



# BOX HILL INDOOR SPORTS CENTRE

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## BOUNCE VOLLEYBALL

### RULES SUMMARY

#### INTRODUCTION

Bounce Volleyball is the ultimate extreme but extremely safe non-contact team sport that everyone can play. It is played on a 500mm thick jumping pillow inside a completely netted court.

The object of the game is for each team to return the ball 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 without it touching the surface. The ball may be played with any part of the body, provided that it rebounds vigorously and is not momentarily caught, thrown, pushed or carried. A player is not allowed to hit the ball twice consecutively or contact two parts of their body unless simultaneously.

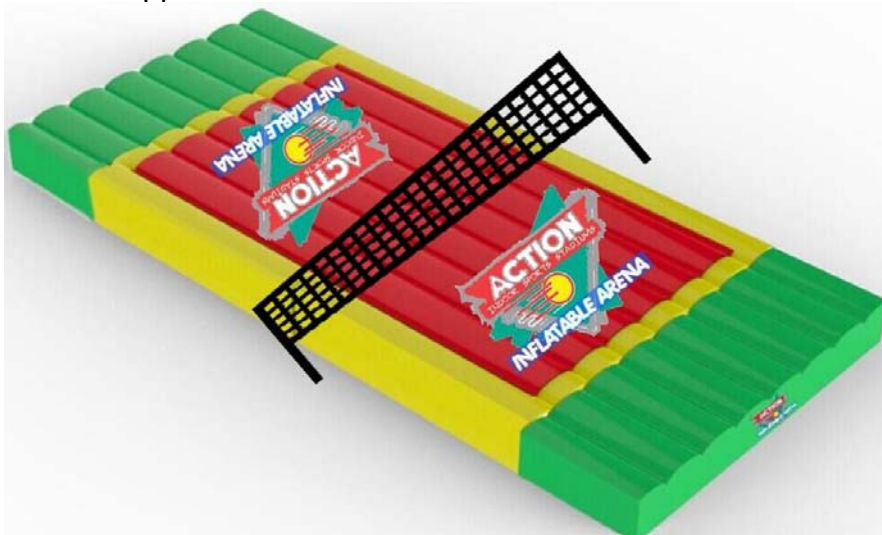
The rally continues until the ball touches the surface, goes out of court, or a team fails to return it properly. Being able to jump and dive on the inflatable court makes the game fun, safe and exciting and having the court nets "in play" makes for great rallies and non-stop action.

The game shall be played according to the Box Hill Action Indoor Sports Bounce Volleyball Rule Book that includes some modifications to the rules of "traditional" volleyball to ensure equal participation and maximum enjoyment for all players.

The "Rally Point" scoring system applies so either team scores a point upon winning a rally. 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 or side nets 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 or side nets then continues into the opponent's court it is considered to be 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 allowed 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 must wear grip socks or normal socks (bare feet or footwear of any type are not permitted). Players must wear sporting attire – shorts, tracksuit pants and team tops of matching colour. No player shall be allowed on court in non-sporting attire – including jeans or any clothing with belts, buckles, metal buttons or studs.

## **DURATION OF THE GAME**

The game shall be played over three (3) twelve (12) minute sets – play continues for the full 12 minutes and the team with the most points wins the set. Teams swap 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.

## **STADIUM POLICY**

The competition will be conducted pursuant to the current stadium policies as published on the team nomination form and the company website. By participating in the competition, players agree to abide by the conditions of entry including the behavioral guidelines and are hereby advised that personal accident insurance is not provided – all participants play at their own risk.

## **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 five (5) competition games after they have paid their individual registration fee.

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