



NANYANG TECHNOLOGICAL UNIVERSITY

SPORTS CLUB

c/o SPORTS & RECREATION CENTRE
20 NANYANG GREEN SINGAPORE 637715
TEL: 67905172 FAX: 63165315
WEBSITE: WWW.NTUSPORTSCLUB.SG

Surf N Sweat 2017

Beach Volleyball: Rules and Regulations

1. TEAM FORMATION

1.1 Number of Players

A team will consist of **five (5) players** of which **only four (4) players** will be on the field of play at any one time whilst **one (1) player** will be the reserve. A **minimum of one (1) female player** is to be on the field of play **at all times**. If minimum number of players is not met, the match will not proceed and a walkover will be ruled for the opposing team. This will be so unless both teams consent to proceed with the match.

1.2 Substitutions

Substitution is only allowed at the end of each set or when serious injury occurs. Substitution is only applicable for knockout round onwards. If injury occurs, referee must be informed and decision will be made by the referee.

1.3 Captain

The team captain's name shall be indicated on the score sheet.

2. PLAYERS' EQUIPMENT AND ATTIRE

2.1 Safety

A player shall not use equipment or wear anything sharp that is dangerous to him/her or to any other players, including any kind of jewelry, as determined by the referees. No watches are allowed. If players are found to have any of these items during game play, they will be asked to remove all dangerous objects prior to the game.

2.2 Footwear

Players shall play bare-footed. It is strictly forbidden to wear any kind of hard footwear or equipment that may cause injury to another player. Socks and/or elastic ankle guards and/or foot wraps are optional.

2.3 Uniforms

The players' uniforms consist of shorts and shirt/singlet. Use of plastic goggles for eye protection is allowed. Bare-bodied players are not allowed.



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3 REGISTRATION & REPORTING

3.1 Registration for all teams will **start at the stipulated time in the confirmation email** at the Beach Event Registration Counter.

3.2 Teams are advised to report to the respective Court IC, **15 minutes prior to the start of their subsequent matches**. If teams are not present at the court 3 minutes after their stated time slot, it would be considered a walkover. The team on the field ready to play will be considered winner with a walkover 15-0 score line for that particular match.

3.3 In case of bad weather or any circumstances on the event day, the respective teams are still required to report on time (unless otherwise instructed). **The organisation reserves the right to delay the matches according to contingency plan**. In a situation of heavy rain with thunderstorm, the organisation reserves the right to cancel the event with no refunds given. Thank you for your kind understanding.

4 REFEREEING

The game shall be directed and officiated by a referee, scorekeeper and timekeeper. The referee shall determine, before or during the game, if the conditions of the area of play and surrounding the area of play are satisfactory for **safe play**. He/She shall use a whistle to officiate the game, positioning himself /herself along the sidelines. The referee shall have full authority to enforce the Laws of the Game in connection with the match to which he has been appointed for. **The decisions of the referee, regarding facts connected with play, are final.**

5 COMPETITION PLAY AND RULES FOR PLAYERS

5.1 Playing Area and Game Play

5.1.1 The playing court is a rectangle measuring 16m x 8m.

5.1.2 Two side lines and two end lines mark the playing court. There is no centre line. Both side and end lines are placed inside the dimensions of the playing court.

5.2 Players

5.2.1 Participants must accept referees' decisions with respectful conduct, without disputing them. In case of doubt, clarification may be requested.



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5.2.2 Participants must behave respectfully and courteously in the spirit of FAIR PLAY, not only towards the referee, but also towards other officials, their teammates, the opponents, and spectators.

5.2.3 Participants must refrain from actions or attitudes aimed at influencing the decisions of the referee or covering up faults committed by their team.

5.2.4 Participants must refrain from actions aimed at delaying the game. Participants will be warned on the first misconduct. A yellow card will be awarded at the second misconduct. One point will be awarded to the opposing team and service rights will be awarded to the opposing team. Subsequent misconduct will warrant a red card and the team member will be expelled for the rest of the current match. Similarly, one point will be awarded to the opposing team and service rights will be awarded to the opposing team.

