



Volleyball General Rules

Prior to the game

- ✓ Teams have ten minutes between the end of the preceding game and the start of their game to get ready and warm up.
- ✓ Teams that fail to arrive by the scheduled start time of their game will lose by default.
- ✓ If the preceding game runs late, teams have a minimum of five minutes (straight-time) to warm up.

Team composition

- ✓ The number of players allowed on the court is six.
- ✓ A minimum of five players is permitted to begin or continue a game.
- ✓ It is strongly recommended that each team have a minimum of two substitutes if a player becomes injured during the game.
- ✓ Boys are not permitted to play on a girls' team; however, girls may play on a boys' team.

Game play

- ✓ Preliminary round games
 - Games have two sets of twenty-five points each, and a third set of fifteen points.
 - All three sets must be played in the preliminary round.
- ✓ Playoff games
 - The playoff round is a best of three, which means that the first team to win two sets is the winner of the game.
 - If there is a tie (a game won by each team after two sets), a third set will be played to determine the winner.
- ✓ Each team can take one thirty-second time-out period per set.
- ✓ The score is tallied using the rally point system; in other words, a point is scored after every rally.



Height of the net

At the start of the tournament, the referee determines the height of the net which will remain the same for the duration of the FNEC Inter-school Games.

- ✓ Girls' teams:
 - **10–12-year-olds**: 2 m
 - **13–15-year-olds**: 2.10 m
 - **16–18-year-olds**: 2.24 m
- ✓ Boys' teams:
 - **10–12-year-olds**: 2.10 m
 - **13–15-year-olds**: 2.24 m
 - **16–18-year-olds**: 2.35 m

Contact with the ball

- ✓ The ball may come into contact with any part of the body.
- ✓ Double hitting is prohibited at all times.

Service

- ✓ The server can serve from any position behind the back line.
- ✓ Even if the ball touches the net but crosses into the opponent's court, the service is allowed and the rally continues.

Mixed teams

- ✓ The age group and height of the net for mixed teams are determined according to the age of the oldest boy on the team.
- ✓ Boys are not allowed to block a girl attacking at the net: however, the same restriction does not apply to girls. To make the game more challenging, boys should be placed across the net from each other.
- ✓ No more than two boys can be on the court at one time.



- ✓ Teams that want to have three or more boys on the court at one time must register in the boys' category.
- ✓ A team with fewer boys than the opposing team must agree to play despite the possible disadvantage.
- * The rules for mixed teams may change based on the reality of the teams registered in the competition.
- * Considering that the objective is to have as many participants as possible, the sports consultant will ask teams to agree on certain rules based on how many teams are registered and their reality.

Team standings

- ✓ Teams are ranked according to the number of wins and losses they accumulate during the preliminary round.
- ✓ **To break a tie in the standings when NOT ALL teams play against each other in the preliminary round:**
 - A point difference is calculated by taking the number of points scored by a team (points for) and subtracting the number of points allowed by a team (points against).
 - The team with the best point difference will be awarded the higher place in the standings.
 - If two teams have the same point difference, the winner of the game played between the two teams will be awarded the higher place in the standings.
 - If needed, the ranking of the tied teams will be determined by a coin toss.
- ✓ **To break a tie in the standings when ALL teams play against each other in the preliminary round:**
 - The winner of the game played against the tied teams will be awarded the higher place in the standings.
 - If more than two teams are tied, the point difference will be calculated.
 - If needed, the ranking of the tied teams will be determined by a coin toss.

NB: The FNEC Inter-school Games sports consultant reserves the right to make a final decision regarding these rules.