



NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS

Competitions Programme 2015-16

Status FINAL
02 March 2015
Eliminator



NFYFC Volleyball

10-16 years

RULES

Supported by Volleyball England



Competition Aim

To provide members with the opportunity to take part in a National Volleyball Competition

Learning outcomes

Volleyball requires skill, fitness, strategic thinking and the desire to play as part of a team, improving fitness and coordination

1. DATE & VENUE

1.1. After Area Eliminators, the National Final will be held at the Sports Championships on Sunday 3rd July 2016 in Staffordshire.

2. REPRESENTATION

2.1. Counties may enter one team per 600 members or part thereof in Area Eliminators.

2.2. English Areas and Wales will be represented by one team per 3,000 members or part thereof in the Competition Final.

3. ELIGIBILITY

3.1. **A squad of six (6) players, from whom four (4) players will be chosen to form a team for each game, which must include a minimum of one (1) girl. All players must be aged 16 and under on 1st September 2015 (this age range must be adhered to), and full members of a Club affiliated to NFYFC may be nominated. This means competitors must have attained their 10th birthday on the day of the competition but may be 17 on the day of the competition.**

3.2. Competitors are required *in person* to produce on the day of each round of the competition (County/Area/Regional and National) their current and signed Membership Card, with suitable photograph, or a fine of **£20** will be imposed for non-production.

4. SUBSTITUTION

4.1. If more than half of the original squad members (3 players) are unable to go forward to subsequent rounds, then the next highest placed team from the previous round will represent the Area.

4.2. **All substitutes must have been eligible to compete in the County Final.**

5. LATE WITHDRAWAL OF ENTRIES

5.1. No deposits will be required from county teams prior to the NFYFC final.

5.2. **However**, withdrawals or cancellations made in the two (2) weeks before the day of the final will result in a fine of **£25** to the county federation.

5.3. If a team withdraws within 48 hrs of the start of the competition final a **£40** fine will be issued.

6. PROCEDURE

Recommended Playing and Administration Rules as laid down by Volleyball England

- 6.1. Team: Each team has 4 players on the court at the start of a game including a minimum of one female player.
- 6.2. Duration: Each game will be 1 set to 25 (two points clear).
- 6.3. Court: An official 4v4 volleyball court is 14m x 7m, but fit your game to whatever space you have available.
- 6.4. Ball: It is recommended to use a Let's Play Volleyball (available from Volleyball England), however any volleyball with circumference 65 – 67 cm, weighing 230g or less will be suitable.
- 6.5. Net: The official net height is 2.15m.
- 6.6. Officiating: Each game will be officiated by two referees at the NFYFC National Final
- 6.7. Kit: Players should wear suitable clothing and footwear including team shirts/colours

The basic rules of volleyball:

- 6.8. The main objective of volleyball is to stop the ball hitting the ground anywhere on your side of the net with just three touches - whilst trying to make it hit the ground on your opponent's side of the court.
- 6.9. The server stands at the back of the court and can serve either over- or under-arm into the opponent's side of the court
- 6.10. The opposing team is allowed a maximum of three touches on their side of the court before they must send the ball back over the net
- 6.11. The player cannot touch the ball twice in two consecutive touches but could on the first and third contact.
- 6.12. The ball must be hit - not caught and can be played off the net during a rally
- 6.13. The team which wins the point wins the serve.
- 6.14. Every time your team wins the serve from the other team your players rotate their position on court – clockwise so that everyone gets a chance to serve
- 6.15. Teams win points by:
 - Hitting the ball to the floor of the opponent's court within the court's boundaries.
 - When the other team makes a mistake such as hitting the ball more than three times, or hitting it into the net or out of bounds
- 6.16. The first team to 25 points wins - but must be 2 points clear. If you're pushed for time the match can be time-based with the team with the most points by a certain time crowned as the winners. It is recommended no less than 15 minutes up to a maximum of 30 minutes per game.

Jargon Buster

DIG: A defensive pass usually played from close to the ground on your forearms to stop the ball hitting the ground, normally following a spike or serve from your opponents

SET: Putting the ball high in the air, usually on the second of the team's three permitted touches, to enable a team mate to spike it

SPIKE: To smash the ball 'over arm' into your opponent's court

BLOCK: Preventing an attacking ball from your opponents from coming over the net by forming a 'wall' of hands at the net

ACE: When the ball is served to the other team and none of your opponents touch it

WIPE: To knock the ball off an opposing block so it lands out of bounds

7. AWARDS

7.1. Trophy and NFYFC Prize Cards to the winning team.

7.2. NFYFC Prize Cards to teams placed 2nd, 3rd and 4th.

7.3. NFYFC Certificate of Achievement will be awarded to all members of teams in the National Final.

8. NOTES

8.1. **IMPORTANT:** Competitors are reminded to read carefully the General Rules relating to National Competitions if they are taking part in this Competition. These are available from NFYFC or you're County Office.

8.2. This competition WILL carry points towards the NFU Trophy.

8.3. It is advised to have either St John Ambulance or The British Red Cross with an ambulance in attendance at both County and Area Rounds, and use qualified referees in order to minimise any risk to members