

# MIXED VOLLEYBALL – COMPETITION RULES AND INFORMATION

*In this competition, the emphasis is on enjoyment, social atmosphere and skill development/maintenance. All games shall be played as per the [Official Volleyball Rules of FIVB](#), except to the extent that they are negated or modified by these rules. All rules are open to the interpretation of the referee/supervisor and their decision is final.*

## 1. LOCATION

All games will be played on the East and West stadiums, upstairs in the Nona Lee Sports building.

## 2. TEAM REGISTRATION

Teams must be registered by the captain or primary contact through the registration links available on the Campus Sport website.

**Full payment of the registration fee must be paid upon completion of this form for a team** to be guaranteed entry into the competition.

## 3. PLAYER REGISTRATION

All participants **must complete an online registration form before taking the field**; they will then be named on the weekly score sheet.

All players must play a minimum of 1 game to participate in finals. If a player has not registered online, they must still write their name on the scoresheet. While this will not count towards their finals eligibility, they will be covered for insurance purposes.

## 4. THE PLAYERS

Each team will be made up of a **maximum of 6 players** on the court with a **minimum of 2 females**. In an event that a team cannot field 6 players, the following combination will apply: Teams can play with:

- 4 players, with a minimum of 2 persons of each gender on court;
- 5 players, with a minimum of 2 persons of each gender on court;
- 6 players, with a minimum of 2 persons of each gender on court;

Teams can make an unlimited amount of substitutions during play.

MU Sport provides a safe and inclusive environment for all participants. Participants are free to participate in these competitions in a manner which best reflects their gender identity. The rules for this competition will be applied on the basis on gender identity. Any discrimination based on gender identity, or behaviour which could be classified as transphobic, will not be tolerated.



## 5. GAME COMMENCEMENT

Teams should arrive 10 minutes prior to the commencement of their match to allow for smooth transition of games.

Teams must be ready to start at the scheduled times. If the opposition does not show at the beginning of this period, then the clock shall commence running and they will be **penalised 1 point per minute that they are late**.

At the beginning of the game, both centre players from each team will 'rock off' for possession of to decide who will serve first.

## 6. LENGTH OF THE GAME

The game structure for the **preliminary rounds** of the competition is as follows:

- 16-minute halves
- A half time break of 2 minutes

In **finals and playoffs**, the same structure will be followed. In the event of a draw at the end of the game, extra time will be given.

## 7. EXTRA TIME

- Teams will 'rock off' to decide who will serve first.
- An extra 5 minutes is played in which the team with the highest score at the end of extra time will be declared the winner.
- In the event of a draw again at the end of extra time, no further time will be given. Instead, the game will continue until one team is at least 2 points ahead. This team will then be declared the winner.

## 8. FORFEITS

In the event of a forfeit, the winning team will be awarded **a score of 25-0 and 4 competition points**. There is no monetary penalty for a forfeit, but teams must let the competition coordinator know if they are unable to play any given week. A team will be ineligible for finals should they forfeit more than 2 times in a season.

## 9. UNIFORM AND JEWELLERY

Players are advised to wear suitable sports clothing and **proper sports shoes must always be worn**. Players cannot take the court in bare feet.

**No jewellery shall be worn** except for a wedding ring, a medical bracelet, or small stud earrings which must be taped to the satisfaction of the referee. All fitness trackers and watches must be removed before the game.

## 10. MISCONDUCT



All players must be respectful towards each other, as well as towards the umpires. This is a social competition, and any form of player misconduct will not be tolerated and may result in you or your team being excluded from the competition.

## **11. RULE CLARIFICATION**

If players would like clarification on a rule or a call, that player may approach both referees at any of the breaks and ask for rule clarification. Players must conduct themselves in a professional manner when doing this and put their inquiry in the form of a question.

## **12. POINTS**

4 points will be awarded for a win, 0 points for a loss and 2 points for a draw. Teams who lose by forfeit will receive 0 points and their opposition will receive 4 points. The result for a forfeit shall be recorded as 30-0.

## **13. GAME STRUCTURE**

Each game will consist of a continuous rally system, whereby no sets are played and the team that has the greatest score line at the completion of the scheduled time will be deemed the winner.

When the receiving team has gained the right to serve; its players rotate one position clockwise. The next rally then begins with a serve by the player who has just moved into the server's position.

A team may hit the ball three times to return it, but no player can hit the ball twice in a row including if it hits one part of their body and then rebounds to another part. A team scores a point if it hits the ball and it lands in the opposition's court.

Rallies can be lost by hitting the ball out of play or into the net, or if a player touches the net with any part of his or her body while playing the ball.

## **14. SERVING**

Serves can be made from anywhere behind the end line and may be struck under or overarm with any part of the hand, fist or arm.

Once the ball has been released in an upward motion, for the service, that is counted as a service attempt. The server's foot cannot touch or cross the base line.

A serve cannot touch a player from the same team and players cannot obscure the opposition's view of a serve. The server continues to serve until the serving team loses a point.

## **15. RALLYING AND BLOCKING**

Shots may be blocked before they cross the net, if the blocker does not touch the net. Only players in the front row can block a shot and a block is not counted as a hit.



Back-row players cannot spike the ball (hit it above net level) from in front of the attack line. The ball can be directed anywhere into the opponent's court.

The ball can be played off the net during a rally.

## 16. INJURY

**First aid is available at the Sport Centre reception** It is the responsibility of the team captain together with MU Sport Reception Staff to administer first aid when required, not the umpires. **All injuries must be reported to either the competition coordinator or to reception** by the injured person/s or team captain and an incident report made where necessary.

