



**COMPETITION RULES  
BY-LAWS  
AND  
RELATED PROCEDURES**

# Foreword

Volleyball ACT Inc. (VACT) conducts its competitions and matches according to FIVB Rules except as detailed within this document. The VACT Competition Rules use a numbering system that corresponds directly to the Official FIVB Rules and where the rules as numbered conflict, the VACT Rule applies.

The VACT By-Laws describe the procedures and conventions used to enforce the VACT Rules, and provide direction and guidance where it is not provided by the VACT Rules. Both the VACT Rules and VACT By-Laws have been constructed based on previous rules and guidelines, as well as input from clubs and competition representatives. Should a club or team wish to apply for an exemption or change to any of the rules/sanctions listed in this booklet, and in doing so they are still acting within the spirit of that rule, a written application to the VACT Competitions Manager is required. Ultimately, the final decision to approve/deny the request shall be made by the VACT CEO. Requests of this nature should be forwarded to: [competitions@volleyballact.com.au](mailto:competitions@volleyballact.com.au)

The current FIVB Rules are available as a free download via the VACT Website or directly from the FIVB website.

# Competition Rules

## 1 Playing Area

### Notes on FIVB Rules 1 – 3

Volleyball ACT will endeavour to provide the best possible playing surface to all players, based on venue availability in the ACT. FIVB Rules 1 – 3 will be adhered to as closely as possible within physical restrictions of each venue.

### Rule 2.1.1 Height of the Net

#### VACT Rule 2.1.1

Placed vertically over the centre line there is a net whose top is set at the height of 2.43 m for men and 2.24 m for women. This height may be adjusted when agreed by both teams; in particular if two junior teams meet they can agree to play on an age appropriate height.

### Rule 3.3 Three-Ball System

#### VACT Rule 3.3

One match ball will be allocated to each match, and must be used for all points played during that match.

## 2 Participants

### Rule 4.1 Team Composition

#### VACT Rule 4.1.3

Only the players recorded on the scoresheet may enter the court and play in the match. The recorded players can be changed up to the conclusion of the first set, at which point the scorer should strike-out the names of any players not participating in the match. The coach and team captain of each team shall check and sign the player list at the conclusion of the match, should the opposition team captain or coach have concern with the opposing team list this should be raised to the 1<sup>st</sup> Official. On checking the scoresheet the Competitions Manager will cross out the name of any player who hasn't taken the court in the match. Should there be a player on the player list present who hasn't entered the court, this should be raised by the team coach or captain and noted on the scoresheet.

#### VACT Rule 4.1.3.1

Where a player who does not appear on the scoresheet has entered the court, the team will be declared in default and shall forfeit the match.

### Rule 4.3 Equipment

#### VACT Rule 4.3.1

The uniform requirements for VACT Leagues are:

- For Capital Volleyball League, the colour and the design for the jerseys must be uniform for the team (except for the Libero). Playing shorts must be the same colour and consistent in style and length.
- For Open League, the colour and design for the jerseys must be uniform for the team (except for the Libero). It is encouraged that shorts be similar in style.
- For Recreational League, the team jerseys must be uniform. Uniform consists of same colour or themed shirts e.g. all wearing black t-shirts, Hawaiian shirts, etc.
- Undergarments may be worn (for warmth and injury prevention) in all Leagues.

### **VACT Rule 4.3.3**

Players' jerseys must be numbered from 1 to 99. Numbers must be permanent – taped or temporary numbers are unacceptable.

Emergency situations e.g. changes due to blood on shirt, changes of numbers and or blank uniform can be accepted by the Competition Manager or Venue Supervisor.

Numbers are optional for Recreational League teams.

### **VACT Rule 4.3.4**

It is optional for the team captain to have on his/her jersey a stripe of 8 x 2 cm underlining the number on the chest.

### **VACT Rule 4.3.5.1**

A player may not take the court out of uniform, without a written exemption from the Competition Manager or due to Rule 4.3.3.

