

1. See General Regulations Governing Sporting Competitions.
2. Volleyball is conducted under the rules of the Volleyball Victoria Inc. unless otherwise stated.

The teams' structure for Volleyball involves 6A, 6B, 5A and 5B sides. The rules to be set down for APS Primary competition will cover the full scope of all skill levels, although occasionally specific rules will be made for teams with a greater/lesser skill level.

A. EQUIPMENT:

1. **It is recommended that, where possible, the 'Mikasa Mini/Spikezone Volleyballs (Size SKV5)', are the preferred ball to be used during APS Primary Volleyball competition.**
2. Full sized Volleyball court where possible (or Badminton court if a Volleyball court is unavailable).
3. Net and posts (The net height will be set at **200cm** for all teams)

Player Numbers:

It is assumed that the Sports Coordinators will confer on the number of players each week. A base number of 6 to 9 players per full-sized Volleyball court will be appropriate. Schools are encouraged to use fewer players on-court to provide opportunities for greater active involvement. Should a school need to use a badminton sized court, 4 to 6 players would be allowed. The team may have up to 4 players as reserves and these players will be rotated on and off the court from the sideline as regularly as possible. Player positions to be encouraged (6 players) include 3 x front row and 3 x back row players (full-sized court).

Rotation: *Players rotate clock-wise to **each position** after*

- a. *They win the serve back from the opposition and*
- b. *3 successive, successful serves by a single player.*

Player Uniforms:

The players will be required to wear the uniform that is used for Physical education classes at each particular school. It should be assumed that the majority of venues will require non-marking sole shoes. It is not vital that each school's uniform be distinct from each other, however it is important that the schools maintain the same uniform for all members of the volleyball teams.

B. BASIC RULES:

1. The ball is served from **any point behind the baseline**. The server must be standing outside the baseline when serving. The ball should be served in a 'handball' type movement, with the ball sitting in the palm of the non-preferred hand. The player then strikes the ball underhand, aiming to land the ball inside the boundaries of the opposition court. **If the ball touches the net at all during the flight of the serve, the serve is deemed to be in play and play continues.** Players who wish to serve with an 'overhead' style may do so. Players in any games will be permitted to move closer to the net at the referee's discretion to serve if they feel they won't get the serve over the net. Players in these situations must inform the umpire **prior to the serve taking place and must use an underarm serve** (players using an overarm serve must serve from behind the baseline). **Serves may not be returned using a spike.**
2. **Points can be won on any service. Whichever side wins the rally is awarded one point (1) and takes the next serve.**

CATCHES: Teams are permitted to have up to 3 catches before sending the ball over the net.

As skill levels increase, 'A' level teams are encouraged to aim for a maximum of 1 catch each time the ball is on their side of the court. 'B' level teams are encouraged to aim for a maximum of 2 catches. **Coaches will need to assess the skill levels of their teams and negotiate the number of catches which may be required.**

If the ball is caught, it must be thrown into the air with the player performing a 'dig', or 'set'. **A player may not spike a ball that they have caught and thrown up - a player may only 'spike' a ball which has been 'set' to them 'on the full'.** Players are allowed to move after the ball has been thrown in the air; this is of particular importance if the player throws inaccurately into the air prior to making their selected shot.

A player may not throw the ball to another player. If the ball is caught by a player and it already has been caught once (6A), or is dropped, the opposition wins the point / serve.

Players do not have to catch the ball at all if they so choose. It is hoped that by the end of the season each team will be trying to reduce the amount of catches as their skill level improves.

A time limit of 3 seconds will be enforced for all catches. If the player holds the ball for longer than 3 seconds, the point/serve will be deemed to have been lost.

3. During a rally, **no part of a player's body may come into contact with the net.** The result of this will be loss of serve/point. Players are also not permitted to move under the net during the course of the game/rally. Players are allowed to step on, but not over the mid-court line.

