

SACRAMENTO HMONG HEW YEAR

# Volleyball Rules

2011-2012



Volleyball is a sport played throughout the world by many nations. The rules herein are based on Hmong Rules developed by the players according to established guidelines. The Official Hmong Rules are intended to promote the fast pace, intense, and especially unique qualities Hmong Volleyball

**Game Characteristics:** Volleyball is a sport played by two teams on a playing court divided by a net. There are different versions available for specific circumstances in order to offer the versatility of the game to everyone. The object of the game is to send the ball over the net in order to ground it on the opponent's court, and to prevent the same effort by the opponent. The team has three hits for returning the ball (in addition to the block contact). The standard and basic concept of the game is serve, pass, set and spike. The ball is put in play with a service: hit by the server over the net to the opponent's court. The rally continues until the ball is grounded on the playing court, goes "out" or a team fails to return it properly. In Volleyball, the team winning a rally either gets a point or side-out. When the serving team wins the rally, it gets a point and its players do not have to rotate. When the receiving team wins a rally, it gets a side out and the right to serve, and its players rotate one position clockwise.

**Philosophy of Rules:** Hmong Volleyball is one of the most successful and popular competitive and recreational sports in the Hmong community and Hmong Festivals. It is fast, it is exciting and the action is explosive. Yet, Hmong Volleyball comprises several crucial elements whose complementary interactions render it unique among sets: Team Game, Divided Courts and Volley Passing.

- Understanding the rules allows better play – coaches can create better team structure and tactics, allowing players full reign to display their skills;
- Understanding the relationship between rules allows officials to make better decisions.

**Hmong Volleyball is a Competitive Sport:** Competition taps hidden/dormant strengths. It exhibits the best of ability, spirit, creativity and aesthetics. The rules are structured to allow all of these qualities. With a few exceptions, volleyball allows all players to operate both at the net (in attack) and in the back of the court (to defend or serve). Hmong Volleyball has retained certain distinctive and essential elements.

- service
- rotation
- attack
- Defense.

**Modifications** There are circumstances where grassroots development, sport development, safety or insurance requirements would indicate a need for a temporary rule modification (e.g., the number of substitutions might be expanded to include more participants if an injury occurs.) Acknowledging that some rules may need to be modified during a course of the tournament, the rules can only be modified by the tournament organizer or host(s) (e.g., change scoring from Point/Side Out to Rally to finish the tournament).

**1. Team Composition** A Team may consist of up to 12 players. Players are the team members on the team court. Substitutes are team members not on the court. One of the players is the team captain who shall be indicated to the referee(s). Only players recorded on the team roster may enter the court and play in the match. Once the team captain has signed the roster, the recorded roster cannot be changed.

**1.2. Uniforms** A player's uniform consists of a jersey, shorts, and or socks, and shoes (uniform). The color and the design for the jerseys must be uniform for the team. Player's jerseys must be numbered. Duplicate numbers are not allowed

**2. Team Leaders** The Coach, Manager, and/or Team Captain(s) is responsible for the conduct and discipline of their team members. When the ball is out of play, only the game captain is authorized to speak to the referees; to ask for an explanation on the application or interpretation of the Rules, and also to submit the requests or questions of his/her teammates. If the game captain does not agree with the explanation of the first referee, he/she may choose to protest against such decision and immediately indicates to the first referee that he/she reserves the right to protest to the second referee.

**3. TO WIN A SET/ TO WIN THE MATCH** A set is won by the team first scoring 15 points with a minimum lead of two points. In the case of a 14-14 tie, play is continued until a two-point lead is achieved (16-14; 17-15; ...). However, if the points are even at 20-20, the cap is at 21. The match is won by the team that wins two sets. The winning team ref's the next scheduled match.

**4. TEAM STARTING LINE-UP** There must always be six players per team in play (to start the tournament). **Teams are only allow to have 2 non-Asian on the court.** The team's starting line-up indicates the rotational order of the players on the court. This order must be maintained throughout the set. Teams can play with five players, only if; the sixth player is injured and there are no more available players. If a team plays with five players; the team can have three front row players and two back row players but must maintain rotationally their respective order.