## **Rule 4.4 Change of Equipment**

### **VACT Rule 4.4.1**

It is forbidden for players to play barefoot.

## **Rule 4.5 Forbidden Objects**

### **VACT Rule 4.5.1**

For the purposes of FIVB Rule 4.5.1, all items of jewellery are deemed to be unsafe.

## **3 Playing Format**

### **Rule 6.2 To Win A Set**

#### **VACT Rule 6.2.1**

During timed matches, a team shall be declared the winner of a completed set if it has a minimum lead of two points when the set is declared complete.

#### **VACT Rule 6.2.1.1**

A set is declared complete if one team reaches 13 points (8 points in the fifth set).

### **Rule 6.3 To Win The Match**

#### **VACT Rule 6.3.1.1**

During timed matches, the winner is the team that has won the greatest number of sets when time elapses.

#### **VACT Rule 6.3.1.1.1**

Where both teams have won the same number of sets when time elapses, the match is declared drawn.

### **Rule 6.4 Default and Incomplete Team**

FIVB Rule 6.4 does not apply, and is replaced by VACT Rules 6.4.1 – 6.4.3 below

#### **VACT Rule 6.4.1**

The first set is declared to have begun at the conclusion of the warm-up period.

#### **VACT Rule 6.4.2**

A team has five minutes from the beginning of each set to be complete and appear on court.

Failure to do so within this time limit will result in the team being declared default and the team shall forfeit the set, with the result scored 0-25.

Please refer to Rule 7.3.1 below.

### VACT Rule 6.4.3

A team that is declared INCOMPLETE for the set or for the match, loses the set or the match. The opposition team is given the points, or the points and the sets, needed to win the set or the match.

The incomplete team keeps its points and sets from any sets completed prior to becoming incomplete.

### Rule 7.1 The Toss

FIVB Rule 7.1.3 does not apply – teams will always warm-up at the net at the same time.

### Rule 7.2 Warm-Up Session

FIVB Rule 7.2 does not apply, and is replaced by VACT Rule 7.2.1 below.

#### VACT Rule 7.2.1

Teams are entitled to a warm-up period at the net before each match. The warm-up period will be directed by the referee and comprises of:

- Capital Volleyball League: Fifteen minutes total; 5 minutes court play followed by 5 minutes of spiking warm-up from position 4, 3 minutes of spiking warm-up from position 2, and 1 minute of serving warm-up (with the final minute put aside for teams to prepare to enter the court). When a 6:30pm game finishes after 7:45pm, there is a 5 minute “changeover” period between the last whistle of the 6:30pm game and the 8:00pm game’s warm up starting. In this time teams in the 8pm game may use the court to start warming up.
- Open League: Ten minutes total; 4 minutes court play followed by 3 minutes of spiking warm-up from position 4, 2 minutes of spiking warm-up from position 2, and 1 minute of serving warm-up.
- Recreational League: Ten minutes total, to be used as decided by team captains.

### Rule 7.3 Team Starting Line-Up

#### VACT Rule 7.3.1

The team must always be COMPLETE when in play. A team is declared complete when the minimum number of players able to take the court (excluding the libero) is:

- For Capital Volleyball League, six players.
- For Open League, five players.
- For Recreational League, four players.

#### VACT Rule 7.3.1.1

In Open League competitions, a complete team that has less than six players in play will rotate as usual, with players absent from a full line-up unable to execute the serve. This will be scored as a serving fault.

#### VACT Rule 7.3.1.2

In Recreational League competitions, a complete team that has less than six players in play will rotate in the usual manner, with no penalty for absent players.

## **15 Interruptions, Intervals and Delays**

### **Rule 15.4 Time-Outs and Technical Time-Outs**

#### **VACT Rule 15.4.3**

During timed matches, no time-outs may be requested or approved by the referee during the last five minutes of the match.

