



**Schools
Competition**

4v4

Volleyball

School

Handbook

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Introduction

Philosophy of the Game

4v4 is an adapted Volleyball game that was developed to provide children with a FUN introduction to Volleyball and also to assist and encourage teachers to teach Volleyball in their schools. The main objective of 4v4 is to encourage more children to participate in Volleyball in an enjoyable way.

The adapted rules encourage:

- more movement
- equal participation
- more FUN

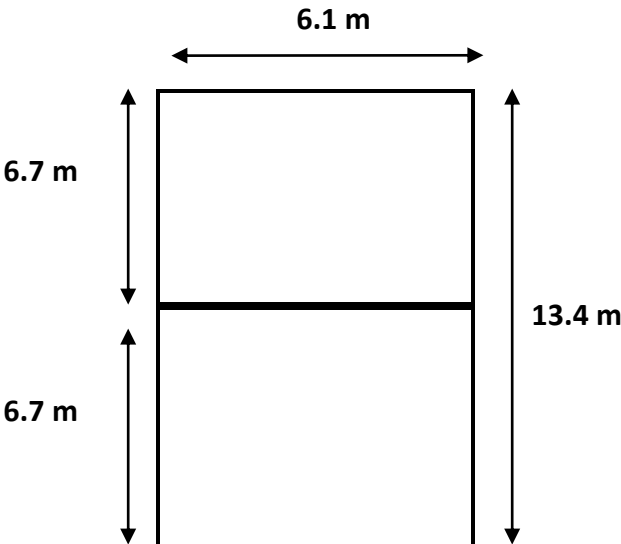
The 4v4 National Championships were introduced at both Primary and Post Primary Level due to the increasing popularity of the game in schools and to meet the demand for competition. While players should be encouraged to play their best and try their hardest it is important that the main aim of the game is not lost in the spirit of competitiveness. That is, the game is designed to be a FUN learning tool and introduction to the sport, and the beginning of a pathway to future participation in Volleyball.

4v4 Coaches Charter

With this philosophy in mind and in accordance with the Irish Sports Councils Code of Ethic's Good Practice for Children in Sport, the Coaches Charter was drawn up. This Charter was introduced to provide children with an encouraging, supportive and positive environment for their participation in Competitions. All Coaches/Teachers/Leaders involved in are obliged to sign up to and adhere to this Charter. A copy of the Coaches Charter is available in the appendix of this Handbook.

<p>1.</p> <p>1.1</p> <p>1.2</p>	<p>Age Groups</p> <p>Primary Schools Championships:</p> <p>5th and 6th class pupils In the case of smaller sized Primary Schools 4th class pupils may play in the Championships at the discretion of teacher</p> <p>Post Primary Schools Championships:</p> <p>1st Year Competition: 1st year students 2nd Year Competition: 2nd year students</p> <p>Note 1st year students may play up in second year competition. Second year students not permitted to play in 1st year competition.</p>
<p>2.</p> <p>2.1</p>	<p>Registration</p> <p>School Affiliation and 4v4 team entry form must be completed online via JUSTGO with VLY paid in full before teams can be entered into competition draws. At National Finals a team list of players must be submitted. Any team playing an illegal or unregistered player will lose the points for the match (es) in which the player was involved. A player may not play on multiple teams for the school.</p>
<p>3.</p> <p>3.1</p>	<p>4v4 Championships Format</p> <p>Primary School Championships</p> <p>1st round: Regional Finals Final: National Finals</p>

