

Dallas Parochial League

2026 Volleyball Rules and Regulations

Revised
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1 Purpose

The foremost intention of this document is to provide a clear statement of DPL Volleyball rules that will assist players and coaches in obtaining the greatest amount of enjoyment from playing volleyball with the least amount of dispute over controversial situations that inevitably arise. A secondary objective is to ensure that games and tournaments conform to generally accepted practices of volleyball associations at large so that DPL can maintain a reputation for excellence in the sport.

2 Overview

This manual has three major sections:

1. Summary of Common Rules
2. DPL Adaptations of NFHS Rules

Section 3 attempts to identify the most common rules that volleyball players need to know when playing in the Dallas Parochial League. Most players do not need to purchase and study the books of technically precise rules of the official governing bodies of volleyball to fully participate in the sport. By familiarizing themselves with this section, players and parents will be able to understand what is expected both on and off the court. Coaches and officials will be responsible for identifying and explaining to player's situations where more technical rules apply.

DPL uses regulations published by NFHS as the basis for our league's volleyball rules. Section 4 identifies specific NFHS rules that DPL Volleyball has adapted for our league. All DPL rules supersede NFHS rules in areas where they do not match.

NFHS – The National Federation of State High School Associations (NFHS) publishes annual updates to its Volleyball Rules Book. This rule book is “intended to promote and preserve the sound traditions of the sport and the safety of participants.” It covers such things as rules of the game, penalties for rule infractions, and roles of officials, how officials are to make decisions, and how participants are to communicate with each other.

Coaches, especially varsity coaches, should have a current copy of the NFHS Volleyball Rule and be familiar with its contents. Coaches should teach these rules (as they are used by DPL) to players just as they teach fundamental volleyball skills.

More information is available at their website: <http://www.nfhs.org/rules-volleyball.htm>.

3 Summary of Most Common Rules and Regulations

3.1 *Eligibility*

Enrolled as a full-time student at a DPL Member school.

If volleyball is not offered at a student's home school, the student may play for another school. To play for another school, a student must obtain clearance from the Diocesan Athletic Director, and AD's of both schools concerned. Players are not permitted to play on more than 1 team in a particular sport.

5th	a) Grade 5 only
6 th D1 & 6 th D2	b) Grades 5 th & 6 th only
7 th D1 & 7 th D2	c) Grades 5 th , 6 th & 7 th only
8 th D1 & 8 th D2 & VD3	d) Grades 5 th – 8th
Coed	e) Grades 5 th – 8th

3.2 *Responsibilities of Coaches and Officials*

- Provide a Tachikara volley-lite or **Baden 12U Lite** (5th & 6th grade divisions) or Tachikara SV5WM or **Baden Lexum** (for all other divisions). These are the official game balls for the DPL. All game balls must be solid white in color.
- Submit an official DPL signed roster and line-up card to the scorekeeper at least 15 minutes prior to start time of a match.
- Provide a competent adult line judge to the referee at least 10 minutes before start time.
- Immediately prior to the start of every match, lead your team in prayer at the net with the visiting team.
- Recording of any DPL game by a 3rd party (person not associated with the teams playing) is prohibited**
- Teams are, however, allowed to film their own games for instructional purposes. Film must not be shared between teams, nor be used to scout any other team.

3.3 *Referee*

- Head official has general supervision of other officials including the line judges and all personnel at the scorer's table.
- Calls coaches and captains for a pre-match conference.
- Directs players to their respective end-lines to begin and end a game.
- Blows the whistle for each serve and dead ball.
- Gives signals for each point/side-out.
- Grants time-outs, substitutions and requests for serving order.
- Determines when a rule infraction has occurred and what, if any, penalty applies.
- Makes decisions on game matters that are not specifically covered by the rules.

