

Catholic Secondary Girls Sport South Australia

Provided by SA Catholic Secondary School Girls Sports Association



Game Rules: Volleyball

The Team

- Shall consist of six (6) players on the court at one time.
- Maximum of twelve (12) players per team.
- A team must have at least four (4) players to take the court or else a forfeit loss results and a scratch match is played.
- If a team is incomplete at the starting time, there is no coin toss, the complete team must serve.
- Teams must supply their own basic first aid kit, however a backup kit will be available from the venue coordinator if required.

Uniform

- General neat appearance to be maintained.
- Players **MUST** wear the correct team uniform that has been set out by their school. Any player wearing the incorrect uniform in Round One (1) will be given a warning. After that, a penalty will be enforced.
- The umpire and/or the Venue Coordinator will penalise the team two (2) points for every player out of uniform per set. This can be done at the beginning of each set, and it may not be done once the game has been completed
- Both the Venue Coordinator and both teams must be informed of the infringement at the time of the penalty being handed down.
- The definition of a player out of uniform and a penalty to be applied-
 - **A player that is wearing the incorrect coloured shorts, skirt, top etc.**
- Any or all players in a team may wear a tracksuit top (NO hood) and tracksuit pants for all or part of any game underneath their playing uniform, provided it conforms to their school's uniform policy.
- If track pants/leggings are worn, female players must still wear their school approved top/shorts etc. over them.
- Cultural Headwear is allowed to be worn, however where possible not be secured with any pins/sharp objects.
- If a player is wearing jeans or non-uniform clothing etc. then the player is not permitted to play unless the Executive Officer has given permission.
- NO jewellery is allowed to be worn during a game, this includes rings, watches, necklaces, earrings and taped studs.
- Fingernails must be short NOT taped.
- If the school has a school number uniform, this is quite acceptable.

Player Eligibility

- Players are only eligible to play one (1) game per day, unless approval is given by the Executive Officer prior to the game and both teams have been notified.

Catholic Secondary Girls Sport South Australia

Provided by SA Catholic Secondary School Girls Sports Association



- A player can be bought up from a lower grade to fill in for a team that does not have enough players to take the court, however this player must not play another game for the day unless approval has been given by the Executive Officer.
- A player is not allowed to be bought down from a higher grade to fill in for a team that does not have enough players to take the court unless approval has been given by the Executive Officer and both teams have been notified.

Referees

- Teams must negotiate referees and scorers for the match.
- One (1) coach may referee and the other can second referee and keep score.
- They may change rolls after each set if agreeable.
- If coaches cannot agree on whom the match is to be umpired by, then the home team coach will be required to do this.
- The away team will therefore be responsible for scoring the game.
- The home team is the team placed first (1st) in the draw.

Play

Match Duration:

- Forty-five (45) minutes of play, no limit to the number of sets played.
- Officially three (3) minutes break between sets, but to permit more playing time due to time restrictions, it is suggested only a one (1) minute break between sets.

Rules:

- Volleyball is played in accordance with the rules of the F.I.V.B. unless stated otherwise.
- Three (3) contacts per team on their side.
- Rotate Clockwise when your team wins the serve back.
- Always let the ball drop, even if clearly going out.
- All players must start on court (Except the server).
- The ball only has to touch any part of the boundary line to be called in.
- A net touch in any form during a live point is a fault.
- SERVING:
 1. Always wait for umpire's whistle to start.
 2. Keep both feet behind the line.
 3. Service can be from anywhere behind the base line.
 4. Throw ball up before hitting. (You are not allowed to hit the ball straight off your hand there must be a gap).
 5. Only one (1) service attempt is permitted.
 6. A player has five (5) seconds once a referee blows the whistle to serve the ball.
 7. You may not stop the service action after throwing the ball up.
 8. You must hit the ball, don't let the ball hit the ground or attempt to catch it.

Catholic Secondary Girls Sport South Australia

Provided by SA Catholic Secondary School Girls Sports Association



9. You cannot spike or block off the first reception.
 10. The Serve can touch the net and it is PLAY ON!!!
 11. If in the Junior grade's players are struggling to serve the ball over the net, it is the discretion of the umpire to allow them to move closer to the net to serve.
- Two-handed "lifts" will be called as a fault (the use of the palms while facing up towards the sky is a good indicator of this).
 - If setting the first ball coming over the net – then the set must be a 'clean' set (i.e. very high standard) or will be called as a double hit. It is recommended to 'dig' the first ball that comes over the net.
 - The ball can be played by any part of the body.
 - You can only 'set' (finger pass) the ball over the net if set perpendicular to your shoulders (i.e. not setting sideways) or if you set to your team-mate parallel to the net and the ball 'drifts over'.
 - Slap sets will be called double hits and penalised.
 - The block is counted as a hit. The person who blocks the ball can hit the ball again, after the block, the team still has two (2) hits.
 - If the ball hits any object outside the court, then it is called out. (E.g. wall or roof).
 - If a ball has come onto your court and the referee considers it has affected play, that point may be replayed.
 - Subs can be made at any time, during a break in play.
 - TIME OUTS:
 1. Two (2) per team, per set of thirty (30) seconds each and no time outs in the last five (5) minutes of play, i.e. at the forty (40) minute mark.
 - SUBSTITUTION:
 1. Juniors (Years 7-9), if a team has more than six (6) players, twelve (12 maximum), it must use the Rotational Subs system.
 2. Seniors (years 10-12), the "12 Sub" Rule, subs will apply.
 - APPLICATION:

