

LOFTUS RECREATION CENTRE

VOLLEYBALL RULES

Updated January 2020

INTERPRETATION

The FIVB rules shall apply unless otherwise provided for in this document.

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Use of the male gender also means female gender.

SECTION ONE – RULES

1.0 PLAYING AREA, EQUIPMENT AND PERSONNEL:

1.1 THE PLAYING AREA

The playing area includes the playing court and the free zone. It shall be rectangular and symmetrical and measure 18m by 9m.

1.2 HEIGHT OF NET

Placed vertically over the centre line there is a net whose top is set at the height of 2.43m.

1.3 ANTENNAE

An antenna is a flexible rod placed on opposite sides of the net above the side line. The antennae are considered part of the net and laterally delimit the crossing space.

1.4 THE BALL

Shall be a suitably inflated volleyball supplied by the centre.

1.5 NUMBER OF PLAYERS

A full team shall comprise of six (6) players. Each team shall be permitted up to five substitutes. A team may play with four (4) players minimum. Teams within the same grade should not share players within the same night, unless it is to avoid a forfeit. That is, a player can play for a team, and 'fill in' for another, only if it is to make up the requisite 4 players, so as to give the opposition team the opportunity to play.

To effect a player substitution the incoming player must join the rotation as a server. An injured player who cannot continue playing should be substituted legally. If this is not possible, the team is entitled to make an EXCEPTIONAL substitution. An exceptional substitution means that any player who is not on court at the time of the injury, may substitute into the game for the injured player. The substituted player is not allowed to re-enter the match.

1.6 PLAYER UNIFORMS AND EQUIPMENT (refer bylaw No.5)

- 1.6a Players of a team should be dressed in shorts and shirts of a uniform colour.
- 1.6b Approved footwear shall be worn without rigid or hard soles, bars or studs.
- 1.6c Players shall not wear any equipment, including uncut or jagged fingernails, which may constitute a danger to other players or give an artificial advantage to a player.
- 1.6d Players may wear glasses or lenses at their own risk.

1.7 REFEREES

Referees shall be appointed to officiate in each game and their decisions for the duration of the game shall be final. Their powers and jurisdiction will cease only at the time of the relevant management committee. They will be sole arbiter in the interpretation of the laws for the duration of the game. In the event of injury to the referee, the game shall cease immediately until a new referee can be appointed.

2.0 RULES OF PLAY

2.1 START OF PLAY

Before the match, the referee will use his/her discretion to decide upon the first service and the sides of court in the first set.

2.2 SCORING

A team scores a point:

- By successfully grounding the ball on the opponents playing court;
- When the opposing team commits a fault;
- When the opposing team receives a penalty.

2.3 FAULT

A team commits a fault by making a playing action contrary to the rules (or violating them in some other way). The referees judge the faults and determine the consequences according to the rules:

- If two or more faults are committed successively, only the first one is counted;
- If two or more faults are committed by opponents simultaneously, a DOUBLE FAULT is called and the rally replayed.

2.4 RALLY AND SERVICE

A rally is a sequence of playing actions from the moment of the service hit by the server until the ball is out of play. 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 must serve next.

2.5 WINNING A SET

A set is won by the team which first scores 25 points with a minimum lead of two points. In the case of a 24-24 tie, play is continued until a two-point lead is achieved (26-24, 27-25, etc.).

2.6 DURATION OF THE MATCH

Each match will run for 40 minutes with a five (5) minute warm-up. The match will be won by the team that first wins two sets. In the case of a 1-1 tie at the end of 40 minutes, the winner of the deciding set (the 3rd) will be determined by the team leading by two points or more, provided that the team has won at least eight (8) points.

3.0 PLAYING ACTIONS

3.1 BALL IN PLAY

The ball is in play from the moment of the hit of the service authorised by the referee.

3.2 BALL OUT OF PLAY

The ball is out of play at the moment of the fault which is whistled by the referee; in the absence of a fault, at the moment of the whistle.