**5. CHARACTERISTICS OF THE HIT** The ball may touch only the arms and hands of the body. Any other body part(s) touched by the ball will result in a fault. The ball must be hit, not caught and/or thrown. It can rebound in any direction. The ball may touch both arms and hands, provided that the contacts take place simultaneously. Exceptions: At blocking, consecutive contacts may be made by one or more blocker(s), provided that the contacts occur during one action.

**6. FAULTS IN PLAYING THE BALL** A team hits the ball four times before returning it to the opponent's court. **ASSISTED HIT:** a player takes support from a teammate or any structure/object in order to hit the ball within the playing area. **CATCH:** the ball is caught and/or thrown; it does not rebound from the hit. **DOUBLE CONTACT:** a player hits the ball twice in succession or the ball

contacts various parts of the arms/hands in succession; open hand contact, where hands are not touching. **OPEN HAND SET:** on a hard driven attack from above the net.

**7. BALL CROSSING THE NET** The ball sent to the opponent's court must go over the net within the crossing space. The crossing space is the part of the vertical plane of the net limited as follows: Only an open hand set, as an intentional attack, facing the opponent's court. While crossing the net, the ball may touch it. The exception is on a serve.

**8. REACHING BEYOND THE NET** In blocking, a blocker may touch the ball beyond the net, provided that he/she does not interfere with the opponent's play before or during the latter's attack hit. After an attack hit, a player is permitted to pass his/her hand beyond the net, provided that the contact has been made within his/her own playing space.

**9. RESTRICTIONS OF THE ATTACK HIT** A front row player may complete an attack hit at any height, provided that the contact with the ball has been made within the player's own playing space. A back row player may complete an attack hit at any height from behind the front zone: at his/her take-off, the player's foot (feet) must neither have touched nor crossed over the attack line; after his/her hit, the player may land within the front zone. A back-row player may also complete an attack hit from the front zone, if at the moment of the contact part of the ball is lower than the top of the net.

**10. BLOCKING THE SERVICE** It is not allowed to block an opponent's serve.

**11. BLOCKING FAULTS** The blocker touches the ball in the opponent's space either before or simultaneously with the opponent's attack hit. The ball is sent "out" off the block.

**12. NUMBER OF REGULAR INTERRUPTIONS** Each team is entitled to request a maximum of two timeouts and six player substitutions per set. All time-outs that are requested last for 30 seconds.

**13. INJURY** Should a serious accident occur while the ball is in play, the referee must stop the set immediately and permit medical assistance to enter the court. The rally is then replayed. If an injured player cannot be substituted, legally or exceptionally, the player is given a 3-minute recovery time, but not more than once for the same player in the match. If the player does not recover, his/her team is declared incomplete.

**14. SPORTSMANLIKE CONDUCT** Participants must know the "Official Hmong Volleyball Rules" and abide by them. Participants must accept referee's decisions with sportsmanlike conduct, without disputing them. In case of doubt, clarification may be requested only through the game captain. Participants must refrain from actions or attitudes aimed at influencing the decisions of the referees or covering up faults committed by their team.

**15. MISCONDUCT AND ITS SANCTIONS** Minor misconduct offenses are not subject to sanctions. It is the first referee's duty to prevent the teams from approaching the sanctioning level by issuing a verbal or hand signal warning to a team member or to the team through the game captain. This warning is not a sanction and has no immediate consequences. Incorrect conduct by a team member toward referees is classified in three categories according to the seriousness of the offense.

- a. Rude Conduct: action contrary to good manners or moral principles, or any action expressing contempt.
- b. Offensive Conduct: defamatory or insulting words or gestures.
- c. Aggression: physical attack or aggressive or threatening behavior.

A team member who is sanctioned by expulsion shall not play for the rest of the set.

A team member who is sanctioned by disqualification must leave the Competition Control Area for the rest of the match. Further misconduct shall lead to expulsion from the tournament grounds.