4. A player who has legally caught the ball (inside or outside the court) **may not move at all** and must throw the ball up before making their next shot (from where they made their catch). **A player can be moving so as to get into position to spike a ball that has been set and is in flight.**
5. **Players must make clean hits when striking the ball.** Open handed digs will be seen as a 'carry' and the point/serve will be lost. Similarly, a set that remains in the fingers too long (and hence appears as a throw into the air) will also be seen as a carry.
6. Teams should be encouraged to use the '**Dig, Set, Spike**' approach to their rallies.
7. A ball which hits any part of the roof hall be declared 'out' and the point awarded to the opposition.
8. **Each game is played to 25 points, with the winning team ahead by at least 2 points.** At the completion of each game, teams will walk **around the** uprights and start a new game on the opposite side of the court. Players should not walk under the net when changing sides after each set. For the final game, if time limitations prevent a team from scoring 25 points, the leading team who has won at least 13 points shall be deemed the winner of that game. If neither team has scored 13 points, that game shall be called a 'draw'. A short break should be allowed between games for a drink or rest.

The final result is by number of games won (not total points).
9. Umpires will be required to keep an accurate record of the game score. Volleyball scoresheets are provided with this document.
10. **Mercy Rule/Termination Score:** The Mercy rule will be invoked when a team is **15 points** ahead. When one team leads by **15 points** the following strategies will apply: Rotate key players
If the score difference exceeds **20 points**, the game is terminated and teams are mixed up to provide a more even competition for the duration of the match. The Home team must provide bibs for this situation.

A GUIDE TO APS VOLLEYBALL VENUES FOR COACHES & PLAYERS

| | |
|----------------------------|---|
| Brighton Grammar | 5 Badminton courts - Indoor |
| Caulfield - Malvern campus | 3 Badminton courts - Indoor 1 Volleyball court - Outdoor 2 Badminton courts - Outdoor |
| GGG - Toorak | 2 Badminton courts - Indoor |
| MGS - Grimwade | 3 Volleyball courts - Indoor |
| St. Kevin's | 4 Badminton courts - Indoor |
| Scotch College | 3 Badminton court - Indoor 2 Volleyball courts - Outdoor |
| Wesley - St. Kilda Road | 3 Volleyball courts - Indoor |
| Wesley - Glen Waverley | 4 Badminton courts - Indoor |
| XC - Burke Hall | 4 Badminton courts - Indoor |
| XC - Kostka Hall | 4 Badminton courts - Indoor |

APS PRIMARY VOLLEYBALL SCORE SHEET

Match: _____ VS _____

Team A _____ Team B _____

| Game 1 | Game 2 | Game 3 | Game 4 | Game 5 | Game 1 | Game 2 | Game 3 | Game 4 | Game 5 |
|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 |
| 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 |
| 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 |
| 9 | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 9 |
| 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |
| 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 |
| 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 |
| 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 |
| 14 | 14 | 14 | 14 | 14 | 14 | 14 | 14 | 14 | 14 |
| 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 |
| 16 | 16 | 16 | 16 | 16 | 16 | 16 | 16 | 16 | 16 |
| 17 | 17 | 17 | 17 | 17 | 17 | 17 | 17 | 17 | 17 |
| 18 | 18 | 18 | 18 | 18 | 18 | 18 | 18 | 18 | 18 |
| 19 | 19 | 19 | 19 | 19 | 19 | 19 | 19 | 19 | 19 |
| 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 |
| 21 | 21 | 21 | 21 | 21 | 21 | 21 | 21 | 21 | 21 |
| 22 | 22 | 22 | 22 | 22 | 22 | 22 | 22 | 22 | 22 |
| 23 | 23 | 23 | 23 | 23 | 23 | 23 | 23 | 23 | 23 |
| 24 | 24 | 24 | 24 | 24 | 24 | 24 | 24 | 24 | 24 |
| 25 | 25 | 25 | 25 | 25 | 25 | 25 | 25 | 25 | 25 |

Each game is played up to 25, with the winning team ahead by at least 2 points.

| | School: | School: |
|-------------------------|---------|---------|
| Game 1 | | |
| Game 2 | | |
| Game 3 | | |
| Game 4 | | |
| Game 5 | | |
| Total Games Won: | | |