



FIRST NATIONS EDUCATION COUNCIL INTER-SCHOOL GAMES



VOLLEYBALL REGULATIONS

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➤ **Start of the game**

- Teams have up to ten minutes between the end of the preceding game and the start of their game to get ready and warm up.
- Before the start of the game, both teams will be asked to go to the centre of the playing surface for the official handshake. This gesture will no longer be made at the end of the game.

➤ **Team disqualification**

- A team disqualification will result in an official score of 25 to 0 being awarded to the winning team.

Reasons for disqualification

- ✗ Forgetting to appear on the court or arriving after the timeframe permitted.
- ✗ Committing an act of cheating or using dishonest means to win a game.
- ✗ Putting an ineligible player in the game without the sports consultant's approval.

➤ **Team composition**

- The number of players allowed on the court is six. In case of injuries, a minimum of five players must be on the court to start the game.
- In order to start the game, seven players must be present in the gym, unless injured players are being cared for.
- Boys are not permitted to play on a girls' team; however, girls may play on a boys' team.
- No participant can be on more than one team during the event.



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➤ Game play

Preliminary round

- Preliminary round games have two sets of twenty-five points each.
- A third set may be played under two conditions. Both teams must consent and the start of the third set must be at least fifteen minutes before the next scheduled game.
- If the first two sets were split between each team, the third set will be official and count as a tie-break.
- If the first two sets were won by the same team, the third set will not count in the standings.
- To ensure that no delays occur and that teams have a proper warm-up, all matches must cease five minutes before the next scheduled game on the condition that the winner has a two point lead or more.

Playoff round

- To be eligible to play in the playoff round, a player must have played at least one game in the preliminary round.
- 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 to 15 points 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

- The nets will be at a height of 2.24 m for the 13-15 and 16-18 age groups.



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➤ **Ball contact**

- The ball may be played with any part of the body.
- Double hitting is always prohibited. However, referees will tolerate a level of contact quality equal to both teams. This is done to allow longer rallies.

➤ **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 for mixed teams is 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.
- Mixed regulation teams must have a minimum of two girls on the court at all times.

➤ **Team standings**

- Teams are ranked according to the number of wins and losses they accumulate during the preliminary round.

Tie breakers:

- ✓ When there is a tie between two teams, the winner of the game between said teams will have the higher ranking.
- ✓ When there is a tie between three teams or more, we will count the number of sets won and lost in games between the tied teams. The team with the best sets won/sets lost ratio will have the higher ranking.
- ✓ If there is a tie in the ratio of sets won and lost, 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). We will only count the points in games between the teams that are tied. The team with the best point difference will be awarded the higher place in the standings.



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MINI-VOLLEYBALL REGULATIONS

➤ Game play

Preliminary round

- Preliminary round games have two sets. A set is over when a team has a higher score than the other after thirteen minutes of play or when a team has 25 points. A two-point difference IS NOT REQUIRED. This means that after thirteen minutes of play, a score of 19-18, for example, is a final score.
- To ensure that no delays occur, all matches must cease four minutes before the next scheduled game on the condition that the winner has a two-point lead or more. A member of the staff will signal the end of every set.

Playoff round

- To be eligible to play in the playoff round, a player must have played at least one game in the preliminary round.
- The playoff round is a best of three, which means that the first team to win two sets with a two-point differential is the winner of the game.
- If there is a tie (a game won by each team after two sets), a third set to fifteen points 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.

➤ Team disqualification

- A team disqualification will result in an official score of 25 to 0 being awarded to the winning team.

Reasons for disqualification

- × Forgetting to appear on the court or arriving after the timeframe permitted.
- × Committing an act of cheating or using dishonest means to win a game.
- × Putting an ineligible player in the game without the sports consultant's approval.



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➤ Team composition

- The number of players allowed on the court is four. TEAMS OF 5 OR 6 ARE RECCOMENDED.
- Mini-Volleyball shall be MIXED. The gender of players does not matter.
- Player rotation is clockwise and happens once a receiving team scores a point.
- When a rotation is done, it is the player that goes from front row to back row who spends a turn on the bench. The player that comes off the bench to take his place goes straight to serve.
- The coach is responsible for insuring a fair and regular rotation between players.

➤ Court size

- The court dimensions will be those of a doubles badminton court.

➤ Height of the net

- The nets will be at a height of 2.00 m.

➤ Ball contact

- A team can only send the ball over to the opponents' side on THIRD CONTACT.
- The SECOND CONTACT may be a "CATCH AND TOSS", or a normal volley-ball contact.
 - The "catch and toss" must be done with 2 hands from start to finish.
 - The ball must be caught and tossed in one continuous motion at waist-height. If a player "juggles" the ball before securing and tossing it, it is not considered a continuous motion.
 - When a player releases the ball, they must keep it within the shoulder axis (forward or backward).
 - A player cannot move, pivot or change his footing when he possesses the ball.



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➤ Service

- The serve must be executed from behind the line without touching it.
- The serve must be done with one hand.
- Even if the ball touches the net but crosses into the opponent's court, the service is allowed, and the rally continues.
- The server may retry his toss (not his serve) if it isn't to his liking, as long as the serve is made within 8 seconds.
- AFTER 5 CONSECUTIVE SERVES from the same player, the serving team ROTATES and the next server takes his place.

➤ Team standings

- Teams are ranked according to the number of wins and losses they accumulate during the preliminary round.

Tie breakers:

- ✓ When there is a tie between two teams, the winner of the game between said teams will have the higher ranking.
- ✓ When there is a tie between three teams or more, we will count the number of sets won and lost in games between the tied teams. The team with the best sets won/sets lost ratio will have the higher ranking.
- ✓ If there is a tie in the ratio of sets won and lost, 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). We will only count the points in games between the teams that are tied. The team with the best point difference will be awarded the higher place in the standings.

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