

2009 PYFA SPORTSDAY: VOLLEYBALL RULES & REGULATIONS

*General Guidelines*

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1. All players and participants from each team must conduct themselves in a manner pleasing to God.
2. Each team must designate a captain.
3. The captain is the representative of the team and may address an official on matters of interpretation, to obtain essential information, if it is done in a courteous manner.
4. Only the captain from each team shall be the speaker during the game.
5. All substitutes must report to the scorers, giving their numbers (wherever applicable) and the numbers of players being replaced.
6. If a team that is scheduled to play does not make an appearance in court within 5 minutes of its appointed time of required presence, then such team automatically forfeits the game. No exceptions to this rule.
7. Preferably, every game should be prefaced by a word of prayer.
8. After every game, each player on either team, regardless of the outcome of the game, is required to shake hands with every player on the opposing team in a display of sportsmanship.
9. Fighting and physical aggression is not tolerated. Fighting and like activity results in an automatic ejection of the team from the tournament (not just the game).
10. All team players and personnel should be members of PYFA member churches meeting the criteria as laid out in the bylaws. In the case a player is found on game day to have not met these criteria, the respective team(s) will be ejected from the tournament.
11. The decision of the executive officials and the sports coordinators shall be final on all matters of dispute.

## **BASIC VOLLEYBALL RULES - (REGULAR SEASON)**

### *The Serve*

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1. Server must serve from behind the restraining line (end line) until after contact.
2. Ball may be served underhand or overhand. Ball must be released in air before contact on serve is made.
3. Ball must be clearly visible to opponents before serve.
4. Served ball may graze the net and drop to the other side for point.
5. First game serve is determined by a coin toss. Winner of coin toss can choose to serve or pick side.
6. Serve can be returned by a bump or set. No blocking or attacking a serve.
7. A ball touching boundary line is good.
8. If the ball hits a pole or its net cables, it is "OUT". On a return of serve and thereafter, if the ball hits the net or the net cables it is still "IN PLAY".

### *Scoring*

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1. Rally scoring will be used.
2. There will be a point scored on every volley of the ball.
3. Offense will score on a defensive miss or out of bounds hit.
4. Defense will score on an offensive miss, out of bounds hit, or serve into the net.
5. Game will be played to 21 points.
6. Must win by 2 points or first to 25 will win game.

### *Rotation*

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1. Rotation is mandatory. Team will rotate each time they win the serve.
2. Players shall rotate in a clockwise manner.
3. There shall be 6 players on each side. A team may play with only 4 to 5 players due to player injury or ejection. Any less than 4 players will result in automatic forfeit of game.

### *Playing the Game (Volley)*

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1. Maximum of three hits per side.
2. Player may not hit the ball twice in succession (A block is not considered a hit).
3. Ball may be played off the net during a volley and on serve.
4. A ball touching a boundary line is good.
5. A legal hit is contact with the ball by a player's body above and including the waist (this includes the head, hand, and leg) which does not allow the ball to visibly come to a rest
6. If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.
7. A player must not block or attack a serve.

8. Switching positions will be allowed only between front line players. Back line players may also switch between each other but must remain in the back line and will still abide by the 10-foot line rule in respect to blocks or spikes. (Switching allowed after serve only).

### *Basic Violations*

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1. Stepping on or over the line on a serve.
2. Failure to serve the ball over the net successfully.
3. Hitting the ball illegally (Carrying, Palming, Throwing, etc.).
4. Touches of the net with any part of the body while the ball is in play. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.
5. Reaching over the net, except under these conditions:
  - a) When executing a follow-through.
  - b) When blocking a ball which is in the opponent's court that is being returned (the blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact) except to block the third play.
6. Reaches under the net (if it interferes with the ball or opposing player).
7. Failure to serve in the correct order.
8. Blocks or spikes from a position which is clearly not behind the 10-foot line while in a back row position.
9. Playing out of rotation

### *Miscellaneous*

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1. Each team is allowed 2 one-minute timeouts.
2. Substitutions are allowed. Substitutions may be made only by the team holding serve. Injury substitutions are an exception to this rule.
3. When substitutions are made, a player can only be substituted by only one other player and can only return to the position that the player was originally substituted from. For example: Player A can be substituted by Player B, but if Player A would like to rejoin the game, Player A can only come back in for Player B. Now a step further, Player B can be substituted by Player C but Player A will no longer be eligible to come back into the game.
4. If a ball hits a pole it is **OUT**.
5. A team may NOT play a ball off the wall.
6. If a ball hits the ceiling and returns to the side it came from, the ball is still in play and must make it over the net in 3 hits or less. If the ball hits the ceiling and travels to the other side of the net, the play is dead, and serve will go to opposite team.
7. The referee has the absolute and final say as to any game-play decisions. Any protests to calls can **ONLY** be addressed by the team captain or coach.
8. Player and team eligibility are determined strictly by PYFA Officials & Tournament Coordinator. Improper personal and/or team conduct, and fraudulent paperwork can jeopardize eligibility.

## THE COURT

### *Playing Area*

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- Both indoor and outdoor courts are 18 m x 9m (29'6" x 59'). Indoor courts also include an attack area designated by a line 3 m (9'10") back from the center line. Lines on the court are 5cm (2" wide).

### *Net Height*

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- Net height for men, 2.43 meters or 7'11-5/8". Net height for women, 7'4-1/8".

### *Ball*

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- The ball weighs between 9 and 10 ounces. Ball pressure is between 4.5 and 6.0 pounds

## STANDINGS

Team standings will be determined as followed:

1. Team record
2. Head to head match
3. Winning with most difference in point

## PLAYOFF RULE CHANGES

1. The scoring will change to side-out scoring.
2. A point maybe scored only by the serving team due to a defensive miss or out of bounds hit.
3. Game will be played to 15 points.
4. Served ball may NOT make contact with the net.
5. A match will be determined by best of 3 games format.
6. The winner of coin toss chooses serve or side at the start of each match.
7. Teams will switch sides and first service for subsequent games.

## TOURNAMENT FORMAT

1. Will be determined as soon as teams are finalized.

***\*RULES SUBJECT TO CHANGE WITH NOTICE.***