

Rise Above Tournament Official Rules

1. General Policies

1.1 Eligibility

- 1.1.1 A player will be considered eligible if that person is female, and at least 12 years of age at the time of registration.

1.2 Team(s)

- 1.2.1 Teams will consist of 4 players.
- 1.2.2 Substitutions will not be permitted. *An exception may be made in the case of a serious injury. All decisions will be made by the event coordinator*
 - 1.2.2.1 In the case of an injury, and with approval of the event coordinator, a player may be substituted for if:
 - 1.2.2.1.1 The substitute has signed a waiver release
 - 1.2.2.1.2 The substitute has paid the registration fee (payment at the time of injury may be allowed)
 - 1.2.2.1.3 The injured player may not return for the remainder of the match

1.3 Uniforms

- 1.3.1 Teams will not be required to wear matching uniforms, however unity is encouraged.
 - 1.3.1.1 Tops and Bottoms
 - 1.3.1.1.1 Ladies are expected to maintain a level of modesty
 - 1.3.1.1.1.1 Event T-shirts will be provided
 - 1.3.1.1.1.2 T-Shirts sleeves maybe rolled
 - 1.3.1.1.1.3 T-Shirt Sleeves may be cut off – showing minimal undergarments
 - 1.3.1.1.1.4 T-Shirt may be tucked or un-tucked (Players/Teams Choice)
 - 1.3.1.1.1.5 Shirts of some kind are required covering midriff and undergarments (i.e. No sports bra as a top and your entire bra should not be seen under your cutoff)
 - 1.3.1.1.1.6 Flexible and comfortable pants or shorts are encouraged
 - 1.3.1.1.1.7 Players should refrain from wearing shorts that allow the spectators to see what color undergarments they are wearing.
 - 1.3.1.2 Knee Pads
 - 1.3.1.2.1 Knee Pads are encouraged, however, they are not required
 - 1.3.1.2.2 The event will not provide knee pads
 - 1.3.1.3 Shoes
 - 1.3.1.3.1 Sneakers are required, however style is at the discretion of the player
 - 1.3.1.3.2 Shoes should be free of dirt and debris prior to use on the gym floor.
 - 1.3.1.4 Jewelry
 - 1.3.1.4.1 All is to be removed before the start of each game. Plastic spacers or taping is allowed. In the event you cannot remove your ring, an exception may be made.
 - 1.3.1.4.1.1 Each player will be responsible for any jewelry lost, broken, or stolen during the event

2. Game Day Policies

2.1 Game Duration

- 2.1.1 Approximately 30 minutes per match (15 minutes per set)
- 2.1.2 No Timeouts.
- 2.1.3 A forfeit will be declared if a team does not show up after the 5 minutes forfeit clock runs out.

2.2 Sportsmanship

- 2.2.1 All teams are expected to show sportsmanship before and after each game.
- 2.2.2 Players must lineup and shake hands before and after each game.

3. GAME PLAY RULES

3.1 The serve

- 3.1.1 First game serve is determined by the toss of a coin.
- 3.1.2 Server must serve from behind the restraining line (end line) until after contact (12 year old players may serve stepping up to the block after raising their hand and receiving permission from the ref).
- 3.1.3 Server must make contact with the ball in 8 seconds.
- 3.1.4 Ball may be served overhand with ball in motion, underhand with ball in motion, and underhand with ball in a non-motion position, side serve with ball in motion.
 - 3.1.4.1 If you are serving from a non-motion position, your contact serving hand must be with a closed fist.
- 3.1.5 Ball must be clearly visible to opponents before serve.
- 3.1.6 Served ball may graze the net and drop to the other side for point.
- 3.1.7 Serve must be returned by a bump or a set only. No attacking/spiking a serve on first contact.

3.2 Scoring

- 3.2.1 Rally scoring will be used, single elimination.
- 3.2.2 2 sets will be played to 15 pts.
- 3.2.3 The team must win by 2 points.
- 3.2.4 The winner of the match is determined by total points scored (across both sets).
 - 3.2.4.1 Dependent upon tournament interest, a pool play may be considered, as well as the possibility of double elimination.

3.3 Rotation

- 3.3.1 When an opposing team loses a volley, the team awarded the serve will rotate.
- 3.3.2 Players shall rotate in a clockwise manner.

3.4 Playing the game (VOLLEY)

- 3.4.1 Maximum of three hits per side.
- 3.4.2 Player may not hit the ball twice in succession (A block is not considered a hit).
- 3.4.3 Ball may be played off the net during a volley and on serve.
- 3.4.4 A ball touching a boundary line is considered "in".
- 3.4.5 A legal hit is contact with the ball by a player's body (any body part, including feet), which does not allow the ball to visibly come to a rest.
- 3.4.6 If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.
- 3.4.7 A player must not block or attack on a serve.
- 3.4.8 All players are considered front row players. Rotating is allowed, but not required. Serving order through all of the players is required as in typical rules.

3.5 Basic Violations

- 3.5.1 Stepping on or over the line on a serve (unless 12 years old and received permission to step up).
- 3.5.2 Failure to serve the ball over the net successfully.
- 3.5.3 Our goal is to provide a fun, enjoyable experience for all participants, and recognize that the skill level may vary greatly. Referees will do their best to call a fair game, and illegal hits will be evaluated based on skill level of participants and the best judgment of the referee. All referee calls are final.
- 3.5.4 Touches of the net with any part of the body while the ball is in play. If the ball is driven into the net with such Force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.
- 3.5.5 Reaching over the net, except under these conditions.
- 3.5.6 Players cannot switch positions before the serve.
- 3.5.7 Player cannot go under the net.