



BOX HILL INDOOR SPORTS CENTRE

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VOLLEYBALL RULES SUMMARY

INTRODUCTION

Volleyball is the ultimate non-contact team sport that everyone can play. It is played by two teams on a playing court divided by a net. The ball is played by hitting it with the hands or arms.

The object of the game is for each team to send the ball regularly over the net to the opponent's court. A team is entitled to hit the ball three (3) times to return it to the opponent's court. A player is not allowed to hit the ball twice consecutively.

The rally continues until the ball touches the ground, goes out of court, or a team fails to return it properly. The fact that the roof net is "in play" (not when the ball is played over the net though) makes for long and very exciting rallies without being too physical.

The game shall be played according to the Box Hill Indoor Sports Volleyball Rule Book that includes some modifications to the International rules of "traditional" volleyball.

The "Rally Point" scoring system applies which means that either team scores a point upon winning a rally. I.e. When the receiving team wins a rally, it scores a point, gains the right to serve and its players rotate one position clockwise, which they continue to do after each serve until they lose a point.

THE PLAYING AREA

The court shall be completely enclosed by netting and divided into two equal halves of 9m x 9m with a net 2.4m high. A ball touching the roof net during a team's three (3) hits is permissible provided it stays on their side of the court. If the ball hits the roof net then continues into the opponent's it is considered to be out. A ball touching the side net at any stage during the course of play is considered out.

THE TEAM

A team shall consist of six (6) players plus the option of up to two (2) substitutes. Substitutions can be made at any time. For mixed games, there is a maximum of three (3) males on court at any one time.

OFFICIALS

The centre shall provide the referee who shall control the game, operate the scoreboard and act as timekeeper. The referee's interpretation of the rules shall be final.

DRESS

Players are to wear non-marking rubber soled sports shoes, tracksuit pants or shorts and team tops of matching colour. Individual team numbers are not required. No player shall be allowed on court in non-sporting footwear or attire.

DURATION OF THE GAME

The game shall be played over one eleven (11) minute set, with the winner being the team leading at the end of the 11 minutes. The last rally will count towards the score if started before the final buzzer.

TEAM LATE ON COURT

Any team failing to field a side within six (6) minutes of the scheduled start time shall forfeit the match. Any team late on court shall be penalized one (1) point per minute that they are late onto the court. For a game to start a team must have a minimum of three (3) players present. In the event of team members arriving in the course of play, they must wait until the end of a point before entering the court.

COMPETITION POINTS

The position of each team in the competition shall be determined by the accumulated competition points awarded, based on the results of the games. The competition points shall be awarded as follows:

4 competition points for a *win*

2 competition points for a *draw*

1 competition point for a *loss*

In the event of a forfeit the team will receive 4 points.

FINALS

At the end of the competition there will be a final series – see fixture distributed. If any of the playoff games or Grand Final are drawn, one playoff point will be played.

ACTION ... and plenty of it!