5.2.5 Communication between team members during the match is permitted.

5.2.6 During the match, only team captains are authorised to speak to the referee while the ball is out of play in the following three cases:

- a) To ask for an explanation on the application or interpretation of the rules;
- b) To ask authorisation:
 - i) To change equipment,
 - ii) To verify the serving player,
 - iii) To check the net, the ball, the surface etc.,
 - iv) To realign a court line.
- c) To request a time-out (For knockout stages onwards).

5.3 Captain

5.3.1 Prior to the match,

- a) Court IC will present score sheets to team captain.
- b) Captain will represent his/her team in the coin toss. The winner of the coin toss has the choice of the right to serve or to receive the service and the side of the court. The loser takes the remaining choice. In the second set, the loser of the toss in the first set will have choice of the right to serve or to receive



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the service OR the side of the court. A new coin toss will be conducted for the deciding set (For knockout round onwards).

5.3.2 At the end of the match, the team captain verifies the results by signing the score sheet.

6 COMPETITION PLAY

The teams will be divided into 8 groups of 5. Group stages will be played by round-robin format. Top 2 teams from each group will qualify and advance to the knockout stages.

6.1 To Win a Match

6.1.1 Group Stage: The set will end when the first team reaches 15 points or **15 (running clock) minutes** is up. There will be no deuce system (first to reach 15 points will win the game).

Knockout Stage Onwards: The team that reaches 15 points first in a best of 3 sets wins the match. Similarly, there will be no deuce system. There is no limit for each set.

6.1.2 Knockout stage onwards: In the case of a 1-1 tie for the first 2 sets, the deciding set (the 3rd) is played to 15 points with a minimum lead of 2 points. **Deuce system will only be in play for the 3rd sets.**

6.2 To Win a Set

6.2.1 A set is won by the team that first scores 15 for group stage and knockout stage or when the time expires.

6.2.2 The deciding set is played according to Rule 6.1.2 above.

6.3 To Win a Rally

Whenever a team fails in its service or fails to return the ball, or commits any other faults, the opposing team wins the rally, with one of the following consequences:



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6.3.1 If the opposing team serves and wins the rally, the team scores a point and the same serve continues to serve.

6.3.2 If the opposing team received the service and wins the rally, it gains the right to serve and also scores a point. There will be a clockwise rotation of service.

6.4 Default and Incomplete Team

6.4.1 If a team refuses to play after being summoned to do so, it is declared in default and forfeits the match with the result 0-1 for a group stage match with score line 0-15 and for knockout stage, a result of 0-2 for the match with score lines 0-15 for each set.

6.4.2 A team that does not appear on the playing court on time is declared in default with the same result as in Rule 6.4.1 above.

3. A team declared incomplete for the set or for the match loses the set or the match. The opposing team automatically awarded the maximum 15 points to win the set / match. The incomplete team keeps its points and sets.

7 RULES AND REGULATIONS OF THE GAME

7.1 Commencement of the Game

Before the match, the referee carries out a coin toss in the presence of the two team captains. The winner of the coin toss will choose **either** the right to serve or receive the service and the side of the court

A new set of coin toss will be conducted for the deciding set.

7.2 Warm-Up Session

All teams are to do their own warm-up prior to the match as no warm-up period will be allocated at the court.



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8 TEAM LINE-UP

8.1 **Players**

8.1.1 **4 players** per team must always be in play, with a minimum of 1 female.

8.2 **Substitutions**

Limit substitution system will be in place for this game. Each team is limited to **1 substitution per set**. Substitution is only applicable for knockout round onwards. (Exceptions will be made for players who get injured on court and are unable to continue).

9 FIELD PLAY

9.1 **Team Hits**

9.1.1 Each team is entitled to a **maximum of three hits** before returning the ball over the net.

9.1.2 These team hits include not only intentional hits by the player, but also unintentional contacts with the ball.

9.1.3 A player may not hit the ball two times consecutively unless blocking.

9.1.4 Blocking of ball is considered one touch. After a block, teams still have 2 remaining touches to get the ball over.

9.1.5 Only front set is allowed. Side setting is considered a foul.

9.1.6 When using a setting motion to send the ball into the opponent's court it must be released in the direction in which the shoulders of the player are facing either front or back.

