

League Format and Sports Overview

Eastern	Central	Western	Northern
Panama	Seibert	Buena Vista	Reagan
Whitley	Stine	McA	Stockdale
Berkshire	Sandrini	Lum	Van Horn
Louden	Castle	Old R.	Laurelglen
Miller	Williams	Hart	Highgate
Mt. View			

Football

- Offered at the elementary level.
- Coed teams (boys and girls) made up of 5th and 6th graders.
- Emphasis on participation and skill development.
- Six (6) league games; no playoffs.

Volleyball

- Offered at both elementary and junior high levels.
- Elementary: 5th and 6th-grade girls teams, six (6) league games; no playoffs.
- Junior High: 7th and 8th-grade boys and girls divisions; 8–10 game seasons.

Basketball

- Offered at both elementary and junior high levels.
- Elementary: 5th and 6th-grade mixed teams, six (6) league games; no playoffs.
- Junior High: 7th and 8th-grade boys and girls divisions; 8–10 game seasons with opportunities for additional tournaments and scrimmages.

Each sport operates under a set of district-adopted rules and procedures intended to create a consistent and safe athletic experience for all students. The following pages detail league structures, game formats, roster requirements, minimum/maximum play rules, and coaching expectations for each sport.

We thank all administrators, coaches, players, and parents for their cooperation and commitment to making the PBVUSD After School Sports Program a rewarding experience for all students.

Football

Elementary League Structure

- Six (6) league games with no playoffs.
- Boys or coed teams consisting of 5th and 6th graders; girls are eligible to participate.
- Suggested roster size is 14 to 16 players, although teams may carry more.
- All players must receive a meaningful amount of playing time during each game.

Game Format

- Two (2) 16-minute halves with a running clock.
- Two (2) timeouts per half.
- No kickoffs; teams will start possessions at the 30-yard line at the start of each half and after each score.
- Punts: No rushing allowed on punts.
- The last two minutes of regulation will be a regulation clock.
- One adult referee will be assigned and assisted by junior high referees.
- Clock stoppage is at the discretion of the referee following scores and penalty enforcement.
- If no official is available, coaches will officiate.
- No tiebreakers; games may end in a tie. No overtime will be played.

Points of Emphasis and Key Rules

- A catch is completed when a player is in control of the ball with at least one foot in bounds.
- Hurdling is prohibited: players may not jump over another player who has at least one foot on the ground.
- No diving into the endzone. Defensive players may dive to pull flags.
- Spinning is allowed; it is not a penalty. However, if a player uses their hands to block or push away another player's hand while spinning, it is considered flag guarding.
- If a player loses their flags while in possession of the ball, the defense only needs to tag the runner to stop the play.
- If a player without flags gains possession of the ball, they may also be stopped by a tag.
- Offensive blockers may only perform a standing block, keeping forearms and hands folded against the body. If the forearms extend but remain parallel to the chest during follow-through, it is not considered a penalty.
- Offensive linemen may receive a handoff if they have turned 180 degrees with both feet and are at least one yard behind the line of scrimmage.
- No kickoffs: Teams start on the 30-yard line at the beginning of each half and after scores.
- After a safety, the scoring team gains possession on their own 40-yard line.
- Flag belts must be secured properly. Belts must be clipped normally without looping, twisting, or manipulating in a way that gives an advantage. The spirit of the rule is uniformity and fairness.
- Huddles: If a huddle is used, all players on the field must participate.
- Inadvertent Whistle:
 - If a whistle occurs during a legal snap, pass, or kick, the down is replayed.
 - If a player is in possession, the team may either accept the play as it ended or replay the down.

Volleyball

General Match Format

PBVUSD follows a modified rally scoring format to ensure matches are completed within one hour, different from the high school system.

- Best two-out-of-three (2/3) games.
- First two games are played to 21 points (cap at 23).
- Third game, if necessary, played to 15 points (cap at 17).
- Rally scoring will be used for all games.

Junior High Volleyball Format

- Each junior high school fields four (4) teams: 7th grade girls, 7th grade boys, 8th grade girls, and 8th grade boys.
- Junior high teams must have at least 12 players present at each game or face forfeiture; larger rosters are allowed.
- The home team selects its bench side (new rule).
- **Warm-ups:**
 - Begin around 4:00 p.m. when possible.
 - Five (5) minutes of on-court warm-up per team, followed by five (5) minutes off-court.
 - Teams will share two (2) minutes of serving time.
 - The first team on the court is determined by a coin toss; if no referee is present, the toss will be conducted by the home team coach or gym supervisor.
- Matches start 15 minutes after the beginning of warm-ups.
- If one team is warming up early, the opposing team must be allowed equal time provided their coach is present.
- Boys' games are scheduled to run quickly; girls' games will begin immediately after, typically between 4:30 and 5:00 p.m.
- **Out-of-District Games** (NOR or Stockdale Christian): 7th grade girls' games start at 4:00 p.m., 8th grade girls' games start at 5:00 p.m.
- **Officiating:**
 - Adult officials are assigned to junior high games.
 - If no official is available, coaches may officiate.
- **Special Note:** The use of a "libero" player is permitted in junior high if a team chooses to utilize one.