### **Rule 15.6 Limitation of Substitutions**

#### **VACT Rule 15.6.1**

For CVL, the 9 Substitution Rule shall be used:

- A maximum of 9 substitutions permitted per set
- A player may take the court only 3 times per set, including starting on the court.
- Once a player has started in, or is substituted into, a particular rotational position, that player may only be substituted back into that same position for the duration of the set.
- The Libero player may be changed at the beginning of each set

For Open League, the AVF 12 Substitution Rule shall be used:

- A maximum of 12 substitutions permitted per set
- A player may take the court only 3 times per set, including starting on the court.
- Once a player has started in, or is substituted into, a particular rotational position, that player may only be substituted back into that same position for the duration of the set.
- The Libero player may be changed at the beginning of each set

#### **VACT Rule 15.6.4**

Substitutions may be requested and approved by the referee during the last five minutes of a time limit match. Penalties apply for teams deliberately delaying the game.

### **Rule 15.7 Exceptional Substitution**

#### **VACT Rule 15.7.1**

The Libero may be substituted into the game for an injured/ill player without penalty, provided there are no other players that can be substituted for the injured/ill player.

### **Rule 15.11 Improper Requests**

#### **VACT Rule 15.11.5**

During timed matches, it is improper to request an interruption in the last five minutes of the match.

### **Rule 18.1 Intervals**

#### **VACT Rule 18.1.1**

The interval period between sets shall be as follows:

- For Capital Volleyball League, three minutes.
- For Open League, one minute.
- For Recreational League, one minute.

During this period of time, the change of courts and line-up registrations of the teams on the scoresheet are made.

# Competition By-Laws

## A Duty Requirements

### A.1 Duty Personnel

#### By-Law A.1.1

When a team is scheduled to perform duty for a match during a VACT Competition, that team must provide:

- For Capital Volleyball League a minimum of five duty personnel (1<sup>st</sup> Referee, 2<sup>nd</sup> Referee, Scorer, 2 x Line Judges).
- For Open League Division A, a minimum of four duty personnel (2<sup>nd</sup> Referee, Scorer, 2 x Line Judges).
- For Open League (excluding Division A), a minimum of two duty personnel (2<sup>nd</sup> Referee, Scorer)
- For Recreational League, there is no duty requirement.

**Once a 1<sup>st</sup> and 2<sup>nd</sup> Referee is nominated by the duty team, that team member must perform that duty for the duration of the entire match, unless an agreement is reached between both team captains and the 1<sup>st</sup> Referee.**

#### By-Law A.1.1.1

Where a team is requested by VACT with at least 24 hours' notice to provide a 1<sup>st</sup> Referee for a scheduled duty, that team must provide an additional duty person to perform the duties of the 1<sup>st</sup> Referee. This By-Law does not apply to CVL as duty teams must always provide a 1<sup>st</sup> Referee.

#### By-Law A.1.2

Where a team fails to provide the required number of duty personnel for a scheduled duty, that team shall be declared to have forfeited the duty.

#### By-Law A.1.3

All duty personnel shall perform their duties as per FIVB Rules (where applicable to VACT Competitions).

#### By-Law A.1.3.1

Where one of the duty personnel fails to adequately perform the requirements of their position during the duty, the team shall be declared to have forfeited the duty.

**This includes the use of mobile phones, iPods (and similar devices) and/or the consumption of alcohol by any duty personnel.**

#### By-Law A.1.4

It is a condition of play in the VACT Capital Volleyball League competition that at least one member of each participating team provide an NOAS accredited referee for all matches. Teams may request that VACT schedule a Referee Course to allow players to become qualified officials.

#### By-Law A.1.4.1

In the Capital Volleyball League, a team that is unable to provide a suitably qualified 1<sup>st</sup> Referee when requested shall be declared to have forfeited the duty.

## **B Forfeits**

### **B.1 Match Forfeits**

#### **By-Law B.1.1**

A team that is declared to have forfeited a match shall lose the match 0-3, 0-75, and will be penalised 3 competition points in Capital Volleyball League and 4 competition points in all other competitions.