9.2 **Positions**

9.2.1 At the moment the ball is hit by the server, each team must be within its own court (except the server).

9.2.2 The players are free to position themselves. There are **NO determined positions** on the court.

9.2.3 There are **NO positional faults**.



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9.2.4 From the time the whistle is blown by the referee to the time where the server contacts with the ball, all players have to be within the court dimensions. If a player is found to be out of the court dimensions, a point is awarded to the opposing team and service right will be awarded to the opposing team.

9.3 Ball In Play

The ball is in play from the moment of the hit of the service authorized by the referee.

9.4 Ball Out of Play

The ball is out of play at the moment of the fault which is whistled by one of the referees; in the absence of a fault, at the moment of the whistle.

9.5 Ball "IN"

The ball is "in" when it touches the ground of the playing court **including the boundary lines**.

9.6 Ball "OUT"

The ball is "out" when it:

- a) falls on the ground **completely outside** the boundary lines (**without touching** them);
- b) touches an object outside the court or a person out of play;
- c) touches the ropes or posts itself outside the side bands
- d) crosses the vertical plane of the net either partially or totally outside the crossing space during service or during the third hit of the team;
- e) crosses completely the lower space under the net.

9.7 Simultaneous Contacts

9.7.1 Two players may touch the ball at the same moment.

9.7.2 When two teammates touch the ball simultaneously, it is counted as two hits (**except at blocking**). It is considered one hit if the number of touch cannot be



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distinguished. If two teammates reach for the ball but only one player touches it, one hit is counted. If players collide, no fault is committed.

9.7.3 If there are simultaneous contacts by the two opponents over the net and the ball remains in play, the team receiving the ball is entitled to another three hits. If such a ball goes “out”, it is the fault of the team on the opposite side. If simultaneous contacts by the two opponents over the net lead to a “held ball”, it is NOT considered a fault.

9.8 Assisted Hits

Within the playing area, a player is not permitted to take support from a teammate or any structure/object in order to reach the ball. However, the player who is about to commit a fault (touch the net or interfere with an opponent, etc.) may be stopped or held back by a teammate.

9.9 Characteristics of the Hit

9.9.1 The ball may touch any part of the body.

9.9.2 The ball must be hit, **not caught or thrown**. It can rebound in any direction.

Exceptions:

- a) In defensive action of a hard driven ball. In this case, the ball can be held momentarily overhand with the fingers.
- b) If simultaneous contacts by the two opponents leads to a “held ball”, the ball may touch various parts of the body, only if the contacts take place simultaneously.
- c) At blocking, consecutive contacts by one or more blockers are authorized, provided that they occur during one action.
- d) At the first hit of the team, the ball may contact various parts of the body consecutively, provided that the contacts occur during one action.



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10 SERVICE

10.1 Definition

The service is the act of putting the ball into play by the correct serving player who, positioned in the service zone, hits the ball with one hand or arm.

10.2 First Service in a Set

The first service will be decided by the captains after a coin toss.

10.3 Service Order

10.3.1 Service order must be maintained throughout the set (as determined by the team captain immediately following the toss).

10.3.2 After the first service in a set, the player to serve is determined as follows:

- a) When the serving team wins the rally, the player who served before, serves again.
- b) When the receiving team wins the rally, it gains the right to serve and the player who did not serve last time will serve. **Rotating Serve is being followed.**

10.4 Authorisation of the Service

Onus on team members to track service rotation. Failure to do so results in loss of rally. One point will be awarded to the opposing team and the service rights will go to the opposing team.

10.5 Execution of the Service

10.5.1 The server may move freely within the service zone. At the moment of the service hit or take-off for a jump service, the server must not touch the court (**the end line included**) or the ground outside the zone. His/her foot may not go under the line. After his/her hit, the server may step or land outside the zone, or inside the court.

10.5.2 If the line moves because of the sand pushed by the server, it is not considered a fault.



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10.5.3 The server must hit the ball **within 5 seconds** after the referee whistles for service. Failure to do so will result in a point awarded to the opposing team and service right will be awarded to the opposing team.