Junior:

 - Subs should be as near as practical to the service zone and in turn take the court in the back-right position, (position one), when the serving player on her team loses her serve.
 - She then plays a whole rotation of volleyball before she has the pressure of having to serve and possibly lose the set and/or the match.

Senior:

 - In its basic form the "12 Sub" Rule is to give the subs more opportunities to enter the court.
 - Each player is allowed to enter the court three (3) times, so all the players in the "starting six (6)" have their first entry at the start of each set.
- EXAMPLES-**
1. *If the team has seven (7) players, you can make only five (5) subs per set maximum. e.g., Player "A" starts on court, Player "F" is the sub. This is the sequence A(1), F(1), A(2), F(2), A(3), F(3), five (5) subs.*
 2. *If the team has eight (8) players you can make ten (10) subs per set, double the above.*
 3. *If the team has nine (9) or more players, they may have a total and maximum of twelve (12) subs per set.*

Catholic Secondary Girls Sport South Australia

Provided by SA Catholic Secondary School Girls Sports Association



- NET HEIGHTS:

Juniors: 2.05m if possible (Maximum 2.10m)
Seniors: 2.15m.

Scoring & Timing

- RALLY POINT scoring system will be used with sets being played to twenty-five (25) points,
- If the last set is unfinished at the end of the allotted time, then it will count as a set if twelve (12) or more points is reached, with a minimum two (2) point lead.
- A set is won by the team which first scores twenty-five (25) points with a minimum lead of two (2) points. In the case of a twenty-four to twenty-four (24-24) tie, play is continued until a two (2) point lead is achieved.
- No time-outs in the last five (5) minutes.
- All sets are "Rally Point".
- Each team is allowed two (2) time outs per set, thirty (30) seconds each.
- As matches are "Time Limited", play as many sets as possible within the allocated time. (Don't stop at 3-0 or 3-1 if there is still time available). However, the final score will be recorded as 'best of five (5)' maximum. That is, in the situation where time has allowed a school to win four (4) sets to Nil (0), the recorded result will be 3-0.
- The Venue Coordinator is to supply the score sheets - these must be used.
- MERCY RULE (All grades except Senior A)
 - Strong players have limited serves and must use under arm serves if they win more than five (5) points in a row. The winning team will surrender their serve if they win ten (10) or more points in a row.

Forfeits:

- The forfeiting school is responsible for contacting the opposition school with regard to a forfeit by Twelve Noon (12.00pm) on the Friday of that week as well as contacting the Venue Coordinator and SACSSGSA.
- Failure to notify the opposition and the Venue will incur a \$ 75.00 forfeit fine.
- Forfeit score is 3 (75) – 0 (0) and no premiership points will be awarded to the forfeiting team.

Points Allocation:

- 3 points for a win
- 2 points for a draw
- 1 point for a loss
- 3 points for a forfeit win (Score to be 3: 75 - 0: 0)
- 0 points for a forfeit loss (Score to be 0: 0 - 3: 75)

Catholic Secondary Girls Sport South Australia

Provided by SA Catholic Secondary School Girls Sports Association



Finals:

- In Term One (1), there will be one (1) round of Finals in the last week of competition for A grade competitions only.
- First (1st) and second (2nd) will play off for first (1st) position, third (3rd) and fourth (4th) will play off for third (3rd) position etc.
- For all other grades (including mixed A/B grades), final standings will be determined by the Premiership Table at the conclusion of all rounds.
- If there is a genuine situation of injury before a final, a team must get approval from the Executive Officer to bring up a player from another team.
- If there is a dispute in the Premiership Table, notification is to be received by the Executive Officer, Ph 08 8301 6879 or email sacssgsa@cesa.catholic.edu.au by Monday, Twelve Noon (12.00pm) the week of the Finals or the conclusion of the general rounds. After this time, no disputes or amendments to the Premiership Tables will be considered.
- For first (1st) V second (2nd) finals only, if the game is a draw at the end of official time, then the set shall continue until a team has a two (2) point advantage.
- No matches in the FINALS rounds are to be rescheduled, unless there are extenuating circumstances for both schools involved, and the Executive Officer agree upon an acceptable solution.
- All games must be played at their allocated venues unless approval is given by the Executive Officer to change the venue.