



Rules of Volleyball Competition

THE RULES OF VOLLEYBALL ARE DESIGNED TO PROVIDE OUR CUSTOMERS WITH AN ENJOYABLE, SAFE, COMPETITIVE SPORT.

mpower_{dome} WISHES EACH AND EVERY TEAM GOODLUCK FOR THE COMPETITION.

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TEAMS

- Teams are permitted six players on the court.
- There is a maximum of 10 players allowed to play in any game
- A minimum of four players is required to start the game.
- A team shall forfeit if they do not have 4 players on court by 10 minutes past scheduled game time.
- Forfeited game results in a 25-12, 25-12, and 25-12 score.
- A mixed team is required to have a minimum of 2 females on the court at all times. If there is only 1 female present, teams are required to forfeit the other female position on the court and play with a “hole” in the rotation.
- Any other player may replace a field player provided that the original player leaves the court before the substitute player enters (If this is violated, a free point will be awarded to the opposition with a change of serve if needed).

MATCH SPECIFIC INFORMATION

- Best of 5 sets
- Sets are to 25, with a lead of 2 points.
- Rally point scoring used
- If match not completed, the team with most sets wins
- For the last set to count one team must have reached 12 points and lead by 2.
- Not played off nets at the side of the court.
- Standard volleyball court size and setup

GAME LAYOUT

- Match length
 - 1 x 45 minute timed match (Best of 5 sets).
 - 2 minute break between sets
 - 5 minutes changeover/warm up time between matches
 - Total = 50 minutes per match.
- Point System
 - Win 4 points
 - Draw 2 points
 - Loss 0 points
 - Forfeit 0 points
 - Ties are decided by set winning percentage, then total point percentage.
- Season Length
 - 16 weeks including 4 weeks of grading at the start of season and 2 weeks of finals
- Match Times
 - 6:10pm, 7:00pm, 7:50pm, 8:40pm, 9:30pm

COURT LAYOUT

- Court has sidelines, endlines, a centre line and two 3m backcourt attacking lines.
- Court has net with aerials and pad posts. The height of the net shall be 223cm for women's volleyball, 234cm for mixed volleyball and 242cm for men's volleyball.
- There is a referee ladder set up a minimum of 1m back from the end of the net.
- The referee ladder is to be equipped with a scoreboard.
- Players' sidelines are on the opposite side of the court to Referee's chair.

FEES, REGISTRATION AND FINALS ELIGIBILITY

- **Team Registration Fee**
 - Each team is required to pay a non-refundable registration fee prior to the commencement of competition.
 - This payment is required upon submission into the competition
 - No team will be submitted into the competition if this payment has not been paid.
- **Early Exit Bond**
 - Each team is required to pay a non-refundable early exit bond prior to the commencement of the competition.
 - This payment is required upon submission into the competition
 - No team will be submitted into the competition if this payment has not been paid.
 - The early exit bond will be held by mpowerdome as a non-refundable bond and will be transferred in lieu of finals payments for the competition in question.
- **Team Match Fee**
 - Each team is required to pay a playing fee before the commencement of each game.
 - Teams will not be allowed onto court until this fee has been paid. The receipt must be shown to the referee
- **Forfeit Fees and Points Penalties.**
 - A forfeit fee equal to the game fee applies if 24 hrs or more notice is given
 - A forfeit fee equal to the game fee plus an additional \$15 applies to teams who fail to give management notice of their forfeit by 6pm on the Tuesday before competition.
 - All teams that forfeit will accrue a 4-0 for the game in question.
 - Forfeit fees must be paid prior to next game.

- **Team Lists/match cards**
 - The listed players on the teams registration form are the official players for that team.
 - Match cards will be on a clip board at the back of pitch.
 - Prior to each game all team members must write their name and sign the match card.
 - Teams are permitted to bring fill-in-players, however, all fill-in-players must be added to the match card and must sign their name.
 - The captain will be management's main point of contact for any matters relating to each team.

- **Player Eligibility**
 - A player playing may only play 2 games on a single night in each competition only if the teams are in the same division.

- **Finals Eligibility**
 - A player must have played a minimum of three regular season games to be eligible to partake in finals.
 - Management keeps records of which players play each week, and thus, violation of the above rule will result in an automatic loss.

START OF PLAY

- The captains shall toss at the start of the game for the right choose ends or to take the first serve. If the winner of the toss decides to serve, the other captain has choice of ends and vice-versa.

REFEREE

- Management has approved all referees.
- Referees will be the sole judges of all matters pertaining to the game.
- Management will not change decisions or results enforced by referees.
- Abusing the referee in any manner will not be tolerated.
- **Any player who spits, strikes or attempts to strike will be banned from the competition**

INJURIES & THE BLOOD RULE

- If a player on court is bleeding, and/or badly injured, the referee is required to stop play.
- For the safety of all participants, all open wounds must be adequately covered to the referee's satisfaction before the player can resume playing.
- The referee may stop play at any time to enforce this policy.
- Time will not stop in the event of an injury.
- Teams are allowed to substitute for an injured/bleeding player, and continue fielding a full team.
- No extra time will be added under any circumstances.