Volleyball

Elementary Volleyball Format

- The elementary season consists of six (6) league games with no playoffs.
- Girls or coed teams consisting of 5th and 6th graders; boys are eligible to participate.
- **Warm-ups:**
 - Begin as close to 4:00 p.m. as possible.
 - Four (4) minutes of on-court warm-up and four (4) minutes off-court per team.
 - Two (2) minutes of shared serving time.
 - Coin toss determines the first team on the court; if no official is present, the toss is the responsibility of the home team coach or gym supervisor.
- Matches begin 10 minutes after the start of warm-ups (target ~3:45 p.m.).
- If a team warms up prior to official warm-ups, the opposing team must be given equal time, provided a coach is present.
- **Roster Requirements:**
 - Minimum of 12 players must be present at each game; failure to meet this number may result in forfeiture.
 - All players on the bench must play a meaningful amount of game time during either of the first two games of the match.
- **Officiating:**
 - Junior high student officials will officiate elementary games.
 - One adult supervisor must be present to oversee student officials at the score table.
- **Special Note:** No "libero" player is permitted at the elementary level.

Basketball

Elementary School Basketball League Format

- Six (6) league games; no playoffs.
- Teams must consist of a mix of 5th and 6th-grade students.
- Schools may schedule up to four (4) additional games beyond district league games. Tournaments count as one (1) game. Maximum total: 6 league games + 4 additional = 10 games.
- No overtime in elementary games; ties stand.

Roster Requirements

- Minimum of 10 players must be present on the bench at each game (suggested roster size: 12–15). Teams with fewer than 10 players will still play, as PBVUSD is a recreation league.
- A maximum of 20 players may suit up and be on the bench for any game.
- Coaches may rotate players from game to game, provided all rules are met.

Game Format

- Two (2) 16-minute halves with a running clock.
- The last two (2) minutes of each half use a regulation clock.
- Two (2) timeouts per half.

Minimum/Maximum Play Rules

- **Minimum Play Rule:**
Every player must play at least four (4) consecutive minutes in each half.
- **Maximum Play Rule:**
Every player must substitute out for at least four (4) consecutive minutes at some point during the game.
- Players must start their four minutes at the beginning or midpoint of a half.
- Substitutions made outside of the midpoint timeout do not count toward minimum playtime.
- If a player arrives late:
 - If more than 4–5 minutes remain in the first half, they must meet the 4-minute minimum.
 - If less than 4 minutes remain, they may only participate in the second half.
- Exceptions: Injury or disqualification.
- Enforcement: Scorekeepers monitor play; final decisions are made by the site supervisor. Non-compliance results in forfeiture.

Mercy Rule (Elementary Only)

- If a team leads by 20+ points at halftime:
 - The team with the lead is declared the winner.
 - The second half will be played with a running clock.
 - No score will be kept to reduce humiliation and emphasize player development.
- During a 20+ point lead:
 - No pressing defense is allowed.
 - The defending team must stay behind the three-point line until the losing team crosses half-court.
- No pressing allowed in elementary girls' games at any time.

Officials and Supervision

- One (1) adult referee assigned per game.
- Coaches may officiate if no referee is available

Basketball

Junior High School Basketball League Format

- 8–10 game season.
- Divisions: 7th-grade boys, 7th-grade girls, 8th-grade boys, and 8th-grade girls.
- Schools may schedule additional games and tournaments:
 - Total number of games/tournaments cannot exceed 18.
 - No more than six (6) tournaments.
 - One (1) scrimmage is allowed (counts toward total games).
- One (1) two-minute overtime will be played for tied games; if still tied, the game is recorded as a tie.

Roster Requirements

- Teams must have a minimum of 10 players present for each game.
- The home team will select its bench side (new rule).

Game Format

- Two (2) 16-minute halves with a running clock.
- The last two (2) minutes of each half use a regulation clock.
- Two (2) timeouts per half.

Playtime Guidelines

- No minimum or maximum playtime rules for junior high.
- Coaches are expected to ensure all players receive meaningful playing time.

Mercy Rule (Junior High)

- If a team leads by 20+ points:
 - Running clock in the second half.
 - No pressing defense is allowed until the lead is reduced to less than 10 points.

Officials and Supervision

- Two (2) adult referees assigned per game, if available.
- Coaches will officiate if referees are unavailable.
- Host junior high provides:
 - Score clock operator.
 - Scorekeeper (students in the sports officiating class).
 - One (1) adult supervisor at the score table.