

RULES AND REGULATIONS FOR ELEMENTARY SCHOOL VOLLEYBALL

THE TEAM

1. A team must consist of at least six players on the court. The total team shall consist of no more than 15 players. Coaches must ensure that all players participate equally throughout the tournament.

THE GAME

1. An official game will end when one team has accumulated 25 points and is ahead by two points. There will be a hard cap at 30 points.
2. A team is allowed one 30-second time-out per game.
3. Time-outs may be called by either team when the ball is dead. The ball shall be given to the umpire (or referee) at this time. Time-outs shall be called by the coach through the umpire. Players may not leave the court during a time-out, but may receive advice from the coach, who may not enter the court.

SUBSTITUTIONS

1. In case of injury, the next rotating player on the bench may be substituted into the injured player's position.
2. Substitution is made into one position only, as dictated by the rotation system being used by the coach. A team's rotation system shall be shared with the opposing coach and officials prior to the game.
3. Coaches shall make every effort to play all players equally in each game. When a new game begins, players shall begin the game in the position at which they completed the previous game.



INTERNATIONAL RULES OF VOLLEYBALL

Referees' Signals

Centre Line Fault	Complete crossing of the centre line or the vertical plane under the nets. Stepping into the opponent's court or contacting the ball or an opponent on the opponent's court.	Point to the centre line and at the same time indicate with the "service" signal to the opponents' side; point to the player who committed the fault.
Four Hits	The ball is contacted four times by the same team.	Raise four fingers.
Double Fault	Fault committed simultaneously by two players from opposing teams - or a replay of the service.	Raise upward the thumbs of both hands.
Point	Point	Raise index finger and arm on the side of the team which supports the point.
Service - Ball Fault	Ball contacting the net at the time of service.	Touch the net with the hand.
Net Touch	Player touching the net.	Touch the net with the hand and point to the player who committed the fault.



Ball Out	The ball is OUT outside the antellas and/or the court - outside the vertical net markers - touching the antennas	Raise the forearm in a vertical position, hands open, palms facing downward.
Over the Net	Hitting the ball over the opponent's court or an illegal block Change of service rotation or awarding of point	The referee passes the hand over the net and points to the player who committed the fault. Movement of arm in the direction of the team which will serve.
Ball In	The ball hits the court IN. A ball landing <i>on</i> or <i>touching</i> the sideline shall be IN.	Point with the hand and fingers downward.
Hold Ball	The ball was held, extended contact with ball, carried, lifted, pushed.	Lift slowly one hand with the palms facing upward.
Double Contact	Ball contacted twice in succession by the same player, double hit or roll of the ball.	Lift two fingers in vertical position.
End of Game	End of game	Cross the forearms in front of the chest.



Service - Release Fault

Ball not thrown or released from one hand at the time of contact for service.

Lift the extended arm, the palm of the hand facing upward.

Time Out

Time out for rest TIME OUT.

Place the palm of the hand horizontally over the other hand, held in vertical position; thus forming a letter "T". Follow by pointing with one hand to the team requesting the same out for rest.



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