherwise they must wait for the next game.

C. 5th & 6th Grade Rules:

1. 5th & 6th grade teams will use the Volley Lite ball for match play.
2. A server can only serve five (5) consecutive serves in a row, then you must rotate to your next server. Possession is maintained by the serving team.
3. The serving line for 5th/6th grade players will be 6 feet in front of the end line. Each gym coordinator should mark this line with tape.

D. Ceiling Rules:

1. If the ball hits any part of the ceiling on the serve, it is a side out.
2. If the ball hits the ceiling while in play and comes down on the hitter's side and there is a hit left, the ball is still in play.
3. If the ball hits the ceiling while in play and comes down on the opposite side of the net, it is a side out.
4. Any ball that hits the center beam is a side out.

E. Officials:

1. If the official is not present by 15 minutes after the scheduled game time, the league will reschedule the match.
2. **PARENTS MAY NOT OFFICIATE ANY GAMES.** Only sanctioned league officials may officiate a match.

F. General Rules:

1. UCAA volleyball follows USA Volleyball rules, except where the rules in this document conflict with or clarify those rules.
2. UCAA Rules must be posted/available in all gyms of play.
2. Generally, matches should start at the scheduled times. Representatives may start games early if both coaches agree.
3. If a team is not fully present at the scheduled time, a grace period of 10 minutes will be allowed, after which a forfeit will be declared.
4. All players must wear a numbered shirt, athletic shorts and shoes. **NO JEAN SHORTS ALLOWED.**
5. **NO JEWELRY OR HARD BARRETTES ALLOWED.**
6. There will be rally scoring for all of the matches and games.
7. All rally games are two (2) to twenty-five (25) points, win by two (2), capped at thirty (30).
8. The third match is to fifteen (15) points, win by two (2), capped at twenty (20) points.
9. Games shall use **LET SERVE**: if the ball touches the net and goes into the receiving court, the serve is playable.
10. The serve may not be blocked by any player within an arm's distance of the net and the hands above the head.
11. If the ball, after having been tossed or released by the server, lands without touching the player, it is considered a service tossing error. After a service tossing error, the referee must authorize the service again (re-serve) and the server must execute it within the next 5 seconds. One service tossing error is permitted for each service attempt.
12. All participating teams will be capped at 13 players. Teams with more than 13 players must be split into 2 or more teams (as needed) before the season begins and compete separately. Players are only allowed to participate on 1 team throughout the season.

SECTION II: COACHES, OFFICIALS AND PLAYER ELIGIBILITY

A. A coach's eligibility to participate in UCAA is defined in the section below. Coaches may have to meet other requirements as defined by their Parish Athletic Directors.

1. Requirements:

a. Anyone wishing to be a coach/assistant coach must obtain their credentials by taking the online Safe Environment Training through the diocesan website. They must undergo a criminal background check through their Local Parish Director for Safe Environment. A checklist or a letter of compliance from their Parish Safe Environment Director must be submitted to UCAA's Director for Safe Environment before they will be certified as a coach.

b. The head coach of the team must be at least (21) years of age.

d. Coaches must have completed the online training and background check and be approved by their Parish Safe Environment Director before being eligible to coach their first practice, unless special P.A.R.A board approved circumstances negate the deadline.

e. Before the start of the game, the gym coordinator will verify from a list provided by P.A.R.A's Directory for Safe Environment that all coaches are Safe Environment certified. Anyone not Safe Environment certified will not be allowed to sit on the bench or coach.

f. When the timekeeper, scorekeeper or Gym Coordinator has determined the coach's certification to be valid the coach shall enter his ENTIRE team's roster in the official scorebook. The player's jersey numbers MUST be listed in numerical order, from smallest number to highest. Coaches MUST inform the score keepers of players who are absent or injured. This information should be documented in the score book.

g. Only (3) coaches will be allowed on the bench during regulation play. One coach may stand in the designated coach's box and the others must sit on the bench with the players. NO coach may cross the half court dividing line between benches or come onto the court, unless a player becomes ill or injured. NO coach shall leave the coach's box or bench during the course of the game except to extol praise or during time outs. Violation of these rules will result in a side out.

