

WESSEX RALLY 2018

VOLLEYBALL

1 LADIES TEAM & 1 MENS TEAM

Teams	6 persons plus 3 substitutions Only 1 substitution per set 1 time out per set (30 second duration)
Duration	3 sets, change ends at midway
Discipline	captains and coaches are responsible for their teams Captains only allowed to speak to officials on court
<u>Volley Ball Rules</u>	
Positions	Of the 6 players on court , 3 are to the front row and 3 to the back with the back player at the left being the server
Serving	Serve from behind the back line The serve must be hit with the hand After serving the server moves back onto court to help their team The serve is allowed to clip the net on the way over, but must not touch the antenna nor pass over or outside the antenna. Once the serve has been served any player can move anywhere on the court If the serve is going out, it should be left to hit the floor. If the ball is touched before it lands then the ball must be played back.
Hitting the Ball	The ball can be hit with any part of the body with the exception of the serve which must be hit with the hand. The hit has to be clean – no scoops, catch and rethrows, dunks, lifting or pushing The team have 3 touches in which to return the ball over the net, although it can be returned by the 1 st or 2 nd touch. A player is not allowed to have 2 consecutive hits or touches – but hitting 1 st and 3 rd is ok
In the Rally	Players cannot touch the net The only part of a players body that is allowed to land on the opponents court is the foot, and then only if part of it is above the centre line. The ball cannot touch the posts. The ball can touch the net on the way over providing it does not touch the antenna The ball is allowed to go into the net and bounce out, the rally continues and this does not count as one of the 3 touches. If the ball touches the court floor on the opposite side you win the point If the ball touches one of the opposition players and then the court floor you win a point If one of your players hits the ball out of the court , the other players can chase the ball and hit it back into court over the net if the opposing team hit the ball more than 3 times you win a point
Blocking	Blocking = jumping up at the net with arms up to stop the ball coming over the net Players cannot touch the net Blocking a serve is not allowed A back court player cannot take part in a block A block does not count as a regular hit so your team still have 3 more hits, also if you block then you are allowed to make the first hit
Attacking	Attack = whilst in the attack zone, hitting the ball from above the height of the net to the other side A back court player is not allowed to attack

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A back court player is allowed to hit the ball from below the height of the net whilst in the attack zone.

A back court player is allowed to hit the ball from above the height of the net whilst in the defence zone

If a part of the ball is over the net then it is ok to attack the ball

Rotation

Every time the team win a serve from the other team all players on the team receiving the serve rotate their position on court clockwise

If you lose the serve you do not rotate

If you keep the serve your team does not rotate.

Substitutions

Up to 3 substitutions allowed, but only 1 per set

Substitutions must take place before the serve

Scoring

If you serve and get the point you keep the serve, if you do not get the point, the other team gets the serve and also a point

The score changes every time there is a serve

The scoring rounds will be as follows

Preliminary rounds – best of 3, 15 point games with 2 point difference

Semi finals - best of 3, 21 point games with 2 point difference

Play off for losing semi finalists for 3rd place - best of 3, 21 point games with 2 point Difference

Final - best of 3, 21 point games with 2 point difference

THE REFEREES DECISION IS FINAL CONCERNING ALL RULES. OFFICIAL FIVB VOLLEYBALL RULES WILL BE APPLIED.

General Rules and Comments apply to all grievances and disputes. In the first instance you must contact your Centre Wessex Representative. Failure to comply may result in points being deducted from your Centres overall score

Mixed Centre Teams: Any points awarded to a mixed Centre team will be allocated to the Centres on a pro-rata basis for the Centres involved in that team

Organising Centre AVON

Co-Ordinator Jan Trott

Telephone

PLEASE NOTE : IF YOU WISH TO ENTER A TEAM ENTER A REFEREE AS WITHOUT THEM WE CANNOT RUN THE COMPETITION