3.4 *Line Judges*

- a. The DPL requires that only adults serve as line judges.
- b. Introduce yourself to the referee at least 15 minutes prior to the match start time.
- c. Line judges will switch side for each set (since teams do not switch sides).
- d. Stand near the intersection of the side-line and end-line at the corner designated by the referee.
- e. Assist the referee by determining whether:
 - the server touches or crosses the serving line before making contact with the ball
 - the ball crosses the net entirely between the antennas
 - the ball is inbounds or out of bounds when it lands near your corner, along the side line and/or end line on your side of the court
 - a player touches the ball before it goes out of bounds

3.5 *Scorer*

- a. **The DPL requires that scorekeepers be at least 16 years of age. An adult must always be seated at the table with them during the match.**
- b. Introduce yourself to the referee at least 15 minutes prior to the match start time.
- c. Record points, side-outs, substitutions, time-outs, penalties and other events, as directed by the referee.
- d. Verify the proper serving order is maintained and notify the referee when a server is out of order.
- e. Notify the referee when an illegal time-out or substitution is requested.
- f. Keep the timer informed of the official score and time-outs.
- g. Administer the game clock and scoreboard.

3.6 *Team Captain*

- a. The captain is the only player who may communicate with the referee.
- b. During a dead ball, the captain may request:
 - A time-out
 - Verification of time-outs used
 - Verification of serving order (for her own team or the opponent's team)
 - A repeat of a call if the signal is missed or unclear

3.7 *Uniforms*

Uniforms are to be consistent with school guidelines and should display only school logos or athletic brand name logos (i.e. Nike or Adidas). This is also the case with accessories such as sleeves and socks.

- a. All players on a team must have the same color jerseys with numbers that are at least four inches tall printed on the front and back. The libero position is to have a sharply

contrasting color jersey from her teammates. The use of a libero is only allowed on 7D1, 7D2, 8D2 and 8D1 teams AND is allowed to serve.

- b. Kneepads are mandatory.
- c. Players are prohibited from wearing the following during matches:
 - Jewelry, including earrings (CAN NOT be taped over-must be completely removed)
 - Watches
 - Metal hair bands or large barrettes
 - Hats/bandanas
 - Face paint/glitter

3.8 *Rosters and Line-up Cards*

- a. Roster Submission: Each team must submit an official roster to the scorekeeper prior to the game. An official roster is one that has been printed from the Doodlio software. Rosters must contain a photo of all coaches who will be sitting on the bench. Rosters pulled up on a phone are not considered official rosters and are not permitted. Coaches may adjust jersey numbers in writing prior to the game to ensure correct numbering should their roster be incorrect.
Teams that fail to provide a roster at game time will not be permitted to play the game...IT WILL BE A FOREIT. Rosters cannot be shown to the scorekeeper on their phone and ROSTERS WITHOUT PICTURES WILL NOT BE ACCEPTED.
Should both teams fail to present an official roster, The game will be recorded as a double forfeit
- b. A line-up (different from the team roster) must be submitted 15 minutes prior to the start of the set and may not be changed once it has been entered in the scorebook. The line-up must be submitted using the official DPL line-up sheet.
- c. The minimum number of players on a team required to start a set is five; however, after the set has started there is no minimum number to continue play. Once a set has been started with 5 players, you are not allowed to add the 6th player. You must wait until that set has been completed and submit a new line-up for the next set. A side-out/point will be awarded to the opposing team every time the "6th player" would come around to serve if a team must play with 5.
- d. Line-up cards must be submitted for each set in a match.
- e. Once schedules are finalized, players are permitted to be listed on one team's roster and only one roster for the duration of the entire season.
- f. All rosters must be set by the midway point of the regular season. New players may not be added to rosters from this point on.

5th/6D1/6D2/Varsity D3 (Continuous Rotation)	• Line-up card lists both players on the court AND on the bench in the order they will serve. • After a set has begun, a line-up card may not change unless a player is permanently withdrawn from the set.
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- g. Co-ed Division: There must be a 3/3 gender split on the court at all times. You can never have more than 3 players of any one gender on the court at a time. If only 2 athletes of one gender are present, i.e. 4 boys and 2 girls, then the team will play short a player with a point/side-out being awarded to the opposing team when the 6th player should be serving.

3.9 *Player Positions*

- a. There are six positions on the court:
 - Position 1 - Right Back (Server)
 - Position 2 - Right Front
 - Position 3 - Middle Front
 - Position 4 - Left Front
 - Position 5 - Left Back
 - Position 6 - Middle Back
- b. Right side players must be closer to the right sideline of the court than the other players.
- c. Left side players must be closer to the left sideline of the court than the other players.
- d. Front row player must be closer to the net than the corresponding back row player behind them.

