1. See General Regulations Governing Sporting Competitions.
2. Volleyball is conducted under the rules of the Volleyball Victoria Inc. **(including sanctions)** unless otherwise stated. Umpires will be provided by the APS Sport Office for the Firsts competition.
   Note: The captains of all teams should be given a copy of these regulations.
3. **Umpires:** Two independent umpires will be provided for Firsts matches - a central umpire and a net umpire, paid $55 each per game. The net umpire will control substitutions and the order of rotations. If possible, umpires be provided for all Open and Year 10 games. **At Firsts level** Schools will supply **a minimum of three officials (2 linesmen and 1 scorer)** for the game proceeding or following on an equitable basis for each season according to a roster as determined by APS Sport and supplied with the fixture.
4. First teams should wear small numbers (less than 10cm) on the front of their shirts.
5. The net height for Open age shall be 2:43m, for 10/9 years it shall be 2:24m, and for 8/7 boys it shall be 2:15m. **All venues used for Boys Volleyball must have adequate padding on poles.**
6. Time allocation: Game 1 8.50 - 10.30am (10 minute warm-up
   Game 2 10.40 - 12.20pm prior to commencement time)
   * **Matches** will consist of the best of five advantage sets;
   * Sets will be rally point matches played to 25 and the fifth set to 15.
     Note: Coaches should ensure that play continues for 80 minutes, irrespective of the score. Sets played after the match is decided are dead sets.
7. **Balls:** Only FIVB approved Mikasa brand balls may be used for APS First level games. All schools at the lower levels (7-12) use the official Mikasa MVA 300 or 200 ball for games.
8. **Substitution:** The 12 sub rules will apply for all matches.
9. **Rotation card will be used at First Matches.**
10. **The ladder positions will be decided by the following :**
    a. Match points (2 points for a win, 0 points for a loss), if equal, then:
    b. Sets For divided by Sets Against, if equal, then:
    c. Points For divided by Points Against, if equal then
    d. Should any two or more teams have played each other, the team winning that contest shall take precedence otherwise the teams will be declared equal.
11. **Match Play**
    The following rules are summarised to develop a consistency of umpiring:
    a. Teams (other than Firsts) should ensure that match play continues for the best of 5 sets or at least 80 minutes inclusive of a 10 minute warm up, whichever comes first.
    b. The server may serve from any point behind the base line. When serving, the ball must be released clear of the hand before being struck. A serve which touches the net during service and continues over the net is classified as in and play continues. Where insufficient room is available for serving the referee should permit a small step into court. Serves must not be blocked. For Yr 7 & 8, the first serve maybe taken up to two metres inside the court. (This will need to be marked for consistency). If successful, they will return to the regulation position for the next serve.
    c. Each team is permitted three hits to return the ball. Any block is not counted as a hit, and a blocking player may have the next hit himself.
    d. A grounded ball is "in" when some part of the ball is in contact with the line. If a ball touches any wall, light or the roof, it is "out". When the ball passes over the net it must pass within the width of the court or else be declared "out".
    e. Back row players must not block or spike from in front of the "attack line" (three metre line).
    f. "Carried" balls and "double hits" require some discretion by the referee. The ball should be hit cleanly and not held. The lower the grade being played the more lenient the calls should be. Open handed "scoops" should be penalised at every grade. The referee needs to be mindful of not allowing a poorly skilled team an advantage by not penalising these faults, and not allowing the game to degenerate. Double hits in a single action when a player is attempting to dig a serve or spike are not penalised.
    g. Two time-outs per team per set are permitted; although no time outs are permitted in the last five minutes (see 6).
    h. The ball should be returned under the net to the serving team.
    i. Players should be encouraged to give honest line calls or indicate if they have touched the net or the ball as it travels out. As with all APS sports, a competitive but sportsman-like approach should be maintained. Only the captain is permitted to ask the referee to clarify his decision. At the end of the match each captain should lead his team forward to shake hands.
    j. Each School enter one A and one B team and as many C teams as they wish.
    k. **Development Squad:** Competition for a Development Squad (reserve First team players) in Term 4 will be played in line with the Firsts competition.
12. **Semi Finals & Grand Final: Semi Finals will be conducted following the conclusion of the regular season.**
    a. Allocation of Premiership Points: Win: 2 points; Loss: 0 point
    b. Should any two or more teams be equal on points please refer to General Regulation 19 for determination of ladder position.
    c. The format will be 1v4 and 2v3 with the winner of each match progressing to the Grand Final.
13. **APS Merit Team Selection:**
    An APS Volleyball Merit team will be selected annually. The Volleyball Team of 10 players (including one (1) Libero) and will receive an APS Badge and certificate each

Selectors: 2027: SKC, SC, WC 2028: XC, CY, Caul 2029: HY, MGS, SKC