h. Coaches are responsible for ensuring playing time for each player. Teams in noncompliance with the rules set forth under *Section B* will be reported to the Gym Coordinator who will review the lineup and may recommend to the P.A.R.A. board that the game be forfeited.

i. Any coach found with alcoholic beverages or non-prescriptive drugs on the premises of any gymnasium will be dismissed forthwith from the premises and will be suspended from further participation in P.A.R.A. for the remainder of the season.

j. Coaches that display inappropriate behavior or who are caught in any illegal action will be brought before the P.A.R.A. board for review and/or disciplinary action.

k. Coaches who are registered officials with UHSAA or other associations may not officiate games in the divisions which they coach.

2. Ejection Policy:

a. First Ejection: The coach will be asked to leave the building. At the end of the game the Gym Coordinator will make a record in the score book and contact the Athletic Director of the ejected coach and P.A.R.A. board. The Athletic Director of the ejected coach will contact the coach under their jurisdiction. The ejected coach will serve a (1) game suspension. The P.A.R.A board will notify all gym coordinators of the suspension.

b. Second Ejection: The coach will be asked to leave the building. At the end of the game the Gym Coordinator will make record in the score book and contact the Athletic Director of the ejected coach and P.A.R.A board. The Athletic Director of the ejected coach will contact the coach under their jurisdiction. The P.A.R.A. board will investigate the matter and review the situation. All parties will have an

opportunity to plead their case to the board. Based on the board's findings and decision, the coach may not be allowed to participate in P.A.R.A. for the rest of the season. The P.A.R.A board will notify all gym coordinators in the event of a suspension.

B. An official's eligibility to participate in P.A.R.A. is defined in the section below. Officials may have to meet other requirements as defined by the P.A.R.A. Officials Coordinator.

1. Anyone wishing to be an official must obtain their credentials by undergoing a criminal background check through P.A.R.A.'s Director for Safe Environment or their Local Parish Director for Safe Environment. If they undergo a check through another parish program, they must furnish a letter or copies of their forms to P.A.R.A.'s Director for Safe Environment before they will be certified as an official.

2. If an official is a member of a participating parish, he or she cannot officiate games in which their parish team plays (this is to avoid conflicts of interest).

3. Officials will be required to be present (15) minutes before scheduled game time. If an official cannot make a scheduled game time they should inform their local site coordinator and Gym Coordinator in advance so a replacement may be found.

4. Officials found with any alcoholic beverages or non-prescriptive drugs on the premises of any Gymnasium will be dismissed forthwith from the premises and will be suspended from further participation in P.A.R.A. for the remainder of the season. The P.A.R.A board will notify all gym coordinators and the referee coordinator of the suspension.

5. Officials who display inappropriate behavior will be brought before the P.A.R.A. board for review and/or disciplinary action.

C. A players' eligibility to participate in P.A.R.A. is defined in the section below. Players may have to meet other requirements as defined by their individual Parish Athletic Directors.

1. Requirements:

a. A Catholic player is to play on a team sponsored by the parish in which he or she is a registered member.

b. If a player is a registered member of a parish that fields a team in P.A.R.A., he or she may only play on the team of another parish with approval of both Athletic Directors. It is the responsibility of the player to turn in the necessary forms to the Athletic Directors. Teams with players who do not submit the required forms will forfeit all the games played for the period player(s) was/were ineligible.

c. If a player is a registered member of a parish that DOES NOT field a team in his or her division, the player may play for another parish team with approval of both Athletic Directors.

If a player is a registered member of a parish that DOES NOT participate in P.A.R.A., the player may play for another parish team with approval of the participating parish Athletic Director.

