



# ATHLEON

Where Athletes Defy Gravity

रुद्र  
बॉक्स

# VOLLEYBALL

## Rules :

### 1. Team Composition

- Each team consists of 6 players on the court at a time.
- Teams may have up to 6 substitutes on the bench who can rotate in during the match.
- A Libero (a defensive specialist) is allowed and must wear a different jersey than the other players on the team.

### 2. Match Duration & Format

- The match is played in a best-of-three sets format.
- The first two sets are played to 25 points each.
- A team must win a set by at least 2 points. If the score is tied at 24-24, play continues until one team gains a 2-point advantage.

### 3. Gameplay Rules

- The game begins with a coin toss to determine which team serves first.
- Teams are allowed a maximum of three touches to return the ball (excluding blocks).
- A player cannot hit the ball twice in succession (except when blocking).
- The ball must not be carried, held, or thrown during play.



#### **4.Scoring System**

- Volleyball uses the rally scoring system, meaning a point is scored on every serve, regardless of which team serves.
- A point is awarded when:
  - The ball lands in the opponent's court.
  - The opponent commits a fault (violation of rules).
- If the serving team wins the rally, they continue serving.
- If the receiving team wins the rally, they gain the serve and must rotate positions.

#### **5.Service Rules**

- The server must stand behind the baseline while serving.
- The ball must cross the net and land inside the opponent's court to be considered legal.
- The ball may touch the net during service (known as a let serve) as long as it lands in the opponent's court.
- A foot fault occurs if the server steps on or over the baseline before hitting the ball, resulting in a fault.

#### **6. Violations and Fouls**

- Touching the net during play is considered a fault, and results in a point for the opponent.
- Stepping over the centerline under the net results in a fault.
- A double contact (touching the ball twice in succession) is a violation, except on the first ball of the rally.
- Back-row players are not permitted to attack the ball above the net from the front zone (the area near the net).
- The ball must not touch the ceiling or any obstruction, and it must land within the opponent's side of the court to remain in play.

#### **7. Player Conduct and Fair Play**

- Players must respect the referees and opponents at all times, ensuring fair play and sportsmanship.
- Unsportsmanlike conduct, such as arguing with referees or making inappropriate gestures, will result in warnings, point deductions, or disqualification depending on the severity.
- Teams must follow the official rules and avoid unnecessary delays or disruptions during the match.



## **8. Winning the Match**

- The team that wins two sets first is declared the match winner.
- If a team repeatedly violates the rules or engages in misconduct, the opposing team may be awarded the win by default.

**All the matches will be on Knockout basis. FINAL DECISION will be taken by the Officials. These official rules ensure that volleyball is played in a fair and competitive manner, promoting teamwork, strategy, and sportsmanship for all participants.**



## **CONCLUSION :**

As we come to the end of the Athleon Fest Rules and Regulations book, we want to reiterate the importance of maintaining the spirit of sportsmanship, respect, and fair play throughout the event. By adhering to these guidelines, we ensure a positive and enjoyable experience for everyone involved — from competitors to volunteers to spectators. The RGNAU'S Fest is an opportunity to celebrate not just individual achievements, but also the strength of our community. It is about coming together, pushing your limits, supporting one another, and creating memories that will last far beyond the event itself.

Whether you take home a trophy or simply enjoy the camaraderie of the games, every participant plays a vital role in making this event special. We encourage you to approach every event with enthusiasm, respect for others, and a commitment to excellence. Remember that the true essence of the Athleon Fest lies in participation, unity, and the joy of friendly competition. Let's embrace the opportunity to grow, learn, and have fun together. Thank you for your commitment to the event, and we wish you the best of luck as you participate in this exciting celebration of athleticism, school spirit, and community. May the ATHLEON FEST be an unforgettable experience for you all. Enjoy, compete fairly, and most importantly, have fun!!!

