Cascayde Schools Festival Rule Book

2024/2025

CASCAYDE

Scottish **Volleyball**

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Content

Team Composition

Number of Players

S3/S4 Festivals:

- Each team consists of 4 players on the court
- Each team must consist of 2 male and 2 female players
- Each school can enter a total of 4 teams per festival

S5/S6 Festivals:

- Each team consists of 6 players on the court
- Each team must consist of 6 players of the same gender
- Each school can enter a total of 4 teams per festival, 2 teams per gender

Substitutions

Teams can have up to 2 substitutes, making a total of 6 player per team for a S3/S4 team, and a total of 8 players per team for a S5/S6 team.

Court and Equipment

Court Dimensions
Games will be played on a badminton court measuring 13.4 metres long and 6.1 metres wide.

Net Height
The net height is 2.24 metres (standard women's height net).

Ball
The game ball is a Mikasa Soft Touch Volleyball and will be provided by Scottish Volleyball.

Starting the Game

Rock, Paper, Scissors
The game begins with rock, paper, scissors. The winning team chooses either to serve or to receive the serve.

Scoring System

Rally Scoring

Points can be scored by either team, regardless of who served.

Score Keeping

Score will be kept by the team that is not competing in the game.

Winning and Reporting

The team with the most points when time is called are the winners, and is responsible for reporting the scores to the designated member of SV staff.

Refereeing and Conduct

Refereeing

The team not competing is responsible for keeping score, calling the ball in/out, and calling faults or violations.

Conduct

We ask that everyone respect the referees decisions and conduct themselves in sportsmanlike manner.

Serving and Rotation

Serving

- Server must stand behind the end line and can serve either underhand or overhand.
- The serve must go over the net and land within the opposing team's court.
- Server continues to serve until their team loses the point.

Rotations

- Players rotate clockwise each time they win the serve from the opposing team.
- Players should be lined up in an alternating pattern according to gender.
- There is no liberos so all players must play the full rotation.

Timeouts and Substitutions

Timeouts

Due to the games being timed, there are no timeouts to maximise game play.

Substitutions*

Teams with more than 4/6 players will rotate a player on and off every rotation to ensure equal playing time.

*diagram included in appendix

Playing the Ball

Touches

Each team is allowed a maximum of three touches to return the ball over the net.

Contacting the Ball

The ball can be hit with any part of the body above the waist, but it must be hit, not caught or thrown.

Blocking

A block is not counted as one of the three touches.

Faults and Violations

All faults and violations result in a point for the opposing team.

Net Fault

A player may not touch the net during play.

Crossing the Centre Line*

A player's foot may touch but not completely cross the centre line.

Double Hit

A player may not hit the ball twice in succession.

Four Hits

More than three consecutive touches by the same team is a fault.

*diagram included in appendix

Game
Play Rules

In/Out*

- A ball is considered "in" if it lands on or inside the boundary lines of the court.
- A ball is considered "out" if it lands completely outside the boundary lines.
- If the ball lands on the line, it is considered "in."
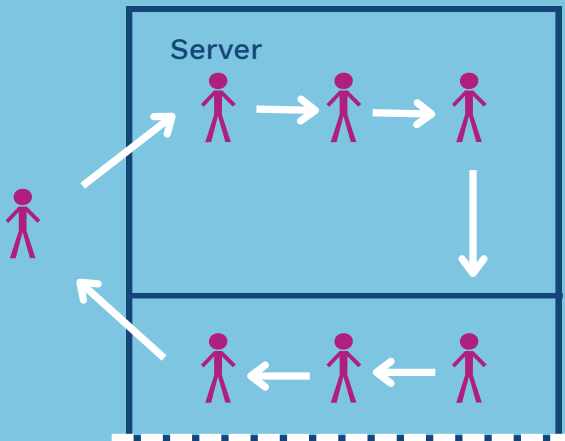
Touches

- If the ball touches any part of a player or their clothing, it is considered a touch.
- A ball that touches the net during play, including on the serve, remains in play if it goes over the net into the opponent's court.
- If the ball touches the ceiling, an overhead object or the wall it is considered out of play and the point goes to the other team.
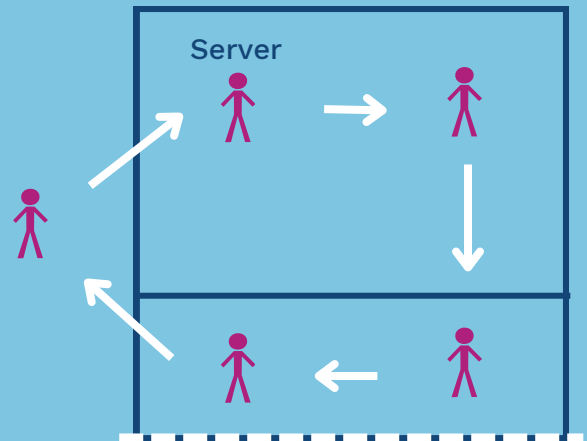
*diagram included in appendix

Appendix

Rotation and Substitutions

S5/S6

Server

S3/S4

Server

Crossing the Centre Line

No Net Fault ✓

Net Fault ✗

In/Out

Ball is IN

Ball is OUT

Ball is IN