10.5.4 A service executed before the referee's whistle is cancelled and repeated.

10.5.5 The ball shall be hit with one hand or any part of the arm after being tossed or released and before it touches the playing surface.

10.5.6 **If the ball, after having been tossed or released by the server, lands without being touched or caught by the server, it is considered as a foul service. A point is awarded to the opposing team and service right will be awarded to the opposing team.**

10.5.7 No further service attempt will be permitted.

10.6 Screening

The teammate of the server must not prevent either opponent, through screening, from seeing the server or the path of the ball. On the opponent's request, they must move sideways.

10.7 Serving Faults

10.7.1 A service order fault is committed when the service is not made according to the service order. The team is sanctioned with a point and service to the opponent.

10.7.2 The following faults lead to a change of service. The server:

- a) violates the service order;
- b) does not execute the service properly.

10.8 Serving Faults After Hitting the Ball

After the ball has been correctly hit, the service becomes a fault if the ball:

- a) touches a player of the serving team or fails to cross the vertical plane of the net;
- b) goes "out";
- c) passes through a screen.



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11 **ATTACK HIT**

11.1 **Definition**

11.1.1 All actions to direct the ball towards the opponent except when serving and blocking, are considered attack-hits.

11.1.2 An attack-hit is completed the moment the ball completely crosses the vertical plane of the net or is touched by the blocker.

11.1.3 Any player may carry out an attack-hit at any height, provided that his/her contact with the ball has been made within the player's own playing space.

11.2 **Attack-Hits Faults**

11.2.1 A player hits the ball "out".

11.2.2 A player completes an attack-hit using an "open-handed tip or dink" directing the ball with the fingers.

11.2.3 A player completes an attack-hit on the opponent's service, when the ball is entirely above the top of the net.

11.2.4 A player completes an attack-hit using an overhand pass, which has a trajectory not perpendicular to the line of the shoulders, except when setting his or her teammate.

12 **BLOCK**

12.1 **Definition**

Blocking is the action of players close to the net to intercept the ball coming from the opponent by reaching higher than the top of the net.

12.2 **Hits By The Blocker**

The first hit after the block may be executed by any player, including the one who has touched the ball at the block.



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12.3 Block Within The Opponent's Space

In blocking, the player may place his/her hands and arms beyond the net provided that his/her action does not interfere with the opponent's play. Thus, it is not permitted to touch the ball beyond the net until the opponent has executed an attack-hit.

12.4 Blocking Contact

12.4.1 A blocking contact is counted as a team hit. The blocking team will have only two more hits after a blocking contact.

12.4.2 Consecutive (quick and continuous) contacts may occur by one or more blockers provided that the contacts are made **during one action**. These are counted as only one team hit.

12.4.3 These contacts may occur with any part of the body.

12.5 Blocking Faults

12.5.1 The blocker touches the ball in the opponent's space either before or simultaneously with the opponent's attack-hit.

12.5.2 A player blocks the opponent's service.

12.5.3 The ball is sent "out" off the block.

13 TIME-OUTS

13.1 Definition

A Time-out is a regular game interruption and it lasts for **30 seconds**.

For Knockout Stages (TOP 16) onwards, in sets 1 and 2, one additional 30 second Technical Timeout is automatically allocated when the sum of the points scored by the teams equals 15 points. This will be called by the referee

13.2 Number of Time-Outs

Each team is entitled to a **maximum of one time-out per set**.

13.3 Requests for Time-Out



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Time-outs may be requested by team captains only when the ball is out of play and before the whistle for service, by showing the corresponding hand signal. Time-outs may follow one another with no need to resume the game. The players must have authorisation from referees to leave the playing area.

13.4 Improper Requests

Among others, it is improper to request a time-out:

- a) During a rally or at the moment of, or after the whistle to serve,
- b) After having exhausted the authorised time-out. Any improper request that does not affect or delay the game shall be rejected **without any sanction unless repeated in the same set.**

14 DELAYS TO THE GAME

14.1 Types Of Delay

An improper action of a team that defers the resumption of the game is a delay and includes, among others:

- a) Prolonging time-outs, after having been instructed to resume the game,
- b) Repeating an improper request in the same set,
- c) Delaying the game (**12 seconds shall be the maximum time from the end of a rally to the whistle for service under normal playing conditions**).
- d) Any actions deemed by the referee that delays and impede gameplay.