3.3 BALL "IN"

The ball is "in" when it touches the floor of the playing court including the boundary lines.

3.4 BALL "OUT"

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 of the net.

3.5 PLAYING THE BALL

Each team must play within its own playing area and space. The ball may, however, be retrieved from beyond the free zone.

3.6 TEAM HITS

The team is entitled to a maximum of three hits (in addition to blocking) for returning the ball. If more are used, the team commits the fault of FOUR HITS.

The hits of the team include not only intentional hits by the players, but also unintentional contacts with the ball.

A player may not hit the ball two times consecutively – CONSECUTIVE HITS.

Two or three players may touch the ball at the same moment – SIMULTANEOUS CONTACTS.

When two (or 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.

If simultaneous contacts lead to a "CATCH", it is a DOUBLE FAULT and the rally is replayed.

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 – ASSISTED HIT.

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.

3.7 CHARACTERISTICS OF A HIT

The ball may touch any part of the body. The ball must be hit, not caught and/or thrown. It can rebound in any direction.

The ball may touch various parts of the body provided that the contacts take place simultaneously EXCEPT:

- At blocking, consecutive contacts may be made by one or more blocker(s) provided that the contacts occur during one action.
- At the first hit of the team, the ball may contact various parts of the body consecutively provided the contacts occur during one action.

3.8 BALL CROSSING THE NET

The ball sent to the opponent's court must go over the net within the crossing space. The crossing space is the part of the vertical plane of the net limited as follows:

- Below, by the top of the net;
- At the sides, by the antennae, and their imaginary extension;
- Above, by the ceiling.

The ball that has crossed the net plane to the opponent's free zone totally or partly through the external space, may be played back within the team hits provided that:

- The opponent's court is not touched by the player;
- The ball, when played back; crosses the net plane again totally or partly through the external space on the same side of the court.

The opposing team may not prevent such action.

3.9 BALL TOUCHING THE NET

While crossing the net, the ball may touch it.

3.10 BALL IN THE NET

A ball driven into the net may be recovered within the limits of the three team hits. If the ball rips the mesh of the net or tears it down, the rally is cancelled and replayed.

3.11 REACHING BEYOND THE NET

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. A player is permitted to pass his/her hand beyond the net after an attack hit, provided that the contact has been made within his/her own playing space.

3.12 PENETRATION UNDER THE NET

It is permitted to penetrate into the opponents' space under the net, provided that this does not interfere with the opponents' play. Penetration into the opponents' court beyond the centre line includes:

- To touch the opponent's court with a foot (feet) or hand(s) is permitted, provided that some part of the penetrating foot (feet) or hand(s) remains in contact with or directly above the centre line.
- To contact the opponent's court with any other part of the body is forbidden.
- A player may enter the opponent's court after the ball goes out of play.

- Players may penetrate into the opponent's free zone provided that they do not interfere with the opponents play.

3.13 CONTACT WITH THE NET

Contact with the net by a player is not a fault, unless it is made during the action of playing the ball, or it interferes with the play. Some actions of playing the ball may include actions in which the players do not actually touch the ball. Once the player has hit the ball, he/she may touch the post, rope or any other object outside the total length of the net provided that it does not interfere with play. When the ball is driven into the net and causes it to touch an opponent, no fault is committed.

3.13 SERVICE

The service is the act of putting the ball into play, by the back right player, placed in the service zone. The first service of the set, as well as that of the deciding set (the 3rd), is executed by the team determined by the toss. The other sets will be started with the service of the team that did not serve first in the previous set.

After the first service in a set, the player to serve is determined as follows:

- When the serving team wins the rally, the player 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 (unless interchange players are present, then he/she will serve).

The referee authorises the service, after having checked that the two teams are ready to play and that the server is in possession of the ball.

