



WOMEN'S VOLLEYBALL RULES & REGULATIONS

PLAYER RULE OF CONDUCT

- All players will abide by the official rules as listed below.
- All players will display good sportsmanship at all times.
- All players will display respect and politeness with referees and linesmen.

GENERAL

- The referee's ruling on a play is final. All players must respect the decision of the referee and linesmen. Failure to do so will result in a warning and/or penalty of the player and/or team.
- The Al-Wahda Tournament Committee Officials reserve the right to modify these rules and format at any given time.
- The Al-Wahda Tournament Committee Officials reserve the right to eject anyone, player or spectator, for inappropriate conduct.
- The Al-Wahda Festival has a zero-tolerance drug and alcohol policy for all participants and guests.
- Any questions or concerns during the tournament must be addressed to the coordinators by Team Captains only.

GAME FORMAT

- Tournament rules can be modified any time by officials due to certain circumstances.
- Each team must consist of 6 players maximum on the court at a time and 8 players maximum on a team.
- The referee's judgment is final on all calls; if there is a disputation then tournament officials will be called.
- Each team is allowed one 30 second timeout per game.
- Each team will be given a 5 minute grace period before starting. Failure to be present will be considered a forfeit which will award an automatic win to the opponent, with a score of 25-0 (for Women) or 21-0 (for Youth).
- The game may start if there is a minimum of 4 players on the court. If the remaining players who were not present at the start of the game become present after the game has begun, they must wait until completion of the rally that is in progress. The Team Captain can then use one of the allotted timeouts and the player(s) may enter the court in her/their respective rotational positions.

- During the game, all communication with the referee must be done by the Team Captain only.

FORMAT

- Each team will play each other once during the Round Robin games.
- All Youth Round Robin games will be played to 21 points or when a 15 minute time limit is reached (whichever comes first). All Women's Round Robin games will be played to 25 points or when a 15 minute time limit is reached (whichever comes first). A Round Robin game can result in a tie if time runs out.
- **Youth** - All knockout games will be played to 21 points or when a 15 minute time limit is reached (whichever comes first).
- **Women** - All knockout games will be played to 25 points or when a 15 minute time limit is reached (whichever comes first).
- A win is provided if the score is by a difference of 2 or more.
- A team will be awarded 3 points for a win, 1 for a tie, and 0 for a loss.

- **Youth** - The first place team will automatically get a bye to the semi-finals. The remaining 6 teams will play in the quarter-finals (2 vs 7, 3 vs 6, and 4 vs 5). The winner of 2 vs 7 will play the first place team in the semi-finals. The elimination rounds will be a best of 3 games - Teams must win 2 out of 3 games to win the set. If the set is tied 1-1, the third game will be played to 15 points to determine a winner.

- **Women** - The top 8 teams will move forward to the Cup Round. The remaining 4 teams will play in the Shield Round.

Cup Round

- The elimination rounds will be a best of 3 games - Teams must win 2 out of 3 games to win the set. If the set is tied 1-1, the third game will be played to 15 points to determine a winner.
- Each game will be played to 25 points or when a 15 minute time limit is reached (whichever comes first).

Shield Round

- The Shield Round will be played as knockout games - Each game will be played to 25 points with a minimum lead of 2 points, or until the 15 minute time limit is reached.
- Teams 9 through 12 will play each other in the semi-finals as follows: 9 vs 12 and 10 vs 11. The winner of 9 vs 12 will play the winner of 10 vs 11 in the finals.

STRUCTURE

- The game will begin with a coin toss by the referee; the winning team can then choose either "side" or "serve".

- The starting lineup that a team begins with must be followed through the entire set. Failure to do so will result in a loss of a point.
- The positions of the players are numbered as follows:
Front: 4 (front-left), 3 (front center), 2 (front-right)
Back: 5 (back-left), 6 (back-center), 1 (back-right)
- When the serve is gained back, the team rotates one position clockwise.
- In a set, a point is gained when the team wins a rally, regardless of whether or not the team had service or not.
- When time is up, the whistle will be blown to end the game. During Round Robins, a game can end in a tie. During the Cup Round and Shield Round, if the score is tied when time is up, the game will continue until the “win by 2” rule is implemented.
- Due to time constraints or any other extenuating circumstances, the coordinators are allowed to modify the tournament structure at any time.

