

2023



LEAGUE INFO

**HIGH SCHOOL TEAMS: \$400 (WEAR YOUR OWN UNIFORMS
OR PURCHASE FROM CC-PAL)**

**GAMES WILL BE PLAYED FRIDAY NIGHTS STARTING
AT 6PM**

**PRACTICE WILL BE SET UP BY COACHES, TEAMS ARE ABLE
TO USE OUR GYM (SCHEDULE WITH COACH BO)**

DATES

SATURDAY 4/15 - COACHES VOLLEYBALL MEETING

MONDAY 4/17 - LEAGUE REGISTRATION OPEN

MONDAY 4/17-TEAMS START PRACTICE

FRIDAY 5/19 - UNIFORMS AND SCHEDULES HANDED OUT

MONDAY 5/22 - LEAGUE STARTS MAY 22ND (MAY 26TH FOR HIGH SCHOOL)

TEAM REGISTRATION CHECK LIST

*CAN WE ORDER
TEAM SHIRTS?*

*YES ORDER
FORM
INCLUDED*

**PLEASE MAKE SURE ALL
SIGNATURES ARE COLLECTED**

ROSTER COMPLETED

**PAYMENT COLLECTED (CASH OR CARD)
HALF DOWN TO SAVE YOUR SPOT**

**TEAM HAS JERSEYS WITH NUMBERS ON THE
BACK**

**RETURN TO KARA (AT CC-PAL OFFICE)
ASAP**

**NO OUTSIDE FOOD OR DRINK
NO FOLDING CHAIRS ALLOWED INSIDE
THE GYM**

C.C. PAL VOLLEYBALL LEAGUE - Volleyball Basic Rules

THE SERVE

- A. We will be using UIL Rules. Server must serve from behind the restraining line (end line) until after contact.
- B. Ball may be served underhand or overhand.
- C. Ball must be clearly visible to opponents before serve.
- D. Served ball may graze the net and drop to the other side for point.
- E. First game serve is determinant by a coin toss. If a third game is needed a coin toss will be done to determine serve and side.
- F. No attacking ball on the serve.

SCORING

- A. Rally scoring will be used.
- B. There will be a point scored on every score of the ball.
- C. Offense will score on a defense miss or out of bounds hit.
- D. Defense will score on an offensive miss, out of bounds hit, or serve into the net.
- E. Game will be played to 25 cap at 27 pts.
- F. If third game need played to 15 cap at 17

ROTATION

- A. Team will rotate each time they win a serve.
- B. Players shall rotate in a clockwise manner.
- C. There shall be 6 players on each side.
- D. You can start the game with 5 players. The missing player will be a ghost player. And when he or she comes up to server you lose the ball and 1 point.

PLAYING THE GAME (VOLLEY)

- A. Maximum of three hits per side.
- B. Player may not hit the ball twice in succession (A block is not considered a hit).
- C. Ball may be played off the net during a volley.
- D. A ball touching a boundary line is good.
- E. A legal hit is contact with the ball by a player body above and including the waist which does not allow the ball to visibly come to rest.
- F. If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.
- G. A player must not block or attack a serve.
- H. Switching positions will be allowed. {after the serve only}
- I. You may play ball if you hit the ceiling providing team had at least one hit left.

BASIC VIOLATIONS

- A. Stepping on or over the line on a serve.
- B. Failure to serve the ball over the net successfully.

- C.** Hitting the ball illegally (carrying, palming, throwing, etc.)
- D.** Touches of the net with any part of the body while the ball is in play. if the ball is driven into the net with such a force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.
- E.** Reaching over the net, except under these conditions:
 - a.** When executing a follow-through.
 - b.** When blocking a ball which is in the opponents' court but is being returned (the blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact).
- F.** Reaches under the net (if it interferes with the ball or opposing player).
- G.** Failure to serve in the correct order.
- H.** Blocks or spikes from a position which is clearly not behind the 10-foot line while in a back row position.



Corpus Christi Police Athletic League

PO Box 9572

Corpus Christi, Texas 78469

CC-PAL Coach Registration/Waiver **SHIRT SIZE:** _____

Name: _____ Birth Date: _____ Age: _____ Address: _____

Cell: _____ Driver License #: _____ State: _____ Social Security #: _____

Occupation: _____ E-mail Address: _____

Health/Accident Insurance Company: _____ Policy number: _____

Have you ever coached a youth sport team before? _____ Yes _____ No If Yes list: _____

Have you ever been suspended or reprimanded from a sports league? _____ Yes, _____ No If Yes explain: _____

Where have you coached before: _____

How many months/years of experience do you have coaching? _____ Years _____ months

Do you have any children involved in the CC-PAL program _____ Yes _____ No?