The ball shall be hit with one hand or any part of the arm after being tossed or released from the hand(s). Only one toss or release of the ball is allowed. Dribbling or moving the ball in the hands is permitted. At the moment of the service hit or take-off for a jump service, the server must not touch the court (the end line included) or the ground outside the service zone. After the hit, he/she may step or land outside the service zone, or inside the court.

The server must hit the ball within eight (8) seconds after the referee whistles for service. A service executed before the referee's whistle is cancelled and repeated.

3.13 SCREENING

The players of the serving team must not prevent their opponent, through individual or collective screening, from seeing the server or the flight path of the ball. A player or group of players of the serving team make a screen by waving arms, jumping or moving sideways, during the execution of the service, or by standing grouped to hide the flight path of the ball.

3.13 ATTACK HITS

All actions which direct the ball towards the opponents, with the exception of the 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.

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.

3.14 BLOCKING

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 attempt is the action of blocking without touching the ball. A block is completed whenever the ball is touched by a blocker. A collective block is executed by two or three players close to each other and is completed when one of them touches the ball.

Consecutive (quick and continuous) contacts may occur by one or more blockers provided that the contacts are made during one action.

In blocking, the player may place his/her hands and arms beyond the net provided that this action does not interfere with the opponents' play. Thus, it is not permitted to touch the ball beyond the net until an opponent has executed an attack hit.

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. The first hit after the block may be executed by any player, including the one who has touched the ball during the block.

To block an opponent's service is forbidden.

3.15 GAME INTERRUPTIONS

Each team is entitled to request a maximum of two time-outs per set. Interruptions may only be requested by the coach or game captain. The request is made by showing the corresponding hand signal, when the ball is out of play and before the whistle for service. All time-outs that are requested last for 30 seconds.

Should a serious accident occur while the ball is in play, the referee must stop the game immediately and permit medical assistance to enter the court. The rally is then replayed.

If there is any external interference during the game, play has to be stopped and the rally replayed.

3.16 INTERVALS AND CHANGE OF COURT

All intervals between sets should last no longer than one minute.

After each set, the teams change courts, with the exception of the deciding set. In the deciding set, once a team reaches eight points, the teams change courts without delay and the player positions remain the same. If the change is not made once the leading team reaches eight points, it will take place as soon as the error is noticed. The score at the time that the change is made remains the same.

4.0 FAULTS AND PENALTIES

4.1 FAULTS IN PLAYING THE BALL

- **FOUR HITS:** a team hits the ball four times before returning it.
- **ASSISTED HIT:** a player takes support from a teammate or any other structure/object in order to reach the ball within the playing area.
- **CATCH:** a player does not hit the ball, and the ball is caught and/or thrown.
- **DOUBLE CONTACT:** a player hits the ball twice in succession or the ball contacts various parts of his/her body in succession.

4.2 PLAYER'S FAULTS AT THE NET

- A player touches the ball or an opponent in the opponents' space before or during the opponents' attack hit.
- A player penetrates into the opponents' space under the net interfering with the latter's play.
- A player penetrates into the opponents' court.
- A player touches the net or the antenna during his/her action of playing the ball or interferes with the play.

4.3 FAULTS MADE DURING SERVICE

SERVING FAULTS - The following faults lead to a change of service even if the opponent is out of position.

The server:

- Violates the service order;
- Does not execute the service correctly.

FAULTS AFTER THE SERVICE HIT – After the ball has been correctly hit, the service becomes a fault (unless a player is out of position) if the ball:

- Touches the player of the serving team or fails to cross the vertical plane of the net completely through the crossing space;
- Goes out;
- Passes over a screen.

4.4 FAULTS MADE AFTER THE SERVICE AND POSITIONAL FAULTS

If the server makes a fault at the moment of the service hit (improper execution, wrong rotational order, etc.) and the opponent is out of position, it is the serving fault that is sanctioned. Instead, if the execution of the service has been correct, but the service subsequently becomes faulty (goes out, goes over a screen, etc.) the positional fault has taken place first and is sanctioned.