#### **By-Law B.1.2**

A CVL club can only forfeit the Premier Division if they forfeit the Div. 1 also. (The priority is for a club to field a Premier team if at all possible – they cannot forfeit a Premier League match to field a Div. 1 team)

### **B.2 Duty Forfeits**

#### **By-Law B.2.1**

A team that is declared to have forfeited a duty shall be penalised 3 competition point in Capital Volleyball League and 4 competition points in all other competitions.

### **B.3 Double Forfeits**

#### **By-Law B.3.1**

Where both teams are declared to have forfeited a match, the match result shall be recorded 0-0, 0-0, and both teams will be penalised 3 competition points in Capital Volleyball League and 4 competition points in all other competitions.

## **C Participation in VACT Competitions**

### **C.1 VACT Registration**

#### **By-Law C.1.1**

A player may not participate in any VACT Competition if they are not registered with VACT. However, a player who holds a current registration with Volleyball Australia through another mechanism may be accepted to play at the discretion of the CEO.

#### **By-Law C.1.1.1**

If an unregistered player appears during a match for any team in any competition, that team shall be declared to have forfeited that match.

### **C.2 Participation in the VACT Capital Volleyball League**

#### **By-Law C.2.1**

Only VACT affiliated clubs may enter teams in the VACT Capital Volleyball League.

#### Amendment

In the Capital Volleyball League, the VA Centre of Excellence team will be granted entry into the Premier competition.

### **C.3 Movement between VACT Leagues**

#### **By-Law C.3.1**

Players may participate in the Capital Volleyball League, Open League and Recreational Leagues, with no restriction on player movement between the three leagues. VACT Competition By-Laws (11042016) Page 9 of 14.



## **C.4 Movement within VACT Leagues**

### **By-Law C.4.1**

Players may move between divisions in the VACT Open League without restriction.

### **By-Law C.4.2.1**

A Capital Volleyball League Club may have up to 3 players appear on both the Premier and Division 1 scoresheets during the same round. In extraordinary circumstances Clubs can appeal to the Competition Manager in advance for an exemption this rule, this request must be received no later than 12pm Friday before the next Sunday of competition. As a last resort only, the Competition's Venue Manager, can grant an extraordinary exemption to this rule of a 4th or 5th player only, and should consult with their opposition Captain and/or Coach before the match.

If a Club has to use these "extraordinary exemptions" more than 2 times during a CVL season they must meet with the VACT CEO and/or Competitions Manager to discuss if the team is still a viable option for the current season.

## **C.5 Movement within VACT League Divisions**

### **By-Law C.5.1**

A player may play for only one team in any division of a League.

### **By-Law C.5.1.1**

Where a player requests a transfer from one club to another during the season, and that transfer is approved, the player is declared to be a member of the team associated with the new club. Players may not transfer if they have not met their financial obligations to the club they are leaving.

### **By-Law C.5.1.2**

A player that owes a debt to a VACT affiliated club may not participate in any VACT competition until a payment arrangement has been agreed upon with that club.

### **By-Law C.5.1.3**

Where a player plays for more than one team in any division of a League (without the clearance of a transfer form), any match where the players appears in a team other than the first team they appeared in during the season is declared forfeit.

## **C.6 Membership with a VACT Affiliated Club**

### **By-Law C.6.1**

A player may be a member of only one VACT Affiliated Club. If a player wishes to transfer their membership from one club to another, they must complete a Transfer Form, and gain approval from the President or Treasurer of both clubs involved and the VACT office. Once approved, the transfer is effective immediately.

### **By-Law C.6.1.1**

Where a player appears for an affiliated club other than the club they are a member, their team forfeits the match.

## **C.7 Finals Qualification**

### **By-Law C.7.1**

To qualify to appear in a final, a player must have participated in:

- For Capital Volleyball League, at least five matches scheduled for that team during the regular season or five Capital Volleyball League matches in any division for that club that season to participate in a Premier Division final.
  - For Open League, at least five matches scheduled for that team during the regular season.
  - For Recreational League, at least five matches scheduled for that team during the regular season.
- The VACT Competitions Manager shall provide all clubs with a list of qualified players for all finals during the week before the finals are scheduled.

