

PREMIER LEAGUE

VOLLEYBALL RULES AND REGULATIONS

- 1 The Competition shall be conducted under the rules specified by Volleyball Victoria except where amended below.
- 2 Each college will field 1 boy's and 1 girls' team.
- 3 Each college is required to declare a **maximum of 12 players** on match day, with 6 in rotation at any one time. Teams must field **a minimum of 5 players** for a game to commence.
- 4 Matches shall **commence at 1:15pm** and shall be played at the home schools' venue.
Each team must provide:
 - a competent scorer – seated with the opposition for the entirety of the match.
 - a suitable Volleyball to be presented at the beginning of the game and selected by the official onsite.
 - *the specifications of the Volleyball presented for Match Play should be no lower than V200 and no greater than V300.*

- 5 Volleyball Net Height shall be as stated

Girls	Year 7 & 8	2.10m
Girls	Year 9 & 10	2.15m
Boys	Year 7	2.15m
Boys	Year 8	2.24m
Boys	Year 9 & 10	2.35m

- 6 Extreme Heat/ Weather
The **SACCSS Safety Policy** overrules game times and alterations to game times must be made.
- 7 Lateness
For every 5 minutes a team is late 3 points will be added to the score.
A Team arriving after 15 minutes after the scheduled start time of the match will forfeit the 1st Period of play
A team arriving after 25 minutes from the scheduled start time of the match will forfeit the game and the match points will be awards to the opposition team.

8. SACCSS Specific By-Laws

8.1 Format/Time of Match

ALL Home & Away Premier League Volleyball matches are to play **3 SETS** (never 2 sets only) regardless of which team has won the first two sets.

ALL 3 SETS are to be played first team to 25 points – with a 2-point advantage.

Premier League Finals Volleyball Matches – can be played BEST OF 3 SETS.

This should be agreed upon by the coaches of both teams prior to the finals commencing.

ALL sets in Finals are also played to 25 points with a 2 point advantage.

8.2 Play/ Rules

8.2.1 Either side, regardless of who serves, can win points.

8.2.2 Any body part can be used to hit the ball.

8.2.3 The team's starting line-up (6 players) indicates the rotational order of players on the court.

This rotational order must be maintained through the set.

Teams must rotate from position 1 to the clockwise, everyone must move when there is a new server.

8.2.4 Players must use the correct serving technique, that is the ball shall be hit with one hand or any part of the arm after being released.

The ball can be overarm or underarm served (if the ball is served under arm, it must be thrown up before hitting, it can not be handballed – if it is handballed, the receiving team is awarded the point.

8.2.5 If the ball hits the net on the serve and continues into the opposition's court, it is played on.

8.2.6 A team is entitled to a maximum of 3 team hits. A player may not hit the ball 2 times consecutively.

A block does not count as a touch. Only in this action does it not count as a double touch.

8.2.7 A ball driven into the net may be recovered within the limits of the 3 team hits

Not if the ball is driven into the net by the server.

8.2.8 Teams can request 2 time-outs for a maximum time of 30 seconds.

8.2.9 After each set the teams change sides or ends.

BASIC RULES

- Carry or lift, when the ball stops in motion and it seems like a player has 'carried or lifted the ball up' this can also look like a player has thrown the ball over the net. The opposing team will be awarded the point
- Back court players cannot attack in front of the 3-meter line. This is meaning the 3 players in the back court are not allowed to run into front court and jump and hit the ball. They may run forward and have both feet on the floor and hit over but they cannot jump. (If they jump over the three meter line it is allowed, as long as their feet do not touch or go over the line)
- Blocking does not count as a touch, therefore that player can hit the ball again, therefore teams still have 3 touches left

SERVING RULES

- Under arm serving is allowed as long as the ball is throw up before hit – it cannot be hand balled (other team will be awarded with the point if the ball is not thrown up)
- If a player stands on the serving line or over the serving line, it is the oppositions point. (Year 7s can receive 1 warning as learning)
- Once the whistle is blown a player has 8 seconds to serve (this meaning they have 8 seconds to throw the ball up into play and serve)
- A player cannot throw the ball up and catch it when serving after the whistle (this will be the opposition point)
- Players can not attack a serve, this could consist of blocking the ball, spiking the ball back or 'double handed whacking'. If the following is played the serving team will win the point

SUBSTITUTE RULES

- Substitutes: Teams can substitute players at any time, once a player has substitute with 1 player. They can only substitute with each other for the remainder of that set. You cannot change multiple people.

LIBERO RULES

- Libero Rule: If schools are playing with liberos, this means a player with a different shirt will be playing. This player is only allowed to play back court. They cannot be in front court or serve the ball. This player is also not allowed to jump and hit. If a libero is within the 3 meter line and they set a ball, another player is not allowed to jump and spike the ball as this is counted as a back court attack which is illegal. A player if a libero sets in front court is allowed to set the ball over the net or dig or hit the ball while standing, but they are not allowed to jump and hit the ball.

