

## **MUB ACADEMIC COMMUNITY SPORTS TOURNAMENT**

### **Volleyball Regulations 20-21 November 2024**

1. A match is played by two teams of six players, without libero.
2. Women are welcome in each team on the playing field.
3. The ball is hit with the hands, palms or the whole body.
4. The aim of the game is to get the ball over the net to the opposing side.
5. The ball is put into play by the server who hits the ball to the opposing side.
6. The team is allowed three hits to hit the ball to the opposing side.
7. A block does not count as the first hit.
8. A player is not allowed two hits in a row (except block).
9. The rally continues until the ball falls onto the court, out of bounds, or until the team breaks the ball to the opposing side or the referee whistles.
10. Players are changed after prior notification to the referee of the intention to make such a change. A team may make a maximum of 4 changes in one set. One or more players may be replaced at the same time. A starting player may leave the court only once in a set and may return to the court only to the position he occupied before leaving the court.
11. The group stage is played in 3 groups with 4 or 5 teams in each group.
12. In the group stage, the match is played to 1 set to 25 points or up to 2 points advantage.
13. After the group stage, 8 teams, 3 or 2 teams from each group.
14. In the quarter-finals, semi-finals and finals, the match is played to two won sets. Sets are played to 15 points, in the event of a 15:15 tie, the game continues until one of the teams gains a two-point lead. There is no boundary point.
15. The winner is the first team to win two sets.
16. The deciding third set is played to 15 points.
17. In the event of a 1-1 tie, a team must score 15 points to win the third deciding set; with at least two points advantage.
18. In the event of a 14-14 tie, play continues until one team gains a two-point advantage.
19. The team scores a point for each rally won.
20. Each team is entitled to one 30 second-break in the set.
21. The duration of the break between sets is - 1 minute.
22. The take-off technique is in accordance with the Polish Volleyball Federation regulations.
23. In matters not included in the regulations, the provisions of Polish Volleyball Federation apply.