3.10 *Start of Match*

- a. A match may not start earlier than the scheduled start time without the consent of both teams' coaches and the referee.
- b. If a team does not have the minimum 5 players to start the set, the offending team will be given a loss for that set. The scorekeeper will then put 10 minutes on the game clock and start it. If the remaining players arrive during this time, then the match can start with the offending team down 1 set. If after the 10 minutes has run off and a team is still short players, then the match will be considered a forfeit.
- c. The referee may call an unnecessary delay of game penalty, when the scheduled start time has arrived and one or both teams are not prepared to play due to reasonably avoidable circumstances.
- d. After the prayer, the referee shall blow the whistle and direct starting players to their respective end lines; then again direct them onto the court to begin play.
- e. 5 players are required to start a set but a side-out/point will be awarded to the opposing team when the 6th player/position comes up to serve.
- f. Game time is forfeit time.

3.11 *End of Set and Match*

- a. The first team to 25 points wins.
- b. All games must be won by two points.

- c. When the referee blows the whistle to signal the end of the match, players and coaches are to:
 - go to their respective end lines
 - proceed in single file along the side court and net
 - demonstrate good sportsmanship toward their opposing team

3.12 *Time outs*

- a. Each team is allowed two 45 second time outs per set.
- b. Only a coach or team captain may notify the referee of a time out request.

3.13 *Serving*

- a. A serve is in play as soon as the server strikes the ball with her hand.
- b. A re-serve is called when the server drops the ball, tosses the ball in the air and catches it, or tosses it in the air and allows it to drop to the floor.
- c. Players are allowed 1 re-serve per term of serve.
- d. A re-serve is part of a single attempt to serve.
- e. A server may not step on or over the service line until the ball is in play.
- f. The libero will be permitted to serve in the 7D1, 7D2, 8D1 and 8D2 divisions.

5th/6 th grade division and 5th/6 th grade players on a VD3	• The serving line is 5 feet inside the court from the official service line. This JV serving line must be clearly marked on the floor from sideline to sideline. • A 5th/6th grader on a VD3 team will be allowed to serve from the JV serving line. • A server may score a maximum of 3 consecutive points (for 5th, 6th and VD3 divisions). When the third point is scored, the ball goes over to the other team, but no point is awarded.
7th, 8th & Coed	• Service is from behind the official service line. • There is no limit on the number of consecutive points that may be scored.

3.14 Rotation and Substitutions

5 th , 6D1, 6D2, Varsity D3	• All players on the line-up card continuously rotate in the order listed. • After every side-out, the serving team rotates out the previous server (position 1) and rotates in the next person from the bench to the middle back (position 6) • No substitutions are allowed. • Once the ball is served, players may swap positions. All players must return to their serving order for every serve.
7D1,7D2,8D1,8D2, Coed	• Substitution requests must be: Made by the coach When the ball is dead Before the referee signals for serve • Procedure: player and substitute go to the area between the attack line and the net, face one another, and wait until the referee instructs them to exchange places. • Multiple players may be substituted at one time. • The substitute must assume the same position and serving order of the player replaced. • Max of 18 subs allowed per set.

3.15 Contacting the Ball

- a. Legal contact is a touch of the ball by any part of a player's body.
- b. It must be very brief and crisp. Any prolonged contact is illegal.
- c. A team shall not have more than three hits, or two consecutive hits by the same person, before the ball crosses the net with the following caveats:

Simultaneous contact on the same team– When two players on the same team simultaneously contact the ball, the contact is counted as just one hit and any player, including the two who just touched it, may play the ball.

Simultaneous contact by players on opposing teams – When two players on opposing teams contact the ball above the net at the same time and the ball falls onto one side, the player on that side may make the next hit. Whether the player involved in the simultaneous hit or another player makes the next hit, it is counted as the first hit for the team.

Multiple contacts for one attempt – When a player receives a hard-driven ball from an attacker (either a block or saving a hit) and the ball rebounds from one part of a player's body to ricochet off of another legal part of the player's body, the ball is still in play and the

attempt is counted as a single hit. This does not apply if the ball is not hard-driven and the player simply mishandles the ball.

Blocks – Blocks are not counted as hits. When a player blocks the ball, either she or any other player on her team may hit the ball next and that hit will be the first one for the team.