BALL IN PLAY RULES

- If the ball hits the antenna, then the ball is classified as out
- If a player hits the net, it is the oppositions point
- If the ball hit the ceiling, wall or floor the ball has 'died' and the point is awarded to the other team.
- If a players WHOLE Foot goes under the net this is the opposition point. (A player may fall under the net whole body as long as their feet are still on their side of the court and they do not interfere with the other teams play)

REACH RULE

- it is considered reaching over the net when a player on one side of the net reaches over the imaginary vertical plane of the net and contacts the ball on the opponent's side. This is typically considered a fault and results in a point for the opposing team.
- The specific situations where reaching over the net is a fault include:
 - Blocking - A blocker reaching over the net to interfere with the opponent's attack hit. Not when the opponents is hitting a ball and you go up to block it.
 - Attacking - An attacker reaching over the net and contacting the ball on the opponent's side.

Setting - A setter reaching over the net to set the ball to their teammate.

- The key is that the player's hand or arm crosses the vertical plane of the net into the opponent's side, even if they do not actually touch the net itself. This is not allowed and results in a fault.

Standard Safety Procedure/ Set up

- Poles must be set at the correct height for the year levels.
- Poles must be able to be placed into the floor sockets fully.
- Poles must have appropriate padding around them.
- Antennas must be attached.
- Nets must be up to standard with no breakages, rips.
- Nets must be tight for the games.(As balls should be able to bounce off the net)
- When time out occur both teams should step off the court to drink
- If water is on the court, it will be required to clean up before play continues.
- All players who are not on the court, need to be on the side corner or sitting on the team bench. Coaches can be the only member of the team standing on the side lines.
- Scorers must sit together to ensure fair sportsmanship.

Warm up Procedure

For Teams to start at 1:15pm they will have a warmup time of 15 minutes prior to the match.

Warm up consists of the following.

- Teams will have 5 minutes of their own warm up on their side of the court.
- Teams will then start hitting lines for 6 minutes
- Teams will then start serving warm up for 2 minutes
- Teams will then have 1 minute to exchange balls and talk to coaches before game commences.

Standard Sportsmanship Rules

- Scorers must sit together to ensure fair sportsmanship. (students who are not playing should be nominated to do the score sheet, instead of staff or coaches)
- Team captains are only allowed to talk to the Refs when discussing a point to ensure all Refs are not 'attacked'
- 1 Student from each participating school should also provide a lines person to support the ref and fair play.

9 Officials

The home school shall appoint an impartial umpire.

- 10** In the event of the Umpire being later than 15 minutes after the official starting time of the match, the 2 Coaches shall confer in an attempt to reach a mutual agreement as to who shall umpire the match.

- 11** The following points shall be awarded for each match:

•	Win	=	4
•	Draw	=	2 <i>(only to be awarded if game is abandoned due to heat)</i>
•	Loss	=	0

12 Ladder Scheme

Ladders for all Premier League Volleyball competitions will be based on the following

- Total Match Points
- Period Difference
- Periods Against
- Periods For

13 Forfeit

Teams requiring forfeiting a game must notify the Executive Officers and the opposing team as soon as possible. A forfeit will result in the game being awarded to the team available to compete, they will receive four match points and a win margin score of 3 Periods to 0.

14 Player Conduct

Players will be Yellow Carded or Red Carded for offensive conduct or aggression.

First Yellow Card is a warning. A second Yellow Card will equal a Red.

If a player receives a Red Card, they are off for the rest of the match and may not be replaced.

***** It is the recommendation of SACCSS that all Volleyball kits have a RED/ YELLOW card in them – that can be presented to the umpire prior to the game commencing, to use – should they be required.***

- 15** The Umpire shall have the power to order off and report any player for misconduct to the Executive Officer who shall forward details to the Principal and Sports Coordinator of the player concerned. The Umpire shall inform the player's Coach of his intention to lodge a report. The Principal and Sports Coordinator of the player reported shall deal with the case.

16 Recording of Scores

The Head of Sport of the HOME Team is required to enter the result within 24 hours and the AWAY Team Head of Sport is then required to confirm the entered score. Where they are unable to enter a result, they should e-mail the Executive Officer ASAP.

17 Injury Time

In the event of a serious injury where a player cannot be moved from the court until assessed and deemed medically safe to move, the game time shall be suspended for up to 15 minutes.

If appropriate to do so, the game may be moved to another Court within the same centre to be continued. (considerations: player welfare/ supervision/ nature of injury)

Once player is moved from the court the match will recommence with a serve from the team who last had serving possession, when play was stopped, and the game is played out in its entirety. (3 x 15 minute periods)

If the game cannot be moved to another court, once the 15 minutes of time has elapsed the 2 coaches present at the game will shorten the remaining match time and play the remaining periods out.

If 2 periods have already been played at the time the injury took place, and one team is in front 2-0 this score will stand.

If 2 periods have been played and the score is 1-1, - this can be entered as a DRAWN match result

In the event of the score being a **DRAW in a FINAL** when Injury Time is called, and play does not resume within the 15 minutes; the entire match will be replayed at another time, as negotiated by the two colleges involved and the SACCSS EOs.