

# **HCG Sports Meet: KREEDA 2024**

## **Volleyball**

### **Playing Rules**

**The games will be played with the NIVIA Spikester Balls.**

#### **General:**

- The team shall consist of 10 players, names of whom shall be given in advance to the referee.
- The game will be played as 5 players a side.
- Tournament will be played on league-cum-knockout basis, three winning sets will decide the winner in all matches.
- Referee's decision will be final.
- The team that wins the pre-game coin toss gets the opportunity to serve the ball first. The aim of the server is to hit the ball over the net from behind the baseline over to the opposition's team half to start a rally.
- Teams are allowed a maximum of three consecutive touches after which they have to send the ball into the opposition's half. The player that receives the serve, attempts to control the ball and loop it in the direction of one of their team-mates. This is known as the 'pass' or the 'bump set' which is executed with the forearms.
- The player that gets the second touch is usually the 'setter', who loops the ball up as close to the edge of the net as possible setting up a smash, known as a 'spike' in volleyball.
- The opposition team attempts to block the ball by often positioning their tallest and most athletic players close to the net and the rally continues until one of the teams commits a fault or if the ball hits the ground.

#### **Scoring system**

- Matches will be played as best-of-five-set contests. The first four sets are played till one team scores 25 points and if the teams are tied at two sets each after four, the fifth set is played to 15 points.
- Each rally is played for a point and the team that wins the rally and scores a point gets to serve for the next point.
- If the game is tied at 24-24, or 14-14 in the fifth set, the set continues till one team builds a two-point lead over the other.

#### **Rules For Playing The Game**

- Each team has six starters and six alternates. Players may be substituted at any moment, however, they may only be switched for the player who replaced them if they later return.
- Before the ball must be returned, each team may hit the ball a maximum of three times. The defending team has a total of three attempts to block or return the ball by hitting it again.
- Up to 25 points can be scored in a game, and a win must be two clear points.
- The following will be considered violations:
- When serving the ball, cross the baseline.
- The ball tries to cross the net but is stopped by it (If the ball hits the net and still goes over the net then this is perfectly legal).
- The ball cannot be carried, palmed, or run with by any player.
- Any portion of a player's body that touches the net is forbidden. This is acceptable if they are claimed to have been hit by the net rather than the opposite.
- The ball is unable to pass through the net.
- Players are unable to hit the ball by reaching beyond the net.

### **Rules Violations**

- A violation awards the opposition one point. Here are some basic rules of volleyball to avoid breaking.
- Stepping on or over the service line as you make contact with the server during serving.
- Failure to successfully serve the ball over the net.
- Unauthorised ball contact (lifting, carrying, throwing, etc.).
- Any part of the body touching the net while the ball is in play. With one exception, no foul will be signalled if the ball is rammed into the net with enough force to make the net make contact with an opponent player. The ball will then stay in play.
- If both of the following occurs while stopping a ball coming from the other team's court while reaching above the net:
  - 3 contacts have not been used by your opponent.
  - To play the ball, they have a player nearby.
- If the ball hasn't yet broken the vertical plane of the net when being attacked by the opponent's court, contacting it while reaching above the net is illegal.
- Using any part of your body to cross the centre line of the court. With one exception, whether it is a hand or a foot, it must cross completely for it to be considered a violation.
- Serving in the wrong order.
- When a back row player blocks (deflects) a ball coming from their opponent, the back row player must be close to the net and have a portion of his or her body above the top of the net at the time of contact (an illegal block).
- When a back-row player attacks a ball in the front zone (the area inside the 10-foot line), the ball must be completely above the net at the time of contact (an illegal attack).

- Before the ball must be returned, each team is given three opportunities to hit the ball. A player is not permitted to strike the ball twice straight. The ball is considered to be in play once it touches the boundary line. When the ball returns to their side of the court, the defensive team might jump and attempt to block it. A point is given if a block attempt is made and the ball rebounds into the opponent's half. A point is given to the opposing side if the ball bounces after the block.
- Every game is 25 points, and the winning team needs to be two points ahead. If the score is 24-24, the game continues until one team has a two-point lead.

***NOTE: The games will be played in accordance with constitution & bye laws of the Volleyball Federation of India***