

Werrington Zone S.S.S.A

VOLLEYBALL

Grade Rules (26/11/04)

(to be read in conjunction with General Zone Rules)

RULES

Games should be played in accordance with the official rules as stated by the Australian Volleyball Rule Book.

MATCH DURATION

Games will begin at 1.00 pm and, wherever possible, be the best of five sets of rally points to 25 in each set (except the 5th which shall be to 15), with an advantage of 2 points, with each grade on a separate court. If insufficient court space is available, or time does not allow, a result can be decided on the best of three sets.

A time for completion should be agreed upon **before** the game. Only completed sets will count i.e. a draw is possible. No countback on points will exist.

TEAM

Teams must start with a minimum of five (5) players.

EQUIPMENT

Each team should ensure all courts are ready for play **before** 1.00 pm. They should also supply match balls.

SUBSTITUTES

Teams are to consist of twelve players with up to six substitutions allowed in one set. Coaches may choose to “rotate” players into play.

MIXED

All rules as above. A maximum of 3 males are allowed on the court at any one time. If three hits are made by one team, one of those hits must be by a female.

HELPFUL HINTS

Teachers should referee consistently to the standard of the game and the rules of the game. Referees should attempt to improve the standard of the play by enforcing the rules in calling double hits, slaps, carries, scoops etc. Referees should whistle the commencement of each serve and at the conclusion of every point, followed by a clear signal indicating the foul. Then indicate who has the serve.

Coaches should not coach while umpiring. Up to two “time outs” each set can be called for this purpose. Only the team captain should be permitted to speak to the referee.

RULES UPDATE 1995

The following update in 1995 should be adhered to:

1.4.2 Service Zone

The service zone is a 9m wide area behind the end line (the end line excluded). It is laterally limited by two short lines, each 15 cm long, drawn 20 cm behind the end line as an extension of the side lines. Both lines are included in the width of the zone.

Note 1: Only the five players on court need to be in the correct rotational positions at the time of serve (the server is not considered)

Note 2: When the server comes from the left side of the service zone the linesman there has to retreat to the back of the service zone; it is his obligation to control the position of the server in relation to the sideline (as well as the path of the ball in relation to the antenna and the sideline).

RULE 14 PLAYING THE BALL

14.4.1 The ball may touch **any** part of the body.

NOTE: this means the ball may be accidentally or deliberately kicked.

14.4.2 The ball must be hit, **not caught or thrown**. It can rebound in any direction.

Description

In general, a hit is simply an action where the ball **REBOUNDS** off the contact point, while a throw is a two action play, first catching and then throwing the ball. It is irrelevant whether the contacting part of the body is soft or hard, and whether there is a counter movement or not. Only if there is no bounce and the ball **REMAINS** in contact with the body (between the arms, or between the hands and the net, etc) does a fault take place.

The **FINGER ACTION** (set), the basic skill of volleyball, is different. For the best ball control the spread fingers, and their elasticity, unavoidably leads to a prolongation of contact. Whether such a contact is a hit is based on two criteria:

1. There has to be a movement of the hands towards the ball that has started **before** the contact is made.
2. There shall be no change of direction **during** the contact.

Unless both of these criteria are met, the player makes a fault.

14.4.3 b) At the first hit of the team (rule 14.1.1) the ball may touch various parts of the body consecutively, provided that it occurs during one action.

NOTE: The overhead finger action has been added to the actions free from double contact (i.e. the **ONLY** penalty that can be applied to the team's first touch is **HELD BALL**). Note also 14.4.2

16.4.1 Player at the Net

Contact of the net is a fault, **EXCEPT** when a player, **not attempting** to play the ball, **accidentally** touches the net.

19.4.2 Blocking

These contacts may occur with any part of the body.