### **By-Law C.7.1.2**

If an unqualified player appears for a team during a match in any finals series, that team shall be declared to have forfeited for all finals in that series.

## **C.8 Gender Balance in Teams**

### **By-Law C.8.1**

Men cannot participate in Women's Competitions.

#### **By-Law C.8.1.1**

If a male player appears during a match in a Women's Competition, the team that player appears for shall be declared forfeit.

### **By-Law C.8.2**

Women cannot participate in Men's Competitions.

#### **By-Law C.8.2.1**

If a female player appears during a match in a Men's Competition, the team that player appears for shall be declared forfeit.

### **By-Law C.8.3**

In Recreational Leagues, each team must have at least one member of each gender appear at each game.

#### **By-Law C.8.3.1**

If a team does not have at least one member of each gender appear at a match, the team shall be declared forfeit.

## **D Competition Scoring**

### **D.1 Team Rankings**

#### **By-Law D.1.1**

Competition Points shall be awarded on the following basis:

Capital Volleyball League

- Win in 3 or 4 sets: 3 Points
- Win in 5 sets: 2 Points
- Loss in 5 sets: 1 Points

- Loss in 3 or 4 sets: 0 Points
- Forfeit: -3 Points

#### Open and Recreational League

- Win: 4 Points
- Loss: 0 Points
- Draw: 2 Points
- Forfeit: -4 Points

### By-Law D.1.2

The placing of teams on the competition table shall be determined on the following basis:

1. Competition Points
2. Sets Won (%)
3. Points Won (%)
4. Sets For
5. Sets Against
6. Points For
7. Points Against

### By-Law D.1.3

During a timed final, if the teams are drawn when time elapses, the winner shall be determined on the following basis:

1. Points Won
2. Competition Points
3. Matches Won (Head to head)
4. Sets Won (Head to head)
5. Points Won (Head to head)
6. Competition Sets Won (%)
7. Competition Points Won (%)

## **E Match Scheduling**

### **E.1 Rescheduled Matches**

#### By-Law E.1.1

Where a team is unable to appear at a scheduled time, they may request that the match be rescheduled. Rescheduling of matches is at the discretion of VACT and 3 business days notice must be given. If approved by VACT, that team is responsible for organising an alternative venue, qualified officials and duty personnel. All VACT Competition Rules and By-Laws will apply for the rescheduled match.

## **F General Conduct**

### **F.1 Alcohol**

#### By-Law F.1.1

VACT members may not consume alcohol in the playing area of any venue. This extends to the limits of the playing hall.

#### By-Law F.1.2

Any VACT member found to be in possession or under the influence of alcohol in the playing area may face disciplinary action under the VACT Disciplinary Procedures.

# VACT Disciplinary Procedures

## Disciplinary Sanctions

### Warning

The offender is sent correspondence indicating that any further misconduct will be dealt with by the Disciplinary Committee.

### Probation

The offender is informed that if any further incident occurs within the entered period, that an immediate suspension will apply plus any further sanctions that may result. This sanction can only be awarded by a Disciplinary Hearing.

### Suspension

The offender cannot take part in any match for the entered period (minimum one competition round). This may or may not include playing, coaching, training or officiating. This sanction can only be awarded by a Disciplinary Hearing.

### Life Suspension with opportunity for review

The offender is banned from participating in any Volleyball ACT events for life, with the possibility of a review after a determined period. This sanction can only be awarded by a Disciplinary Hearing.

### Permanent Life Suspension

The offender is banned from participating in any Volleyball ACT events for life, with no possibility of review. This sanction can only be awarded by a Disciplinary Hearing, and should only be applied in situations endangering the lives of other members.

## Automatic Sanctions

All sanctions awarded during competition shall be awarded in accordance with the FIVB Rules of the Game. The automatic sanctions that shall apply when a player is sanctioned during a match in the competition season are:

Warning - Yellow Card (2nd offence) or Penalty – Red Card (1st offence)

A warning from VACT applies.

