

VOLLEYBALL

MVDHS



GENERAL RULES

1. TEAMS: maximum two teams per school - 1 girl and 1 boy.
2. Boundaries are the red lines.
3. Substitutions anytime after a point.
4. No lifting, scooping, holding, or pushing the ball during play.
5. Maximum of 3 touches per team before the ball is volleyed to the opponents.
6. One player may touch the ball twice once as long as it is not consecutively.

SERVING

1. May serve underhand or overhand. Ball must be visible to opponents before serve.
2. Ball may graze the net and drop to the other side for a point.
3. No blocking or spiking served ball (where feet leave the ground)
4. Once a player succeeds in 5 consecutive serves, rotation will occur.
5. Each player on the court must serve in consecutive order (clockwise direction).
6. At the High School it is permitted to take 1 step over the red line when serving.
7. Players can serve from any spot behind the back line on their side of the court.

NET PLAY

1. Player can touch the net but fault occurs when athlete:
 - a. touches top of net
 - b. is leaning into net while setting
 - c. there is an obvious interference to opponent
2. The ball may be played off the net as long as no more than 3 touches occur before the ball is returned to opponents.

TOURNAMENT FORMAT

1. First team to 25 points wins (no matter the length of game). If time permits (within 15 minutes) a team must win by 2 points.
2. If the game before your's goes over 15 minutes, please have your team ready to play.
3. Round Robin format: every team plays each other with 1 point for the win

WHAT TO WEAR

Appropriate gym clothing: (Change rooms will be closed)

- Hair tied back
- Running shoes
- No jeans
- No hats in the gym
- No jewelry
- No tight or short shorts
- No bare midriffs or tank top (for both guys and girls)

TIE BREAKER

1. Head to Head win
2. Points for and against (difference)

NOTES:

- Please eat in cafeteria.
- Change rooms will be locked.
- Students can only be in gym or cafeteria.
- There are not enough volleyballs for everyone, please bring your own volleyball clearly marked with your school's name.

TIME	GIRLS	BOYS
9:15	Welcome and Warm-up	
9:30 - 9:45	A vs B	C vs D
9:50 - 10:05	C vs D	E vs F
10:10 - 10:25	E vs F	A vs B
10:30 - 10:45	A vs D	B vs F
10:50 - 11:05	B vs F	C vs E
11:10 - 11:25	C vs E	A vs D
11:30 - 11:45	A vs F	D vs E
11:50 - 12:05	D vs E	B vs C
12:10 - 12:25	B vs C	A vs F
12:30 - 12:45	A vs E	F vs C
12:50 - 1:05	F vs C	D vs B
1:10 - 1:25	D vs B	A vs E
1:30 - 1:45	A vs C	E vs B
1:50 - 2:05	E vs B	F vs D
2:10 - 2:25	F vs D	A vs C

Teams	Schools
A	Sherwood
B	St John Bosco
C	Killaloe
D	St Andrew's
E	Palmer Rapids
F	George Vanier