

## Louisiana Senior Olympic Games Rules

# SPORT: VOLLEYBALL

### Team Entries Only

#### EVENTS

*National qualifying events:*

MEN'S TEAMS 50+, 55+, 60+, 65+, 70+, 75+

WOMEN'S TEAMS 50+, 55+, 60+, 65+, 70+, 75+

Recreational event MIXED TEAMS 50+, 55+, 60+, 65+, 70+

**Competition in an age group will only be conducted if there are at least two teams in an age group.**

#### EQUIPMENT

In men's competition and mixed competition, the height of the net will be according to mens age division height. In women's competition net height is, 7 feet, 2 1/8".

Team clothing must be of like design and color; matching shirts with numbers required.

#### DESCRIPTION

All matches will be conducted in accordance with USA Volleyball Rules, except as modified here in to better accommodate senior olympic play. For a copy of USAV rules, call or write 3595 East Fountain Blvd, Suite 1-2, Colorado Springs, CO. 80910-1740 (719) 637-8300. LSOG volleyball rules are very closely aligned with NSGA rules in order to better prepare teams for National competitions.

**Driver's license or other proof of age will be required at check-in.**

1. Net height for mens 50-54 age is 7' 11 5/8". Men's 55+ age is 7' 9 5/8".  
Net height for women competitions is 7' 2 1/8".  
Net height for mixed play will be at mens height in each respective age division.
2. Athletes may compete with only one team in each of the three events . (men, women, mixed)
3. Team placement in age divisions will be determined by the age of the youngest team member (player) on December 31 of the competition year.
4. (See pg 5 for instructions on head to head format) Winner must win by two points. Matches will consist of the winner of two out of three games. If a third game is necessary, it will be to 15 points.

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# VOLLEYBALL cont’.

5. A team must have at least five players present to start a game, otherwise, the game is forfeited. Teams will be allowed a five minute grace period to assemble a minimum of five players. The sixth player may enter upon arrival. In the event of injury, a team may continue/finish with a minimum of four players on the floor.
6. The major revision to the LSOG volleyball rules is the use of rally scoring in accordance with USA volleyball rules. In addition, a team is allowed a maximum of 15 substitutions in each game, with unlimited individual entries. Each entry must be in the same position in the line up.
7. All disputes will be settled on the spot. All rulings made by the tournament director will be final. The tournament director may consult the head official for a recommendation.

### **EVENT: MIXED TEAMS (recreational)**

1. A maximum of three men are allowed to be on the court (less than three men may be used).
2. Male and female players must be in alternate positions on floor rotation.
3. Normal blocking is allowed by male and female players.
4. When a ball is hit by more than one player on a side, it must be hit at least once by a female player before it is returned.
5. Male players may only substitute into positions assigned to male players (Women may sub into men positions).
6. Normal spiking is allowed by female players.
7. Spiking is allowed by male players from behind the attack line (10'), providing at least one foot is in contact with the floor when the ball is hit (No jump spiking allowed in this situation).
8. Rally scoring.
9. Men's net height will be used in each mixed age division.
10. The first two games or non-deciding games will be won by the team that first scores 25 points with a minimum two point advantage.
11. If there is a deciding game, it will be won by the team that first scores 15 points with a minimum two point advantage.

### **National Qualifying Requirements:**

Each state is allowed to qualify two teams per age group via competition in the State Games.