- A first-aid kit is located at the front desk, should a player require first-aid assistance.

UNIFORM & DRESS REGULATIONS

- 1) All field players shall wear uniforms consisting of matching shirts.
 - Teams are given the grading period to finalise uniforms. When the season commences penalties apply for team members who are out of uniform. Each player out of uniform will result in a goal being awarded to the opposite team; a maximum of three goals will be awarded.
 - If the referees consider that the teams cannot be distinguished by their uniforms, a coin toss or similar method shall be used to decide which team is obliged to wear bibs.
- 3) It is recommended that jerseys should be numbered.
- 4) All players shall wear non marking enclosed shoes.

DISCIPLINE & CONDUCT

- Unsportsmanlike behaviour is not tolerated.
- Dissent, abuse or threats of any kind, whether verbal or physical, against the referee, other players, staff or spectators will result in a minimum one-week suspension for the offending player.
- The length of suspension is to be determined by management.
- Management hold the right to suspend or disqualify any player and/or team from the competition at any time, should their conduct be deemed inappropriate.
- If a player or spectator is deemed to be dangerously intoxicated by an mpowerdome official or coordinator, the person/s will not be permitted to participate. "Dangerously intoxicated" is at the discretion of mpowerdome officials and coordinators.

COMPLAINTS

- If there are any concerns on or off the field, which involve players or referees, only the captain can make any queries or complaints.
- If the captain wishes to make a complaint or query, they may do so in person to management or by letter.
- All complaints must be supported with evidence and notified to management within three days of alleged problem.

VOLLEYBALL BASIC RULES

THE SERVE

- A. Server must serve from behind the restraining line (end line) until after contact.

B. Ball may be served underhand or overhand, but there must be separation between the 'holding' hand and the ball at the point of contact.

C. Once a ball has been tossed into the air it must be served. A ball tossed in the air and then caught by the serving player is deemed a violation.

D. Served ball may touch the net and drop to the other side for point.

E. Serve must be returned by a non-attacking shot only i.e. Spiking and blocking serves is not allowed.

F. Ball must be clearly visible to opponents before serve.

G. A serve can only occur after the referee has blown their whistle to signal commencement of the point. The serve must then be completed within 8 seconds of the whistle.

SCORING

A. Rally scoring will be used.

B. There will be a point scored at the end of each point.

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 pts, unless the game reaches 5 sets in which case the 5th set will be played to 15.

F. Must win by 2 points.

G. In order for a set to count a team must have reached at least 12 points and have a lead of 2 at the end of the timed period.

ROTATION

A. Team will rotate each time they win the serve.

B. Players shall rotate in a clockwise manner.

C. If a team has only 5 players they must indicate which position will be the 'hole' in the rotation. If a team only has 4 players there must be a hole in both the backcourt and the frontcourt.

PLAYING THE GAME

A. Maximum of three hits per side (A block is not considered a hit).

- B. Player may not hit the ball twice in succession (Refer to A.).
- C. Ball may be played off the net during a rally and on serve.
- D. A ball touching a boundary line is in.
- E. A legal hit is contact with the ball by any part of a player body which does not allow the ball to visibly come to a 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 may not block or attack a serve.
- H. Switching positions will be allowed only after the serve.

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, 2 hits, throwing, etc.).
- D. Players can not touch the tape on the top of the net with any part of the body while the ball is in play. Player may touch the net itself as long as it does not interfere with play.
- E. Reaching over the net, except under these conditions:
 - When executing a follow-through.
 - When blocking a ball which is in the opponent's 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, except to block the third hit.
- F. Reaches under the net, if it interferes with the ball or opposing player.
- G. Players being out of rotation at the time of contact of the serve.
- H. Blocks or spikes from a position which is not behind the 3 metre line while playing in a back court position, and contact is made at a level that is above the top of the net.

PLAY STOPPAGE

- A. If there is interference from another court i.e.: ball comes onto the court, the referee will stop play and the current point will be replayed.
- B. An end of game siren will sound at the end of a game. If the point is currently in

play when the siren sounds the point is continued until completion. If the point is currently out of play 1 subsequent point will be played.

FINALS PLAY

A. A Finals game is best of 5 sets untimed. One team must reach 3 sets before the game finishes.

B. In untimed matches each team receives 1 time out per set played. These timeouts are of 1 minute duration and can be taken at any time in the set. They do not carry over from set to set.

(C) If a finals match goes into a 5th and deciding set that set is subject to different rules. The set is first to 15 and another coin toss will occur to determine ends and serve. After a combined total of 15 points have been scored (by both teams) teams will switch ends.