



N.E.C.I.S. SPORTS COUNCIL BY-LAWS.

21. GUIDELINES FOR SOCCER, VOLLEYBALL, MINI-VOLLEYBALL, BASKETBALL, MINI-BASKETBALL AND SOFTBALL.

The NECIS Sports Council recommends that the following guidelines should be implemented whenever possible. However, it is recognized that limitations with regard to time, facilities etc. will sometimes enforce a change in the recommended guidelines. They are for use in tournaments, triangular or dual meets. It is further recognized that most of the following partly constitute the International Rules for the various sports (NECIS adheres to International Rules), but it is felt that the following points should be emphasized:

B. VOLLEYBALL.

a. Height of Net:

The net height should be measured from the center of the playing court. The two ends of the net (over the sidelines) should be the same height from the playing court and not exceeding the regulation height by more than 2 cm. The following net heights should be used:

Under 14	2m 10
Under 12	2m 00

b. Length of Game:

At all age levels a match shall be decided by the best of five sets with each set being scored to 25 points using the rally-point system, except the fifth set which shall be scored to 15 points. A team must win by two clear points in each set.

Tournament Directors are empowered to employ reduced playing times at a NECIS Tournament in order to schedule the tournament appropriately. If he/she decides to use this option, he/she must inform all coaches in advance of the tournament commencing.

c. Ball:

Mikasa MVP 200 (yellow/blue/white)
Tachikara Volley-lite will be used for the Under 12 games.

d. Warm-up:

Each team should have a 5-minute warm-up at the net.

e. Time-outs should have a limit of 30 seconds.

f. Interval time of 2 minutes should be allowed between sets and 5 minutes between the 4th and 5th sets.

- g. Starting line-ups should be given to the Scorer complete with uniform numbers and starting court positions.
- h. Match Officials
The home team should provide a knowledgeable and qualified match official. If possible, a floor referee should also be available.
- i. Team captains should be appointed who are responsible for the conduct of team players. During the match, the captain may submit to the referees requests or questions or ask for an explanation of the interpretation of the rules.
- j. Game Protocol
Teams should be aware of and practice the proper game protocol. This includes the correct lining-up of the starting players before the game. Also, the proper way to change courts at the end of each set and after the eighth point of the deciding set.
- k. **The Tournament Director will disqualify a team, which does not follow the substitution and playing time guidelines. The game will then be scored at 3-0 for the 'winning' team.**
- l. Procedure to be followed at N.E.C.I.S. Volleyball Tournaments in the event of two or three teams being tied for position.

During the initial league stage 2 points shall be awarded for a win and 0 points for a loss.

In the event of a TWO-TEAM TIE at the end of the league stage, the result of the mutual game shall decide which team advances to the next stage of the competition.

In the event of a THREE-TEAM TIE at the end of the league stage, the following steps are to be followed (in order) to determine which team advances to the next stage of the competition:

- (i) Sets for **minus** sets against from mutual games.
 - (ii) Most sets for from mutual games.
 - (iii) Points for **minus** points against from mutual games.
 - (iv) Most points for from mutual games
 - (v) If teams are still tied, follow the same procedure taking into account all games.
- m. Coaches are reminded that NECIS Volleyball games are played according to the current international rules including the rally-point system and the legality of net serves. However, while the Varsity/Junior Varsity rules allow for the optional use of the 'libero' position, it is not allowed at the Under 14 and Under 12 age levels.

n. UNDER 12 MINI-VOLLEYBALL RULES.

1. Equipment: Tachikara Volley-lite ball and court; net height 2m00
2. By the end of the **third** set, every player **must** have played for one **complete set**, i.e. they must have played from the beginning to the end of a set, without being substituted. A player that is substituted must play **another complete set.**, i.e., from the beginning to the end of a set, without substitution.
3. If a school enters a team, there must always be at least five girls on the court at any point in the game.
4. In Under 12 and Under 14 Volleyball games, players must report to the Scorer's table at the beginning of every set for the purpose of recording their numbers on the Score sheet. Both coaches must report to the Scorer's table before the third set commences for the purpose of ensuring that their team has adhered to the rules governing substitutions and minimum playing time. The Scorekeeper must warn a coach who has not kept to these rules that his/her team is in danger of defaulting. A team cannot be defaulted if the coach was not warned at the commencement of the third set.

If a team or coach does not adhere to the substitution rules, they will automatically forfeit the game 0-3.

5. The server may only play 5 consecutive serves. After 5 consecutive serves the serving team must rotate and use a new server. This continues until a side-out is reached, when the serve goes to the opposition. A net serve is allowed. The service may be taken up to one meter inside the court (i.e. one step) and may be hit from the hand.”
6. It is not permitted to use the ‘libero’ position at the Under 12 level.

ALL OTHER VOLLEYBALL RULES APPLY.

o. NOTES FOR VOLLEYBALL REFEREES AT THE U12 AGE LEVEL

All International Volleyball rules apply with the following exceptions:

1. Net height:
The net height at this age level is 2m00.
2. Service:
The service may be taken up to one meter inside the court (i.e. one step) and may be hit from the hand.
3. In Under 12 and Under 14 Volleyball games, players must report to the Scorer's table at the beginning of every set for the purpose of recording their numbers on the Score sheet. Both coaches must report to the Scorer's table before the third set commences for the purpose of ensuring that their team has adhered to the rules governing substitutions and minimum playing time. The Scorekeeper must warn a coach who has not kept to these rules that his/her team is in danger of defaulting. A team cannot be defaulted if the coach was not warned at

the commencement of the third set.

If a team or coach does not adhere to the substitution rules, they will automatically forfeit the game 0-3.

4. The server may only play **5 consecutive** serves. After 5 consecutive serves, the serving team must rotate and use a new server. This continues until a side out is reached, when the serve goes to the opposition. A net serve is allowed.
5. It is not permitted to use the 'libero' position at the Under 12 level.

p. U14 VOLLEYBALL RULES

1. Equipment: Normal ball and court; net height 2m10.
2. By the end of the third set, every player must have played for one complete set, i.e. they must have played from the beginning to the end of a set, without being substituted. A player that is substituted must play another complete set i.e. from the beginning to the end of a set, without substitution.
3. In Under 12 and Under 14 Volleyball games, players must report to the Scorer's table at the beginning of every set for the purpose of recording their numbers on the Score sheet. Both coaches must report to the Scorer's table before the third set commences for the purpose of ensuring that their team has adhered to the rules governing substitutions and minimum playing time. The Scorekeeper must warn a coach who has not kept to these rules that his/her team is in danger of defaulting. A team cannot be defaulted if the coach was not warned at the commencement of the third set.

If a team or coach does not adhere to the substitution rules, they will automatically forfeit the game 0-3.

4. It is not permitted to use the 'libero' position at the Under 14 level.
5. A net serve is allowed.

ALL OTHER VOLLEYBALL RULES APPLY.