In either case, it is the responsibility of the player to turn in the necessary forms to the Athletic Director(s). Teams with players who do not submit the required forms will forfeit all the games played for the period player(s) was/were ineligible.

d. Catholic and Non-Catholic youth who attend a Catholic School may play on the school's sponsored Parish team.

e. Non-Catholic players who are members of a Non-Catholic affiliate church may play on the school's sponsored Parish team.

f. Players who have been held back (1) year must play in the grade they should be in.

g. The P.A.R.A. board must approve all exceptions to these eligibility rules.

h. Any player found with alcoholic beverages or non-prescriptive drugs on the premises of any Gymnasium will be dismissed forthwith from the premise and will be suspended from further participation in P.A.R.A. for the remainder of the season. The P.A.R.A board will notify all gym coordinators of the suspension.

2. Ejection Policy:

a. First Ejection: The player will be asked to leave the building. At the end of the game the Gym Coordinator will make a record in the score book and contact the Athletic Director of the team. The Athletic Director will contact the coach and player. The ejected player will serve a (1) game suspension. The P.A.R.A board will notify all gym coordinators of the suspension.

b. Second Ejection: The player will be asked to leave the building. At the end of the game the Gym Coordinator will make a record in the score book and contact the Athletic Director of the team. The Athletic Director will contact the coach and player. The player will be brought before the P.A.R.A. board for review and/or disciplinary action which may result in suspension for the remainder of the season. The P.A.R.A board will notify all gym coordinators of the suspension.

D. Team Fees and Rosters:

1. Team fees will be due in their entirety before week (1) of regulation play. Parishes in noncompliance will be removed from the schedule until the balance of their account is paid in full.

2. A complete list of all parish team rosters must be submitted to P.A.R.A. before week (1) of regulation play. Parishes in noncompliance will be removed from the schedule until rosters for all teams have been submitted to P.A.R.A. for approval.

3. After the beginning of the regular season, the names of additional players may be added to the team roster. Such names must be submitted to P.A.R.A. in writing no later than the Wednesday before the next scheduled game to be eligible to play. Submissions will only be considered up to week (5) or game (5) of league play, whichever comes first. Only those players registered before week (5), game (5) in league play will be eligible. Families who are new in the Parish are the only exceptions to this rule, though they must comply with all other eligibility rules.

4. Traveling expenses of teams will be the sole responsibility of the team.

5. Teams having more than (16) players must split and form two teams. Teams must begin with (5) players to be eligible to participate in P.A.R.A.

E. Division Requirements:

1. NO player may play in two divisions or on two teams, simultaneously.

2. Players who qualify to play in a lower division may play in a higher division, but may not revert to the lower division after season play has begun.

3. To have sufficient players for a lower division team, ONLY (2) players, from one grade level above, may be used to field that team.

4. The P.A.R.A. board will rule on the eligibility of any players or teams in question. The Gym Coordinator will make record in the score book and bring it to the attention of the board.

SECTION III: COMPLAINTS, FORFEITS AND PROTESTS

B. Complaints:

1. P.A.R.A. takes complaints very seriously. Our goal is to provide a safe, fun and enjoyable environment for coaches, players, officials and spectators. All complaints brought to the attention of the board are thoroughly investigated. Based on the findings of the board, disciplinary action is taken as each situation permits.

B. Protests:

1. All protests are adjudicated by the P.A.R.A. board. All protests must be made within (5) minutes after the game in question. Protests must be submitted to P.A.R.A. in writing and accompanied by a protest fee of \$125.00 within (5) days of the game in question. Protests must coincide with the approved rules of UHSAA and P.A.R.A. and are not necessarily with the judgment of the officials.

Mail Protests to:

P.A.R.A.

1305 West 800 South

Salt Lake City, Utah 8104

C. Forfeits:

1. Teams with ineligible players will forfeit every game in which those players participated.

2. Failure to appear for a scheduled game without making arrangements (3) days in advance will cause the negligent team to lose the game by forfeit.

3. Teams will not be more than (10) minutes late for any scheduled game, except in the case of weather conditions or other emergency conditions deemed as GRAVE. Teams more than (10) minutes late (without the above mentioned conditions) will forfeit the game.

