

Volleyball League Rules

2016

Administration:

- 1) His Grace Bishop Serapion is in charge of and oversees all operations related to the Coptic Orthodox Diocese of Los Angeles Sports Ministry Program (The Coptic League), and appoints and approves the League Officials responsible for organizing, coordinating, and supervising all league activities.
- 2) His Grace Bishop Serapion and the appointed committee are granted authority over any coach, site coordinators, assistant coach, players, and spectators or any other bystanders present at any game.
- 3) When participating in The Coptic League, all coaches, players, and spectators agree to follow these Rules at all times.
- 4) Please see the important dates and deadlines section for time sensitive information on the league website (meetings, registration, league fees etc...)

General:

- 5) It is against league rules for players and/or coaches to be involved in any form of "Trash Talking" either on the court during a game, in anticipation of an upcoming game, or after the completion of a game either in person or through social media or any other means.
- 6) "Trash Talking" falls under the category of "Anti-Christian" behavior and unsportsmanlike conduct, and will not be tolerated in this church league.
- 7) "Trash Talking" related to the league, whether it occurs during a game or apart from it, will be punishable by suspensions imposed by the league committee.
- 8) Foul language is not tolerated at all in this Christian league.
- 9) Fighting or foul language coming from a spectator will result in removal from the premises by the Referee and/or coach.
- 10) Any fighting caused by any team member or coach will result in that player or coach's suspension (minimum three games) to disqualification from the league.
- 11) Players and Coaches must show respect to the Referees and the scorekeepers at each game.
- 12) There will be no arguing with the referee. The team captain and the head coach may speak to the referees only, if permitted by the referee. There may only be one team captain and one head Coach per team that may speak to the referee. The referee can choose not to talk to either one if too much tension occurs.
- 13) All bench players must be seated at all times during the game. Assistant coaches may get up in a very limited role, but must remain seated for a majority of the game. You will be warned once.
- 14) Only registered coaches and suited registered players may be seated on the coaches/players bench. All fans must be seated away from the coaches/players bench. No fans are allowed on coaches/players bench. No one is allowed on the baseline, given that the gym is situated as such.

- 15) Any team/church intentionally tries to embarrass or humiliate another team by insults, rude gestures, jokes, or any other unsportsmanlike behavior will be subject to discipline by The Coptic League.
- 16) Teams who play the last games on the schedule are required to have the gym “spotless” before leaving the premises, and must have spectators and players exit the premises immediately after the game has concluded.
- 17) League referees or attending committee members are hereby granted the authority to call off any given game if, in their judgment, the players or spectators are in any way engaging in “anti-Christian” or unsportsmanlike conduct.
- 18) League referees or attending committee members are hereby granted the authority to make decisions as to whether a particular game should continue or be immediately terminated due to escalating tempers, unnecessary confrontation, and taunting.
- 19) League referees or attending committee members on the premises of any game are granted permission to make any necessary modifications to the organization (example: set-up, or operation of the event for the purpose of ensuring fair play and good sportsmanship, and for avoiding arguments and altercations between players and/or coaches).
- 20) League referees or attending committee members have authority over the assistant coaches, players, and unruly fans in terms of making final decisions and enforcing penalties along with the CIF Referee(s). The CIF Referee(s) have the final say according to our league rules.
- 21) A league fee is collected per team at the time of registration. Registration without payment will not be accepted. Please see the dates and deadlines page for more information on the league website.
- 22) In case of a church joining the league with 2 or more teams, there will be no crossing over of players allowed. Each player is mandated to “stick” to a specific team for the entirety of the season.

Game Day Instructions

- 23) Each team will have a 5-minute grace period after the starting time of season games. After the 5-minute grace period is up, whichever team delays will lose the game. No rescheduling will be allowed in this case. PLEASE BE ON TIME! A forfeited game may still be scrimmaged for the remaining time. The referees will still officiate as usual at their discretion. The game will end if not completed in order to allow the following scheduled game to begin on time.
- 24) Transportation must be provided to and from the game by each church.
- 25) The league is unable to facilitate rescheduling of games on behalf of teams. But, the league will allow game swapping given that all parties involved email the league prior to the swap confirming the new date, time, and location. No addition of hours, dates, or times is permitted, only swapping with what is currently published.
- 26) Games should only be played as per league schedule/official league emails.
- 27) It is the requirement of each team coach to notify the opposing team and the league if they plan on forfeiting a particular game. It is not the league’s responsibility to

notify teams of forfeited games.