14.2 Sanctions for Delays

14.2.1 The first delay by a team in a set is sanctioned with a DELAY WARNING.

14.2.2 The second delay of any type by the same team in the same set constitute a fault and are sanctioned with a yellow card and **DELAY PENALTY: loss of a rally**. A point will be awarded to the opposing team and service right will be awarded to the opposing team.

14.2.3 The third delay made by any member of the team in the same match constitute a fault and will be sanctioned will a red card. The member that made the



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third fault will be expelled from the current match and forbidden to play in subsequent sets of the match. A point will be awarded to the opposing team and service right will be awarded to the opposing team.

15 COURT SWITCHES AND INTERVALS

15.1 Court Switches

15.1.1 The teams switch after a set (Only for knockout stages).

15.2 Intervals

15.2.1 The interval between each set lasts **1 minute**. In the event a third set is played, during the interval, the referee carries out a coin toss to decide which team serves/receives and which team takes which side of the court.

15.2.2 During court switches the teams must change immediately without delay.

15.2.3 If the court switch is not made at the proper time, it will take place as soon as the error is noticed.

The score at the time that the court switch is made remains the same.

15.2.4 Court is to be switched when a team scores the 8th point during the third set.

16 BALL AT NET

16.1 Ball Crossing The Net

16.1.1 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:

- a) By the top of the net,
- b) At the sides, by the and their imaginary extension.

16.1.2 The ball that has crossed the vertical plane of the net to the opponent's free zone totally or partly outside of the crossing space, may be played back within the team hits provided that:



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The ball when played back crosses the vertical plane of the net again outside, or partly outside, the crossing space on the same side of the court.

16.1.3 The ball is “out” when it crosses completely through the lower space under the net.

16.2 Ball Touching The Net

While crossing the net, the ball may touch the net.

16.3 Ball in The Net

16.3.1 A ball driven into the net may be recovered within the limits of the three team hits.

16.3.2 If the ball rips the mesh of the net or tears it down, the rally is cancelled and replayed.

17 PLAYER AT THE NET

Each team must play within its own court and playing space. The ball may, however, be retrieved from beyond the free zone.

17.1 Reaching Beyond The Net

17.1.1 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.

17.1.2 A player is permitted to pass his/her hand beyond the net after his/her attack-hit, provided that his/her contact has been made within his/her own playing space.

17.2 Contact With The Net

17.2.1 It is **forbidden to touch any part** of the net

17.2.2 Once the player has hit the ball, he/she may touch the posts, ropes or any other objects outside the total length of the net provided that this action does not interfere with play.

17.2.3 When the ball is driven into the net, which causes it to touch an opponent, no fault is committed.



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17.3 **Player's Faults At The Net**

17.3.1 A player touches the ball or an opponent in the opponent's space before or during the opponent's attack-hit.

17.3.2 A player penetrates into the opponent's space, court and/or free zone interfering with the latter's play.

17.3.3 A player touches the net.

17.3.4 A player's leg crosses the net to the opponent's court.

18 **PLAYING FAULTS**

18.1 **Definition**

18.1.1 Any playing action contrary to the Rules is a playing fault.

18.1.2 The referee shall judge the faults and determine the penalties according to these Rules.

18.2 **Service Order**

Service order must be maintained throughout the set (as determined by the team captain immediately following the coin toss).

18.3 **Service Order Fault**

18.3.1 A service order fault is committed when the service is not made according to the service order.

18.3.2 The scorer must correctly indicate the service order and correct any incorrect player.

18.4 **Consequences of A Fault**

18.4.1 There is always a penalty for a fault: the opponent of the team committing the fault wins the rally.

18.4.2 If two or more faults are committed successively, only the first one is counted.

18.4.3 If two or more faults are committed by the two opponents simultaneously, a **DOUBLE FAULT** is counted and the rally is replayed.



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18.5 Faults at Playing The Ball

18.5.1 **FOUR HITS:** a team hits the ball four times before returning it.