3.2	<p>Post Primary School Fun Blitzes</p> <p>Regional Fun blitzes</p>
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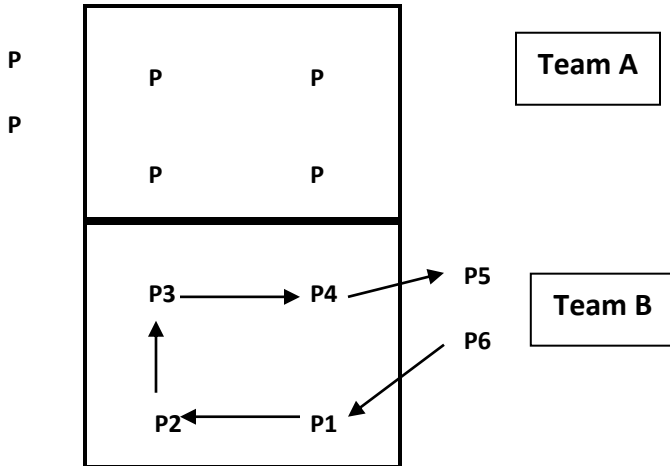
4.	<p>4v4 Court Dimensions</p>
4.1	<p>The size of the 4v4 Court is a doubles Badminton Court. The court is 6.1 meters wide and total length of court is 13.4 meters. A net divides the court in two, each side is 6.7 meters in length.</p>
 <p>The diagram shows a rectangle representing the court. A horizontal line across the middle represents the net. Dimension lines with arrows indicate the following measurements: the width of the court is 6.1 m; the total length of the court is 13.4 m; and each of the two sections created by the net is 6.7 m long.</p>	
4.2	<p>If using a doubles Badminton court markings, the outside lines are the boundary lines. If no court lines are available court markings can be made using masking tape for the rectangular outline.</p>

5.							
5.1	<p>Net Height</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td>Primary Schools Championships</td> <td>2.10 m</td> </tr> <tr> <td>Post Primary 1st year boy & Girl & 2nd year Girl</td> <td>2.10 m</td> </tr> <tr> <td>Post primary 2nd year boys</td> <td>2.24m</td> </tr> </table>	Primary Schools Championships	2.10 m	Post Primary 1 st year boy & Girl & 2 nd year Girl	2.10 m	Post primary 2 nd year boys	2.24m
Primary Schools Championships	2.10 m						
Post Primary 1 st year boy & Girl & 2 nd year Girl	2.10 m						
Post primary 2 nd year boys	2.24m						
5.2	<p>Suitable nets</p> <p>Portable 4v4 Net System Volleyball/Badminton Net set to appropriate height Rope or Horsetape set to appropriate height</p>						

6.	<p>Match Ball</p>
6.1	<p>The type of ball used must be soft. Recommended type is Mikasa V200W (available from VLY office). No plastic, nylon wound or heavy ball permitted.</p>
7.	<p>Team Composition</p>
7.1	<p>Each team must consist of 6 players, 4 players on court and 2 substitutes.</p>
7.2	<p>A team may have a larger panel of players, however only 6 players can be declared for each game. At National Finals a new team list must be submitted before the commencement of a match if there are any changes to the original team list handed in.</p>
7.3	<p>No player can play on two teams in the same competition</p>

<p>7.4</p>	<p>Mixed teams must always consist of 3 boys and 3 girls with 2 boys and 2 girls on court.</p>
<p>8.</p> <p>8.1</p> <p>8.2</p>	<p>Rotation and Substitutions</p> <p>Rotation</p> <p>Team must rotate one position clockwise when:</p> <ul style="list-style-type: none"> ▪ Team wins back the right to serve ▪ After three consecutive serves by the same player <p>Substitution</p> <ul style="list-style-type: none"> ▪ Automatic substitutions occur each time a team rotates. ▪ The player in the front right position goes off and the substitute goes on to serve. ▪ Substitutions are made automatically without any signal required from coach or referee.



	<p>Explanation of rotation and substitution</p>  <p>Team wins back the right to serve</p> <p>Team A served to start the rally. Team B win the rally, gaining a point and the serve. Team B rotate one position clockwise as indicated by the arrows. Player in front right position, P4, goes off the court and substitute, P6, comes on to court in back right position to serve.</p> <p>Player serves 3 times in a row and team still have service</p> <p>Serving player in Team B, P1, has served 3 times in a row and Team B has won each of those rallies, keeping the service. Team B rotate one position clockwise as outlined above with substitute, P6, coming in to serve.</p>
<p>9.</p> <p>9.1</p> <p>9.2</p>	<p>Player Injury</p> <p>In the case of an injury during a match, if the injured player cannot play on, the team may continue that match with 5 players.</p> <p>For any subsequent matches the injured player can be replaced by an appropriate player from a larger panel. At National Finals a new team list must be submitted. The injured</p>