4.5 FAULTS OF THE ATTACK HIT

- A player hits the ball within the space of the opposing team.
- A player hits the ball “out”.
- A back-row player completes an attack hit from the front zone, if at the moment of the hit the ball is entirely higher than the top of the net.
- A player completes an attack hit on the opponents’ service, when the ball is in the front zone and entirely higher than the top of the net.
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4.6 BLOCKING FAULTS

- The blocker touches the ball in the opponents’ space either before or simultaneously with the opponents’ attack hit
- A back-row player completes a block or participates in a completed block.
- Blocking the opponents’ service.
- The ball is sent “out” off the block.
- Blocking the ball in the opponents’ space from outside the antenna.

5.0 MISCONDUCT AND ITS SANCTIONS

5.1 MINOR MISCONDUCT

Minor misconduct offences are not subject to sanctions. It is the referee's duty to prevent the teams from approaching the sanctioning level by issuing verbal or hand signal warnings to the team through the team captain. The warning is not a penalty and has no immediate consequences. It should not be recorded on the scoresheet.

5.2 MISCONDUCT LEADING TO SANCTIONS

Incorrect conduct by a team member towards officials, opponents, team mates or spectators is classified in three categories according to the seriousness of the offence.

- **RUDE CONDUCT:** action contrary to good manners or moral principles, or expressing contempt
- **OFFENSIVE CONDUCT:** defamatory or insulting words or gestures
- **AGGRESSION:** physical attack or intended aggression.

5.3 SANCTIONS

Sanctions are applied according to the judgment of the referee and depending on the seriousness of the offence. All misconduct sanctions are individual sanctions that are recorded on the scoresheet and remain in force for the entire match.

The repetition of misconduct by the same team member in the same match is sanctioned progressively (the team member receives a heavier sanction for each successive offence). Expulsion or disqualification due to offensive conduct or aggression does not require a previous sanction.

The sanctions to be applied and written on the scoresheet are:

- **PENALTY:** the first rude conduct in the match by any team member is penalized with loss of rally – *YELLOW CARD*.
- **EXPULSION:** a team member who is sanctioned by expulsion shall not play for the rest of the set and must remain seated in the penalty area with no other consequences – *RED CARD*.
- **DISQUALIFICATION:** a team member who is sanctioned by disqualification must leave the competition area (recreation centre) for the rest of the match with no other consequences – *YELLOW AND RED CARD JOINTLY*.

The first offensive conduct by a team member is sanctioned by expulsion with no other consequences. The second rude conduct in the same match by the same team member is sanctioned by expulsion with no other consequences.

The first aggression is sanctioned by disqualification with no other consequences. The second offensive conduct in the same match by the same team member is sanctioned by disqualification with no other consequences. The third rude conduct in the same match by the same team member is sanctioned by disqualification with no other consequences.

Any misconduct occurring before or between sets is sanctioned as per the 'Sanction Scale' and sanctions apply in the following set.

5.4 DISQUALIFIED PLAYERS

In the event of a player being disqualified from a game, a substitute player is not allowed to replace the disqualified player.

SECTION TWO - BYLAWS

1.1 INTERPRETATION

Day to day interpretation of these bylaws shall be the responsibility of the most senior official present at the time. Appeals against interpretation shall be lodged in writing with the management of the respective venue.

2.1 REGISTRATION

Teams must be registered and pay the required team nomination fee prior to their first match. Registration ceases at the end of any one season.

2.2 New players introduced during the last four (4) matches of the season must be registered but are not eligible for finals match selection. In order to play finals, a player must have played a minimum of 5 games during the regular season.

3.1 All teams must pay the required game fee prior to the game commencing. Officials will not commence the game until all tickets are accounted for, however the time clock may commence and penalty goals may be added to the opposition score.

3.2 FORFEITS

When a team does not have four (4) players on the court ready to play ten minutes after the scheduled starting time, it shall lose the match on a forfeit and be liable to pay the appropriate forfeit fine.