- a. A front row player may contact the ball anywhere on or off the court.
- b. A back-row player behind the attack line may contact the ball on or off of the court, above or below the top of the net.
- c. A back-row player who is on, or in front of, the attack line, may not attempt to block or attack the ball above the top of the net.
- d. Blocking a served ball is prohibited.

3.16 *Inbounds, Out of Bounds and Crossing Lines*

- a. A ball is inbounds and live when:
 - any portion of the ball touches a side-line, end-line or inside the court
 - the ball touches the ceiling or other obstruction directly above the hitting player's court and returns to be same side of the court
 - the ball hits the net and goes over into the opponent's court.
- b. A ball is dead when it:
 - fails to go over the net by the third hit
 - touches any part of the antenna or pole
 - touches the ceiling or other obstruction above the player's court and goes to the opponent's side of the court
 - touches an obstruction (e.g. a basketball backboard) on the side or end of the court
 - touches any non-player
- c. Crossing Lines
 - All players, except for the server, must be fully within the boundaries of the court when the ball is served.
 - Once the ball is served, players may go outside of the court to play a ball.
 - A player may not enter the opponent team's court.
 - A player may touch or cross the center line with a hand or foot provided the entire hand or foot does not cross it completely. No other body part (e.g. the head or elbow) may cross the center line.

3.17 *Decisions of Officials*

- a. Decisions by officials are final and not open to question by teams or spectators.
- b. A coach may request a time-out to review with the referee a call by an official to ensure that the call is understood and communicated properly. Coaches shall not attempt to

dissuade an official from a call. After reviewing a call with a coach, if a referee changes his call, the time-out shall be counted as an official time-out rather than a team time-out.

3.18 Conduct

- a. Players and assistant coaches shall remain seated on the bench during game play.
- b. Head coaches will be allowed to stand during matches but must remain between the 10 ft line and the end of the court and no closer than 6 ft to the court.
- c. Players and coaches may cheer for all players.
- d. Players and coaches may not show disrespect for any player, coach, official or spectator. This includes:
 - Use of disconcerting acts, words or cheers targeted at the opposing team and/or players.
 - Showing disgust for an official's decision
 - Use of any language, sign or contact that unnecessarily incites turmoil
 - Spectators are encouraged to be examples of good sportsmanship for our children.
- e. Referees and coaches share responsibility for resolving situations where a spectator disrupts play.
- f. Warnings, penalties and disqualifications are administered using yellow and red cards by the referee for misconduct of players and coaches.
 - Warning – a yellow card is administered for a first minor offense. No penalty is assessed.
 - Penalty – a red card is administered for a second minor offense by the same person or a single serious offense. A point/side-out is awarded to the opponent.
 - Disqualification – yellow and red cards are administered simultaneously for a third minor offense or a single flagrant offense. The offender is prohibited from further participation in the match. A point/side-out is awarded to the opponent.

End of Season Tie-Breakers:

- 1. Head to head**
- 2. Total sets lost**
- 3. Pt differential**
- 4. Coin toss**

Adaptations of NFHS Rules

DPL teams and officials shall follow NFHS rules, as adapted by the changes listed in this chapter, when playing regular season and playoff games.

Wherever the NFHS Rule Book refers to

- a. "The state association", it should be read as "Dallas Parochial League".

3.19 Rule 3. Game Equipment

Replace Penalty 1 with the following:	Penalties for Illegal Game Equipment
When the host school does not pad the standards, floor/walls, cables and referee's platform according to Rule 3-1-3, the match may be played only if the referee determines that the lack of padding does not create an unreasonable safety hazard. Further, the referee shall notify the Diocesan League Director that padding for the school's does not meet NFHS regulations.	

3.20 Rule 4. Player Equipment and Uniform

Change Penalties 1 and 2 to reflect the following:	Penalty for Illegal Equipment
When a player wearing illegal equipment attempts to enter the game, or is discovered during a game, the referee shall charge the offending team with a time-out and the player must remove the illegal equipment. call an official time out and instruct coaches for both teams to have players remove all illegal equipment. If a team does not have a TO remaining, they will be charged with a delay of game (yellow card).	

Change Penalty 3 to reflect the following:	Penalty for Illegal Equipment
For subsequent violations by either team during the match, a point or side-out shall be awarded the opposing team.	

Replace ART. 1 with the following:	Section 2 Legal Uniform
All players on a team must have the same color uniforms.	