SUBSTITUTIONS

- If a team chooses not to have a player substitute in, it must stay that way until the end of the game.
- Each team is entitled to unlimited substitutions per game.
- No change may be made in a player’s position in the service order, unless necessitated by injury.
- Substitutions are allowed before the start of a set or after a completed rally.
- If a serious injury occurs while the ball is in play, the referee must stop play immediately. The rally will be replayed. If the injured player cannot continue playing within one minute, the player must be replaced by a legal substitute or the team must take a legal timeout if the player is to continue playing. If the referees are informed within approximately 30 seconds that the injured player will be replaced, no timeout is charged regardless of the time required to safely remove the player from the playing area.
- A substitution request may be called with a time out to substitute a player who may need to leave the court with one that is not playing in the current game. At that time, the player will come into the current position of the player going out.

PLAYING THE BALL

A. Ball Contact

- Each team will have a maximum of three hits per rally on their side.
- A player may not consecutively hit the ball more than once and the ball may not touch their body more than once (intentionally or unintentionally).
- During a rally, contact of the ball is allowed with any part of a player’s body provided it is not a catch, throw or lift.
- A ball may be recovered after hitting the net provided the player does not cross the boundary and stays within their three hit limit.
- A team is allowed to make three hits subsequent to a block.

B. Boundaries

- If the ball lands inside or on the lines of the court, it is considered in.
- If the ball touches any walls (even slightly), it is considered out.
- If the ball touches the ceiling after the first hit, if it is on the same side as the team who hit it, they can continue to play. If it touches the ceiling on the opposing side, it is considered out.
- A player may only cross to the other side of the court if they do not interfere with the game play.
- The ball is “in” when it touches the floor of the playing court including the boundary lines.
- The ball is “out” when it touches an object outside the court, the ceiling (if it crosses the net), the wall, a person out of play, or crosses underneath the net.

C. Blocking

- Only front court players are permitted to complete a block.
- The ball may contact two players’ hands when a block is being made.
- When two opposing teams go up for a block, wherever the ball lands is where the call will be made.
- In blocking, the player may place her hands and arms beyond the net provided that this action does not interfere with the opponent’s play. It is not permitted to touch the ball beyond the net until an opponent has executed their play.
- No contact with a player or the net is allowed to happen on a block.
- Blocking an opponent’s serve is not permitted.

D. The Net

- The ball may touch the net at any point in time and a call will be made from where it lands.
- No player is allowed to make any contact with the net at any point in time. In doing so, the point will be lost and will be rewarded to the opposing team.
- A player’s hand is allowed to cross the net on a hit provided it does not interfere with the opposing team’s play.
- In the event both players on opposite teams make contact with the net, the referee will decide which player touched the net first, resulting in a fault to the team. The point will be rewarded to the team who did not commit the error first (determined by referee).

SERVING

- A player can serve overhand or underhand.
- The server must wait until the referee gives the signal to serve (i.e., by blowing the whistle). After that, they have 8 seconds to make their serve, otherwise the point will be given to the opposing team.
- Players in the front row of the serving team are permitted to put their hands up at the net, as long as they are not moving or waving their arms and/or hands.

- On the receiving team's part, if a player cannot see the server, it is their responsibility to move.
- Each server has unlimited serves until a point is given to the opposing team.
- When possession is gained back, the next server will serve.
- Due to small boundaries, there will be a one foot step in provided. Whether the step in is too big or not will be decided by the linesmen and/or referee.
- The ball shall be hit with one hand or any part of one arm after being tossed or released from the hand. A maximum of two tosses/two swings will be allowed provided no contact is made with the ball. Failure to execute the serve on the second toss/swing will result in the loss of service and the allocation of a point to the opposing team.
- Once contact is made with the server and the ball, the game has started and the serve may not be done again.
- The ball may touch the net and go over.
- After the ball has made contact with the serving player, any players from both teams are allowed to change positions on the court.
- A backcourt and frontcourt player may not switch positions because a backcourt player cannot jump over the attack line.
- On a serve, the opposing team may not hit the ball (spike), kick or use their head. Any other form is allowed.

REFEREEING

- Referees will be provided for all games.
- **Youth** - Linesmen will be provided for each game.
- **Women** - Teams are assigned as linesmen when they are not scheduled to play a game. Team Captains should be aware of when their respective teams are responsible to provide linesmen for a game. During Round Robin games as well as during the Shield Round, a minimum of two linemen is required. During the Cup Round, four linesmen are required.
- To avoid any dispute, please ensure all linesmen are fully attentive throughout the entire game. Usage of cell phones and/or chatting with others during the game is not permitted.