

GCIC Sports Day Volleyball

The Game:

- Team set-up on floor: men and women must be alternated at all times.
- A match shall consist of the best two-out-of-three games. If a team wins two in a row, the third game will be played for fun if both teams agree to play.
- A game is 15 points. The winner must win by two-point advantage.
- Side and service shall be decided by a toss of a coin. For the deciding game a coin will be tossed again.
- Teams will change courts after each game.

Rules:

Volleyball rules are simple and can be learned quickly by beginners. The simplified rules follow. The penalty for practically every foul is the loss of the ball for the side serving or loss of the point if the receiving side fouls.

- The ball must be served by the right back behind the rear line, right of the 10-foot mark, and may be hit in any manner with the hand.
- Only one trial serve is allowed per side, and it must land within the opponent's court. If it touches the net and continues into the opponent's court, it counts as a serve.
- It is a foul for players:
 - To touch the net
 - To reach over the net or under the net, and touch an opponent
 - To step over the center line.
- Holding or throwing the ball while it is in play is a foul. The play must be a distinct hit of the ball.
- A ball landing in a boundary line is "in".
- A point may be scored only by the side serving.
- If a ball touches a player or a player touches a ball, he is considered as having played the ball. If the ball hits a player twice or two or more blockers after being played, it is considered as having been played just once.
- The ball may be played only three times by one team in a volley, and a player may not play it twice in succession but may play it twice if it is played by a teammate in between. **Example of legal play:** Boy-Girl-Boy or Girl-Boy-Girl OR, Boy-Boy-Girl- or Girl-Girl-Boy.
- Players of the serving team must rotate clockwise when receiving the ball to serve, and the right back must serve. Women do not rotate for their first serve.