

### International Volleyball

#### Categories

<b>Mixed International</b>	Participants must be born on or before 30 <sup>th</sup> June 1997 Minimum 2 of each gender on the court at all times
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#### Summary Rules

Please familiarise yourself with the full rules for International Volleyball below, here's a summary of the key points.

- A team must arrive three minutes prior to the start of their game and report to the pitch coordinator. Failure to do so will result in automatically forfeiting the match.
- The '3 minute rule' will be enforced and failure to begin play within 3 minutes will result in automatically forfeiting the match and a straight win will be awarded to the attending team.
- A team consists of 6 players with an addition of 3 substitutes. The players on court must consist of a minimum of 2 players from each gender at all times. A minimum of 4 players is required to start a game.
- The group stages will be a round robin with each game consisting of 1 set. The Semi-Finals will consist of a game with 1 set.
- The Final will be played as a best of 3 sets (time permitting). The decision of the Organisers is final and Team Captains will be informed prior to the start of the game.
- A set is won by the team, which first scores 25 with a minimum lead of two points. In the event the set reaches 24-24, a lead of two clear points will still be required (i.e. 26-24, 27-25, 28-26, 29-27). If the score reaches 29-29, the team which wins the next point (i.e. first team which reaches 30) will be declared the winner.
- There can be a maximum of 3 substitutions. A player, once substituted cannot return to the same game, unless there is an injury after all the substitutes have been used. In this case, a substituted player can take the place of an injured player.
- The ball is "in" when any part of the ball touches the floor of the playing court including the boundary lines. The ball is "out" when the part of the ball which contacts the floor is completely outside the boundary lines.
- A player may not hit the ball two times consecutively. Two or three players may touch the ball at the same moment. When two (three) team-mates touch the ball simultaneously, it is counted as two (three) hits (with the exception of blocking). If they reach for the ball, but only one of them touches it, one hit is counted. A collision of players does not constitute a fault.
- When two opponents touch the ball simultaneously over the net and the ball remains in play, the team receiving the ball is entitled to another three hits. If such a ball goes "out", it is the fault of the team on the opposite side.
- Sweatbands and wristbands are not permitted. Long sleeves must be rolled up above the forearm.

### Rules & Regulations

- A team must arrive three minutes prior to the start of their game and report to the pitch coordinator. Failure to do so will result in automatically forfeiting the match. It is the captains' responsibility to report to the pitch coordinator, and only he/she must report to the pitch coordinator.
- A team that, without justifiable reason, does not appear on the playing court on time is declared in default. A straight win is awarded to the attending team. Captains will be responsible for keeping track of any alterations to the original schedules. Late arrivals will only be allowed to join a match with the referee's consent.
- A team consists of 6 players with an addition of 3 substitutes. The players on court must consist of a minimum of 2 players from each gender at all times. A minimum of 4 players is required to start a game.
- There can be a maximum of 3 substitutions. A player, once substituted cannot return to the same game, unless there is an injury after all the substitutes have been used. In this case, a substituted player can take the place of an injured player.
- During the group stage, points will be awarded to teams as follows:
  - Win - 3 points
  - Draw - 1 point
  - Loss - 0 point
  - For teams that fail to arrive for their game a loss of 0 – 25 will be applied.
- In the event that two or more teams in a group are in a tie on points the tie breaker rules below shall be followed:
  - Point difference
  - Points for
  - Head to head
  - Play off match
- Before the match, the referee carries out a toss to decide upon the first service and the sides of the court in the first set. If a deciding set is to be played, a new toss will be carried out. The winner of the toss chooses EITHER the right to serve or to receive the service, OR the side of the court. The loser takes the remaining choice.
- The object of the game is to send the ball over the net in order to ground it on the opponent's court, and to prevent the same effort by the opponent. The team has three hits for returning the ball
- The ball is put in play with a service: hit by the server over the net to the opponents. The rally continues until the ball is grounded on the playing court, goes "out" or a team fails to return it properly.
- The players of the serving team must not prevent their opponent, through individual or collective screening, from seeing the server and the flight path of the ball. A player or a group of players of the serving team make(s) a screen by waving arms, jumping or moving sideways during the execution of the service, or by standing grouped to hide the server and the flight path of the ball.
- The players in each team must rotate position (clockwise) every time their team wins back service from the opposition. The players not in play should either sit on their team bench or be in their warm-up area.
- A team scores a point by successfully grounding the ball on the opponent's court or when the opponent team commits a fault or when the opponent team receives a penalty. A team commits a fault by making a playing action contrary to the rules (or by violating them in some other way).

