

NORTHAMPTONSHIRE SCHOOL GAMES RULES 2019 / 2020

YEAR 9/10 GIRLS: Volleyball – Competition rules and guidelines

Competition Qualification

School Games County Finals: **Winter – February 2020**

Competition Format & Representation

3v3

Performance Competition – Sports and events that are defined as Performance Competition will be competitive. The competitions aimed at children and young people in school who will most likely already play the sport in which they are to compete – or are sporty children who take part in a number of different sports. Participants are permitted to be members of a community sports club and/or receive coaching outside of school in this sport. The winner of the district competitions will then compete at County Finals. A school may enter any number of Performance Competitions.

Squad Information

Minimum Squad Size: **4**

Maximum Squad Size: **5**

Year Groups

Year 9 / Year 10

Gender

Girls

Equipment (Schools need to provide/take to competition)

2-3 Volleyballs for warm up

Competition Rules

Match ball: Match ball size/weight to be agreed by competing teams prior to competition

Court: 12m x 6.1m (Double badminton tramlines used)

Net Height: 2.15m

Format:

- 1) 3 v 3 Competition

Contacting the Ball:

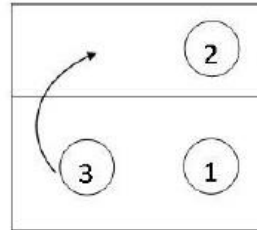
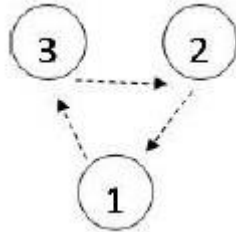
- 1) Double contact not permitted; a double contact is when the play is played in two different motions and/or the ball's direction is changed by doing this.
- 2) Catch not permitted; a catch is classified as any ball that is caught and thrown, as opposed to a clean 'hit' off the body contact point.
- 3) Contact with the ball is allowed with any part of the body, however kicking is forbidden; if the ball strikes the foot when planted on the floor play will continue – a kick will result in the loss of the point.
- 4) If the ball hits the block, the same team still has 3 touches to get the ball back over the net.

Interruptions/delays/intervals:

- 1) Timeouts per set – two 30 second timeouts per team
- 2) Compulsory Rolling substitutions – when a team wins back the right to serve
- 3) Serving Team – rotates after 3 consecutive points but continues serving.

Positions on Court:

- 1) At the start of each rally, before the serve, players on both teams (other than the server) are required to maintain specific rotational positions in relation to team mates.
- 2) Players designated as back court players cannot attack the ball above the height of the net from in front of the attack line.



Service Reception

Net & Court Contact:

- 1) No player is allowed to make cross over the centre line of the court.
- 2) Ball 'in' – contacts the floor in the court area including the lines.
- 3) Ball 'out' – contacts an object/floor outside the court markings, hits the post or antennae.
- 4) The ball hitting the net during a serve or rally is allowed.
- 5) Net touch; contact with the net by a player between the antennae, during the action of playing the ball, is a fault.
- 6) Serving – ball hits the net and goes over, the serve is legal.
Serving – ball hits the net and does not cross the line, illegal serve.

Scoring

Game: 1 set to 15(2 points clear) **Or** 6-8 minute games (max) – dependant on no. of entries into competition

League/Tournament Competition: Win = 5 points

Draw = 3 points

Loss = 1 point

Loss but score 50% of total score = 1 'Bonus Point'

First Aid & Emergency Procedures

Schools are responsible for the provision and administration of their own First Aid.

The Competition Organiser will brief all School Staff prior to the start of the competition, and will provide information about emergency procedures.

Withdrawing from a Competition

In the event your school has to withdraw from the Competition, you need to inform your School Sport Manager at your earliest convenience, ideally with a minimum of 48 hours' notice.

Head Teachers will be notified of schools withdrawing from the competition.

Cancellation of a Competition

In the unlikely event the competition has to be cancelled the Competition Organiser will contact schools at the earliest opportunity. If you are not contacted assume the competition is taking place.