- 28) After the final game of the day, all players, coaches, assistant coaches, and spectators must IMMEDIATELY leave after the game has ended.
- 29) Each team is responsible to ensure that the gym is left in an immaculate condition prior to leaving the premises.

Gym Rules

- 30) Foods, drinks, hard-soled and back-soled shoes are absolutely prohibited in the gymnasium.
- 31) All players, coaches, and spectators must insure that the gym is spotless before leaving the gym. This includes, and is not limited to: restrooms, spectator's seating area, Player's/Coach's area, the main court, and the parking lot. The gyms should be cleaned after each game. Both teams must clean the gym.
- 32) Please respect the public property. We are granted the gym as a privilege that may be taken away from us if we abuse this privilege.
- 33) Please note also that coaches and teams are responsible for the spectator's actions.
- 34) All games will be hosted in a gym when available. Games will be hosted in a gym according to availability. If a gym is not available for a certain weekend, an outdoor location will be assigned.
- 35) Please keep all entrances and exits to the all facilities clean because it is a fire hazard.
- 36) No noise making equipment is allowed at any of the games (including, but not limited to blow horns, drums, tablas etc...).
- 37) Teams that have the opening game on game days should arrive early to insure that everything is properly setup and ready to go by tip off time. Score board, bleachers, player's seating, and trashcans.

Dress Code for Players

- 38) All teams must have team uniform for each player and each with their own registered jersey number. Players without their own registered jersey number may not play. No exceptions for all leagues. No church names may be printed on the jerseys; only team names. If church names are already printed, they need to be removed or covered.
- 39) Any teams sharing the same colored jerseys will be required to get an alternate color OR reversible jerseys as well.
- 40) Players may not swap jerseys after the first day of games. The jersey that a player is registered with is the one they must wear all season long. The same number cannot be used more than once per team. Jersey numbers worn by players must match what they are registered with through the league website.

Eligibility & Registration

- 41) Players
 - a) Open to all ages accordingly to the church discretion.
 - b) Player open registration (free of charge) and player late registration (fee to

register) is handled online through the league's website. Please check the dates and deadlines page for more information on the league website.

- c) A player may not swap teams after the first day of games. All league rules must be met prior to swapping teams.
- d) General Guidelines
 - i) Proof of ID may be required.
 - ii) Baptized within the Coptic Orthodox Church or any of its sister churches. Contact the league for any exception requests.
 - iii) A player is to participate in the age category/gender that is applicable to them according to their date of birth, irrespective of their year of study in school.
 - iv) Once a player is registered for a team and the registration period is over or the season has started (which ever comes first), therefore may not switch teams for any reason.
 - v) A player may not play in more than one league/team simultaneously unless otherwise noted.
 - vi) A valid player is one that is on that specific team's roster and meets the above eligibility requirements
 - vii) A player must always play with their registered jersey number as per the team roster.
 - viii) A Player must play for the church they attend regularly. In the event the church they attend does not have a team, then they with the approval of that team's parish priest and coach can join the requested team. If there is a discrepancy in the church the player states they attend then the following two rules apply:
 - (1) The Player is to play for the team they played for a majority of the past 3 years (college and high school and junior high can be used to calculate this).
 - (2) If the player has played for 3 various teams then the coach for the last team he played for as well as the new team the player will be playing for have to agree that:
 - (a) This is what's best for the Players spiritual benefit in terms of church attendance
 - (b) The Player moving from team to team is mutually beneficial in that it is not deteriorating a team for the benefit of another.
 - ix) Steps to switching teams: All of these steps must be completed, if any of them are missing, that player will not be allowed to participate until all paperwork has been completed. Once the League approves the move, an email will be sent to the Coach regarding the status of that Player; the Player may be asked to "red-shirt" (sit- out the entire year) or will sit-out half of the regular season games.
 - (1) A written letter from the coach must be sent to the league stating the reasoning switching to another team.
 - (2) A written letter from the player must be sent to the league stating the

reasoning switching to another team.