When a team has four (4) players, the match must start and proceed as a normal game. It shall be considered a legal game.

A match can not commence with less than four (4) players.

3.3 When a team causes legal commencement of a match to be delayed by virtue of not having the required four (4) players, points shall be awarded at a rate of one (1) per minute until the game commences.

When a forfeit is declared against a team for reasons of insufficient players, the match will be awarded to the opposing team as a 3 sets to nil win.

3.4 FORFEIT FINES

Forfeit fines will be applied according to the current game fees, and any additional penalties that apply. Payment of forfeit fines must be made no more than two weeks after the date of the forfeited game.

In the event of a forfeit and no match conducted the non-offending team shall receive a refund of fees. Any team forfeiting twice in any one season may be replaced without notice at the discretion of the Management of the venue. No further premiership points will be awarded to the forfeiting teams until such time as the forfeit fine has been paid in full. Teams may be withdrawn from the competition if a fine remains outstanding past its due date. Such teams will be replaced by a standby team and team nomination fees will not be refunded.

3.5 WITHDRAWING FROM THE COMPETITION

Teams withdrawing from the competition will be subject to a withdrawal fee subject to the applicable fees noted on the nomination form for the season.

Any outstanding forfeit fines, withdrawal fees, team nominations or game fees may be forwarded to a debt collecting agency where further charges may be added.

4.1 UNIFORMS

Three weeks grace will be allowed from the commencement of the season for players to procure correct team uniforms. After this period, one (1) point per player out of uniform per will be awarded to the opposition. Uniform consists of matching colour tops and bottoms. Bike pants shorts or tracksuit pants are permissible providing they are the correct colour.

4.2 Protests against player's uniforms shall be lodged in writing with the management of the respective playing venue.

4.3 Any team replacing another team at any time during the season in progress shall be allowed three weeks grace to comply with conforming uniforms.

5.1 ELIGIBILITY OF PLAYERS

A player shall be considered a non-player in a match unless their name is written on the score sheet. At the end of the first set the umpire/scorer must delete from the score sheet the names of players who have not attended to play the match. However, should such players arrive to play the match after the first set, their names may be rewritten on the score sheet and such players allowed to play.

6.1 FINALS MATCHES

No player shall be eligible for any finals unless that player has previously played at least five (5) matches in his/her team, in that season.

7.1 TEAM RESPONSIBILITIES

The team shall be held responsible for the conduct of its members and supporters.

7.2 Whilst we recognise the need for teams to introduce new players during the season, we reserve the right to not allow teams to increase their strength beyond the compatibility of the grade by the introduction of such players.

8.1 SUSPENSIONS AND MANAGEMENT ENQUIRIES

PLAYER REPORTS

- 8a. Players and team officials shall be subject to report by any official for any form of misconduct.
- 8b. Misconduct shall include abusive language, unsporting conduct, undue rough play, resisting, striking and attempted striking.
- 8c. The official shall complete an Official's Report form, which shall be lodged at the centre where the misconduct occurred.
- 8d. Contact will be made with the captain of the team from which the offending player came. Statements may be provided by each team captain, officials and any other witnesses to the incident.
- 8e. The incident will be reviewed by centre management and suspension details be communicated to the offending team captain in writing
- 8f. Appeal may be made, in writing, to centre management
- 8g. Appeal decisions are final

9.1 ILLEGAL PLAYERS

The penalty for playing illegal players is automatic forfeiture of the match or matches in which the offence occurred.

9.2 A player knowingly playing under an assumed name or a coach playing under an assumed name may be reported for misconduct to the venue management.

10.1 GRADING

Grading and re-grading of teams will be the sole responsibility of the Centre Management.

A full list of FIVB rules can be found [here](#).

For more information, please view the Loftus Recreation Centre Sports Information and Rules of Participation, available on our website at www.loftusrecreationcentre.com.au, or contact the Sports Manager on 92276526, or at loftussports@belgravialeisure.com.au