18.5.2 **ASSISTED HIT:** a player takes support from a teammate or any structure/object in order to reach the ball within the playing area.

18.5.3 **HELD BALL:** a player does not hit the ball unless when in defensive action of a hard driven ball or when simultaneous contacts by the two opponents over the net lead to a momentary "held ball".

18.5.4 **DOUBLE CONTACT:** a player hits the ball twice in succession or the ball touches various parts of his/her body successively.

18.5.5 **NO SETTING OF BALL FOR FIRST TOUCH:** when defending, players are not allowed to set on the first receive. Setting is only permitted for the second and third pass.

18.5.6 **NO SETTING OF BALL ON LAST-HIT**

19 MISCONDUCT

Incorrect conduct by a team member towards officials, opponents, their teammate or spectators is classified in four categories according to the degree of the offence.

19.1 Categories

19.1.1 **Unsportsmanlike conduct:** argumentation, intimidation, etc.

19.1.2 **Rude conduct:** acting contrary to good manners or moral principles, expressing contempt.

19.1.3 **Offensive conduct:** defamatory or insulting words or gestures.

19.1.4 **Aggression:** physical attack or intended aggression.

19.2 Sanctions

Depending on the degree of the incorrect conduct, according to the judgment of the referee, the sanctions to be applied are (they must be recorded on the scoresheet):

19.2.1 **MISCONDUCT WARNING:** for unsportsmanlike conduct, no sanction is given but the team member concerned is warned against repetition in the same set.



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19.2.2 **MISCONDUCT PENALTY:** for rude conduct or repeated unsportsmanlike conduct, the team is sanctioned with a yellow card and the loss of a rally, and a point awarded to opposing team.

19.2.3 **EXPULSION: repeated rude conduct or offensive conduct,** is sanctioned by a red card and expulsion. The team member who is sanctioned with expulsion must leave the playing area. That member is not allowed to be substituted back in, if the team is declared incomplete for the set loses the match.

19.2.4 **DISQUALIFICATION:** for aggression, the player must leave the playing area. No substitutions allowed if his/her team is declared incomplete for the set loses the match.

19.3 Sanction Scale

MISCONDUCT is sanctioned as shown in the sanction scale. A player may receive more than one MISCONDUCT PENALTY in a set. Sanctions are cumulative in nature **only within an individual set.**

DISQUALIFICATION due to aggression does not require a prior sanction.

19.4 Misconduct Before And Between Sets

Any misconduct occurring before or between sets is sanctioned and the sanction is applied in the following set.

20 SCORING

20.1 The teams will be divided into **eight (8) groups**. The Group Stages will be played on a single **round robin** League system. Top 2 teams from each table will qualify and move on to play in the knockout stages.

20.2 In all league games, point will be awarded as follows:

WIN	3 POINTS
DRAW	1 POINT
LOSE	0 POINTS
Walkover	15 - 0 (GROUP STAGE), 15 – 0 (KNOCKOUT STAGE)



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20.3 In the event of a tie in points between **TWO** teams in the same table, the deciding factor will be in the sequence of

- i) Outcome of the head to head games involving the tied teams
- ii) Point difference
- iii) Number of points scored

20.4 In the event of a tie in points between **MORE THAN TWO** teams in the same table, the deciding factor will be in the sequence of

- i) Point difference
- ii) Number of points scored

20.5 If both teams fail to turn up on time, it would be considered as a lost for both teams hence no points would be awarded to either team.

21 INJURIES

21.1 If there are any injuries involved, the injured player will need to leave the court (if possible) and the time on the stopwatch will continue to run.

21.2 However, if the injury results in the player being unable to be shifted out of court, the game will stop. If the opponent caused the injury deliberately, the game will be awarded to the team with the injured player. However, if the injury was accidental, time keeper will have to stop and record the time on the score.

Serious injuries will include: Broken limbs/ Neck

Minor injuries: Abrasions/ Sprains

For minor injuries, please report to medics immediately and JASON TANG (H/P: 9638 3531). For serious injuries please report to FLORENCE OOI (H/P No.: 9739 6599) with details of the injury.