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- If the serving team wins a rally, it scores a point and continues to serve. If the receiving team wins a rally, it scores a point and it must serve next. A set is won by the team, which first scores 25 with a minimum lead of two points.
- In the event the set reaches 24-24, a lead of two clear points will be required (i.e. 26-24, 27-25, 28-26, 29-27). If the score reaches 29-29, the team which wins the next point (i.e. first team which reaches 30) will be declared the winner.
- The team commits a positional fault, if any player is not in his/her correct position at the moment the ball is hit by the server. If the server commits a serving fault at the moment of the service hit, the server's fault is counted before a positional fault. A positional fault leads to the team being sanctioned with loss of rally or the players' positions are rectified.
- A rotational fault is committed when the SERVICE is not made according to the rotational order. It leads to the team being sanctioned with a loss of rally or the players' rotational order is rectified.
- The ball is "in" when it touches the floor of the playing court including the boundary lines. The ball is "out" when the part of the ball which contacts the floor is completely outside the boundary lines; it touches an object outside the court, the ceiling or a person out of play; it touches the antennae, ropes, posts or the net itself outside the side bands; it crosses the vertical plane of the net either partially or totally outside the crossing space; it crosses completely the lower space under the net.
- A player may not hit the ball two times consecutively. Two or three players may touch the ball at the same moment. When two (three) team-mates touch the ball simultaneously, it is counted as two (three) hits (with the exception of blocking). If they reach for the ball, but only one of them touches it, one hit is counted. A collision of players does not constitute a fault.
- When two opponents touch the ball simultaneously over the net and the ball remains in play, the team receiving the ball is entitled to another three hits. If such a ball goes "out", it is the fault of the team on the opposite side.
- Within the playing area, a player is not permitted to take support from a team-mate or any structure/object in order to reach the ball. However, a player who is about to commit a fault (touch the net or cross the centre line, etc.) may be stopped or held back by a team-mate.
- A player interferes with the opponent's play by (amongst others):
  - touching the top band of the net or the top 80 cm of the antenna during his/her action of playing the ball, or
  - taking support from the net simultaneously with playing the ball, or
  - creating an advantage over the opponent, or
  - making actions which hinder an opponent's legitimate attempt to play the ball
- The ball may touch any part of the body.
- The ball must not be caught and/or thrown.
- In blocking, a blocker may touch the ball beyond the net, provided that he/she does not interfere with the opponents' play before or during the latter's attack hit. It is permitted to penetrate into the opponents' space under the net, provided that this does not interfere with the opponents' play.
- After the first service in a set, the player to serve is determined as follows:
  - when the serving team wins the rally, the player (or his/her substitute) who served before, serves again;
  - when the receiving team wins the rally, it gains the right to serve and rotates before actually serving. The player who moves from the front right position to the back-right position will serve.
- All actions, which direct the ball towards the opponents, with the exception of service and block, are considered as attack hits. During an attack hit, tipping is permitted only if the ball is cleanly hit, and not caught or thrown. An attack hit is completed at the moment the ball completely crosses the vertical plane of the net or is touched by an opponent.

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- Restrictions on the attack hit:
  - A front-row player may complete an attack hit at any height, provided that the contact with the ball has been made within the player's own playing space.
  - A back-row player may complete an attack hit at any height from behind the front zone: at his/her take-off, the player's foot (feet) must neither have touched nor crossed over the attack line; after his/her hit, the player may land within the front zone.
  - A back-row player may also complete an attack hit from the front zone, if at the moment of the contact the ball is not entirely higher than the top of the net.
- No player is permitted to complete an attack hit on the opponents' service, when the ball is in the front zone and entirely higher than the top of the net.
- Blocking is the action of players close to the net to intercept the ball coming from the opponents by reaching higher than the top of the net. Only front-row players are permitted to complete a block.
- A block contact is not counted as a team hit. Consequently, after a block contact, a team is entitled to three hits to return the ball.
- Participants must accept referees' decisions with sportsmanlike conduct, without disputing them.
- Participants must refrain from actions or attitudes aimed at influencing the decisions of the referees or covering up faults committed by their team.
- Participants must behave respectfully and courteously in the spirit of FAIR PLAY, not only towards the referees, but also towards other officials, the opponents, team-mates and spectators.

### Requirements

- The wearing of chains, bracelets and watches is not permitted. Rings must be taped. Long hair must be tied back.
- Sweat and wristbands are not permitted. Long sleeves must be rolled up above the forearm
- The correct footwear and attire should be worn on the court. Only non-marking trainers are permitted