If Yes, please list children's names and ages _____

PLEASE INITIAL IN EACH APPROPRIATE AREA BELOW

I know that participation in sports may result in serious injuries and protective equipment does not prevent all injuries to players, and do hereby waive, release, absolve, indemnify and agree to hold harmless cc-pal Inc., the organizers, sponsors, supervisors, participants and persons transporting my child to and from activities for any claim arising out of any injury to my/our child whether the result of negligence or for any other cause. _____ (initial)

I agree to return upon request the equipment issued to me in as good as condition as when received except for normal wear and tear. _____ (Initial)

I understand that being involved with children requires me to be responsible and I am expected to treat every child the same regardless of playing ability. _____ (Initial)

I agree that I will abide by the Constitution and By-Laws set forth by CC-PAL and will abide by the decision(s) of the CC-PAL Board of Directors. _____ (Initial)

I understand that I will have a background check done by the Corpus Christi Police Department and do hereby give my permission to the Police Officers of the CC-PAL Board of Directors to discuss my background and then make a decision as to my eligibility to coach. _____ (Initial)

I agree that by signing this form that I have not been untruthful about any of the information that I have provided and that in the event that anything should change that I will notify the President of CC-PAL.

(SIGNATURE)

(DATE)

(JERSEY COLOR)

(BOARD MEMBER)

(DATE)

(TEAM NAME)

(SPORT)

(DIVISION)

(POSITION)

TEAM NAME: _____

Roster and Participation Agreement

In consideration of being allowed to participate, each participant and their legal representative, waive all claims for injury, accident or loss of any kind and hereby release CC-PAL Tournaments, all tournament sites, sponsoring organizations, and their employees, members and representatives from any claims or liability. This Agreement shall apply and extend to any and all events of CC-PAL.

HEAD COACH:

ASST COACH:

NAME	JERSEY #	GRADE	PARENTS SIGNATURE
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			NO OUTSIDE FOOD OR DRINK ASIDE FROM TEAM WATER BOTTLES
14			POC: KARA MORRIS 361-299-9598 OR COACH BO 361-765-0339
15			NEED TEAM JERSEYS? ORDER WITH CC-PAL
			WE ALSO CREATE AWARDS, TROPHIES,

As coach, I will accept full responsibility for the conduct of my players, coaches, and fans on and off the court and will promote only the best sportsmanship among all of us, win or lose. I further agree that my players, fans and I will be bound by the Rules and Policies of CC-PAL Tournaments.

Head Coach



HS TEAM SHIRT ORDER FORM

CONTACT NAME	
TEAM NAME	
TEAM COACH	
SHIRT COLOR & DESIGN COLOR	
DIVISION	

CASH OR CARD ONLY
PAYMENT REQUIRED AT TIME
ORDER IS PLACED

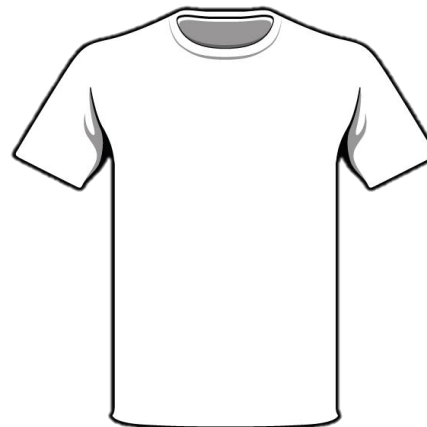
PERSONALIZATION
LETTERS- 50 CENTS EACH
NUMBERS-\$1.50 EACH

YOUTH SIZES- \$8
ADULT SIZES UP TO XL-\$12
ADULTS SIZES 2X-5X- \$18
ADD \$2 FOR DRIFT
OPTION

WORDING ON THE BACK (EXTRA COST)	QUANT.	SHIRT SIZE		TEAM/SHIRT COLOR	DESIGN COLORS	SHIRT COST	WORDING COST	AMOUNT TOTAL
		Adult/Youth	XS/S/M/L/XL/XXL, ETC					

LOGO DESIGN AREA

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CC-PAL ORDER FORM QUESTION 361-299-9598
ASK US ABOUT: HALL RENTALS, EMBROIDERY, SCREEN
PRINTING, VINYL PRINTING, & YOUR TROPHY, AWARDS NEEDS