4. A team with no Safe Environment certified coach present at the game will forfeit the game.

SECTION IV: ZERO TOLERANCE POLICY

C. Any player, coach, fan or spectator displaying any inappropriate behavior whether physical, verbal and/or obscene in nature will be required to leave the premises immediately in compliance with the Diocesan Zero Tolerance Policy.

Addendum A: UCAA Safe Environment Certification Process

1. Purpose: the purpose of this addendum is to outline a Safe Environment Certification Process for UCAA volleyball so that coaches, parish Athletic Directors, parish Safe Environment Directors, Gym Coordinators, and the diocese can insure all coaches are Safe Environment certified prior to working with players.
2. Definition of roles
 - a. Coaches – coaches are defined as any adult (18+) or youth who acts in a coaching role or provides other on-court supervision of the players during any volleyball event, including practices and matches.
 - b. Gym Coordinator(s) – The gym coordinator is the responsible adult at each gym that oversees the matches in their gym each weekend.
 - c. Athletic Director (AD) – The AD is the person(s) at each parish responsible for organizing the volleyball teams for participation in UCAA volleyball.
 - d. Parish Safe Environment Director (SE) – the parish SE is the person(s) at each parish responsible for certifying adults from that parish who participate in UCAA volleyball in any capacity in the Safe Environment program.
 - e. UCAA SE Coordinator – The SE Coordinator is the person responsible for acting as liaison between the Parish SE’s, the AD’s, and the Diocesan Safe Environment Director for the purpose of compiling the list of certified coaches.
 - f. Diocesan Safe Environment Director – The Diocesan SE Director reports to the Diocese on all matters pertaining to the Safe Environment program.
3. Certification Process
 - a. Prior to the beginning of practices and beginning of the volleyball season, the AD’s will provide e-mail and phone contact information to the SE Coordinator for the AD’s and parish SE’s.
 - b. Coaches must complete two actions, by the deadline related to them from their AD, to be Safe Environment certified:
 - i. Complete the online Safe Environment course on the diocesan website (<http://www.dioslc.org/safe-environment> and click on Online Training Program on the right) and provide the certificate of completion to their parish SE.
 - ii. Have a background check performed. Complete the background check form submit this to their parish SE.
 - c. The parish SE will request the background check using the information provided for each coach on the background check form.
 - d. Once the parish SE has the results of the background check showing that the coach is cleared to coach and the certificate of completion for the online training, the parish SE will add the coach to their list of Safe Environment certified coaches using the following form (sample shown):

Name	Online Course date	Background Check date
Joe Sample	8/17/2013	8/25/2013
E.G. Doe	4/25/2012	5/12/2012

- e. The parish SE will forward the compiled list of Safe Environment certified coaches to the UCAA SE Coordinator once a week on Wednesday starting the week before practices are scheduled to begin.
- f. The SE Coordinator will compile the lists from all the parish SE’s into a single list and send the compiled list to the AD’s, the parish SE’s, and the Diocesan SE Director.
- g. Every Monday thereafter, the SE Coordinator will send out the list to the parish SE’s and AD’s requesting any additions or modifications.
- h. All parish SE’s must respond to the SE Coordinator by Wednesday with any additions and changes.
- i. The SE Coordinator will recompile the list and resend each Thursday to the AD’s, the parish SE’s, and the Diocesan SE Director.

- j. The cycle will then repeat for the rest of the season. Coaches may be added throughout the season as they complete the Safe Environment certification process. However, no coach may work with players at either practice or matches until they are on the compiled list sent out weekly.
- k. The AD is responsible for forwarding the compiled list to their gym coordinators prior to Saturday matches.
- l. The gym coordinator will check the coaches' names prior to each match to insure safe environment certification prior to allowing the coach to participate (i.e. coach from the bench) in any match. Any coach not on the list may not coach that day.
- m. The AD is responsible for insuring that each coach is on the compiled list before allowing that coach to work with players at practices.