Warning – Yellow Card (3rd offence) or Penalty – Red Card (2nd offence) or Expulsion (1st offence)

An automatic one round suspension from VACT applies.

Subsequent Red Card Penalties or Expulsion

An automatic suspension applies, with a Disciplinary Committee hearing to determine the length of the suspension and/or other penalties.

Disqualification

An automatic suspension applies, with a Disciplinary Committee hearing to determine the length of the suspension and/or other penalties.

## Protesting a Sanction

If a player elects to protest the sanction, they must do so within 36 hours of the sanction being issued. This protest must be done in writing to the VACT Competitions Manager and/or the General Manager, showing cause for the protest. An unsuccessful appeal for protest may result in an increased penalty being applied by the disciplinary committee if a hearing is necessary.

## **Disciplinary Committee Procedures**

### **Composition of the Disciplinary Committee**

The composition of the Disciplinary Committee shall be determined for each individual hearing and shall consist of:

- A representative from the VACT Board, not involved in the incident
- Two other members, appointed from the Executive Committee of VACT affiliated clubs not involved with the incident.

### **Procedure to Call Disciplinary Committee Hearing**

The Competition Venue Supervisor is responsible for notifying the Competitions Manager, within 24 hours after the incident, of any events that occur during the competition that warrant a Disciplinary Committee Hearing.

The Competitions Manager will organise a hearing, to be held at the Volleyball ACT office, within 7 days after the incident. The Competitions Manager will provide written notification to the offender and provide copies of any relevant written reports to the offender and to the members of the Disciplinary Committee.

The offender (and any supporting witnesses) should be advised to attend approximately 15 minutes after the stated meeting time.

Other witnesses, including the awarder of the sanction, should be advised to attend approximately 30 minutes after the stated meeting time.

### **Conduct of the Hearing**

The members of the Disciplinary Committee shall meet 15 minutes prior to the offender being invited to front the hearing to elect a spokesperson and to discuss any issues that require further information and/or deliberation.

The offender shall be called into the office, once the Committee members are ready, to answer any questions the Committee may have and to provide any further details that he / she believes may assist the Committee to make their judgement. The offender is entitled to have a witness or supporter at the hearing.

Witnesses of the incident, including the awarder of the sanction, shall be called into the office once the offender has finished their submission, to answer any questions the Committee may have and to provide any further details that he / she believes may assist the Committee to make their judgement.

The Committee shall make a judgement based on the information provided both prior to and at the hearing and, after referring to the VACT Competition Rules, By-Laws and Procedures, the penalty to be applied.

The spokesperson is responsible for writing up the conclusions of the hearing and notifying the Competitions Manager of any penalty applied.

The Competitions Manager shall notify the offender of the penalty to be applied, in writing, within 48 hours of the conclusion of the hearing.

The Competitions Manager shall be responsible for providing copies of the meeting minutes, any written reports and the letter advising the offender of the penalty to the members of the VACT Board.

## **Appeals Process**

The offender shall have the right of appeal, provided that the request is provided in writing to the General Manager of Volleyball ACT within 14 days of the Disciplinary Committee Hearing.

The Appeal Panel shall consist of the Volleyball ACT General Manager and at least 2 Volleyball ACT Board members who were not involved in the original Disciplinary Committee Hearing or the incident itself.

The Volleyball ACT General Manager shall be responsible for contacting any relevant parties and gathering any relevant information required to judge the appeal.

The Volleyball ACT General Manager shall be responsible for notifying, in writing, the appellant, the spokesperson and the Competitions Manager of the result of the appeal.

The General Manager shall be responsible for providing copies of the results of the appeal to all other members of the Volleyball ACT Board.

No other appeal will be considered by any representative of Volleyball ACT.

The original Disciplinary Committee Hearing penalty shall be applied until the outcome of the appeal is finalised.