(3) The parish priest of the team that the player wants to switch to must contact Fr. Arsany Paul to confirm that they are now part of that parish church and that the player's move is in the best spiritual interest of the player.

(4) Please contact the league for certain exceptions

42) Coaches (team servants)

- a) A coach is one that is appointed by his parish church priest to serve a particular team. A valid coach is appointed by his parish church priest, attended the mandatory coach's meetings, if scheduled, and is listed on the coaching staff for that church.
- b) Coaches are league appointed members that are responsible for the overall smooth operation of game sites for particular game days. They are present to communicate between gym staff if need be, to coordinate unexpected events, enforce league rules, ensure that each teams keeps the gym clean, and act as a representative on behalf of the League.
- c) Coaches are to be servants and models of this league. Any rule that appears within these set of rules have a much higher consequence if a coach or an assistant coach breaks it whether it is noted or not. These consequences could be, but are not limited to, suspending the coach or suspending the whole team.
- d) Baptized within the Coptic Orthodox Church or any of its sister churches. Contact the league for any exception requests.
- e) No changes to coach's roster after final registration date as listed on the dates and deadlines page.
- f) Coach and team registration is handled through the league website. A league fee must be submitted at the time of registration. Please check the dates and deadlines page on the league website for more information.

Playoffs

43) Only the top 35-50% of each league will advance into playoffs for all leagues. This percentage and corresponding number will be posted on the league website prior to the start of the season. Playoffs will be according to regular season games, but single elimination. Advancement seating will be tournament style.

44) General Record Determination:

- a) Overall division record per team.
- b) When two teams are tied in the standings, regular season head-to-head results are used as the tiebreaker. If the season is not split (one team winning both games) then they (the team that won both games) takes the higher position.
- c) If three or more teams are tied, the combined record of each team against the other teams involved in the tie is used to break the tie. If there is still a tie, then point difference between those teams who are tied will be used to determine.
- d) If the above procedures fail to establish an advantage, point differential for the overall season will be used.

Game Rules

- 45) There will be only two (2) timeouts per team per game in a 3-game match. The timeout will be 1 minute and 30 seconds.
- 46) Equipment
 - a) Height of the net: Placed vertically over the center line there is a net whose top is set at the height of (7'11 5/8") for men and (7'4 1/8") for women.
 - b) Balls: Its circumference is (25.6" – 26.4") and its weight is (9 to 10 oz) . Its inside pressure shall be (4.26 to 4.61 psi)
- 47) It is forbidden to wear objects that may cause injury. Players may wear glasses or lenses at their own risk.
- 48) There will be no limit on substitutions.
- 49) Regarding rotations, each team is MANDATED to rotate clockwise during each point. It is up to the team to go back to any other position as long as the ball is in play (as soon as the player serves the ball).
- 50) No one is supposed to touch the net. The referee will judge whether or not the "touch" is interrupting normal play.
- 51) On the serve, if the serve contacts the net on the way down, the ball is still in play. There will be no need to replay the serve.
- 52) On the serve, if the player crosses or touches the line, this will be counted as a fault, and the team will lose the possession.
- 53) There will be no illegal contact with the ball below the waist (such as kicking, kneeling, etc.). However, if the ball contacts any part of the body above the waist, that will be a legal hit. In the case that the ball makes contact with a person's chest (as an example), the person cannot hit the ball again with his hands. The volleyball may touch any part of the body. The volleyball may touch various parts of the body, provided the contacts happen simultaneously. The volleyball must be hit, not caught or thrown.
- 54) Each game is up to 25 points. In case of a tie at 24-24, either team must win by 2 points (ex: 26-24).
- 55) Scoring is done by a rally method meaning that a point is award each time there is a fault.
- 56) If the set is split, the 3rd match will only be played up to 15 points.
- 57) In the case of a player, who is standing at the net, has a foot cross the line completely, that will be counted as a fault.
- 58) During the serve, the opposing team cannot block or spike the serve.
- 59) The player may not serve the ball until the referee blows the whistle.
- 60) All these rules are subject to change with or without notice. Players and Coaches are still responsible for the addition, clarification, change of the rules at any given time.

Last Updated: 12/21/2015