



# 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" 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 three (3) twelve (12) minute sets with teams changing ends at the end of each set. All teams are to have paid their game fee and be ready to play at least ten (10) minutes prior to their scheduled game time.

## **TEAM LATE ON COURT**

Any team failing to field a side within fifteen (15) 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 four (4) 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 *each set won*.

In the event of a forfeit the team will receive 7 points.

## **FINALS**

At the end of the competition there will be a final series for the top four (4) or five (5) teams, depending on the number of teams in the grade. To qualify for finals, each player must have played on third (1/3) of competition games after they have paid their individual registration fee.

# **ACTION ... and plenty of it!**