9.3 If a team does not have 6 players for any subsequent match **they will forfeit the match.**



<p>10.</p> <p>10.1</p> <p>10.2</p> <p>10.3</p> <p>10.4</p> <p>10.5</p> <p>10.6</p> <p>10.7</p> <p>10.8</p>	<p>Game Rules</p> <p>A serve over the net is used to start the rally.</p> <p>Serving options for primary in regional rounds include:</p> <ul style="list-style-type: none"> ▪ <u>Two handed underarm toss. (regional blitzes only)</u> ▪ Underarm or Over-arm Serve from behind the baseline <p>Round 2 Post Primary onwards the ball must be served from behind the baseline using an Underarm or Over-arm serve. Only one service attempt is allowed. It is not a fault if the ball touches the net and goes over on service.</p> <p>Minimum of 2 touches and maximum 3 touches.</p> <p>1st touch can be a volley or a forearm pass (dig)</p> <p>2nd touch can be a volley, forearm pass or spike (dig)</p> <p>3rd touch can be a hit/spike, volley or dig over the net.</p> <p>The block is not counted as a touch. The ball may be blocked directly back onto opponent's court. If the ball is touched by the block but not blocked into opponent's court, a further three touches must be used to direct ball back into opponent's court.</p> <p>Ball cannot be played below the waist or played with the head</p> <p>The ball can touch the net at any stage.</p> <p>A player is not permitted to touch the net.</p>
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11.	Faults
11.1	<p>Ball Handling Faults</p> <ul style="list-style-type: none"> ▪ No catching, throwing, slapping or lifting of the ball is permitted. <p>Low balls which are played with a forearm pass/dig must be played cleanly with the forearm, no slapping/lifting of the ball with fingers/palms allowed.</p> <ul style="list-style-type: none"> ▪ On the 3rd touch the ball cannot be slapped down into opponent's court with two hands

11.2	<p>Net Faults</p> <ul style="list-style-type: none"> ▪ A player is not permitted to touch the net during the action of playing the ball or attempting to play the ball
11.3	<p>Service Faults</p> <ul style="list-style-type: none"> ▪ Server is not permitted to touch or cross over the baseline with their feet when serving. ▪ If using an Underarm serve, it is a fault to serve the ball off the palm/hand, the ball must be released before contact. ▪ At National Finals no throwing of the ball is allowed for service. Service must be an Underarm or an Over-arm serve from behind the baseline.
11.4	<p>Other Faults</p> <ul style="list-style-type: none"> ▪ Blocking an opponent's serve is not permitted ▪ A player may not play the ball two times consecutively (Exception – if a player contacts the ball on a block that player may play the ball again as one of the three touches) ▪ Ball is out when the ball contacts the floor or any obstacle outside the boundary lines (Note a player is permitted to

play the ball outside of the court. In doing so the player is keeping the ball in play.)

- A player is not permitted to cross under the net onto opponent's court



13.	<p>Organizing Fixtures</p>
13.1	<p>Primary School Championships</p> <p>VLY to organise Championships</p> <p>Regional Finals: February 2022 National Finals: March 2023</p>
13.2	<p>Post Primary School Championships</p> <ul style="list-style-type: none"> ▪ Group Co-ordinators will be appointed for participation and 1st rounds ▪ Regional Co-ordinators will be appointed after preliminary rounds ▪ VLY to organise National Finals
13.3	<p>Group/Regional Co-ordinators:</p> <ul style="list-style-type: none"> ▪ Group/Mini Region/Regional Co-ordinators to contact relevant schools to organise and agree date and venue for fixture. ▪ Deadline dates for each round to be played must be adhered to. ▪ Co-operation from all schools is essential in ensuring these deadline dates are met to facilitate the smooth running of the Competition. ▪ dates

<p>14.</p>	<p>Competition Formats</p>
<p>14.1</p>	<p>Recommended Playing Time</p> <ul style="list-style-type: none"> ▪ Timed sets are recommended at each stage of the competition to assist with scheduling and to ensure all play equal time ▪ A match can consist of 1 set, 2 sets or 3 sets ▪ Minimum match playing time for all regional finals is 30 minutes, either 1 x 8 minute set. ▪ The group coordinator will decide the match type depending on time and number of courts available for the fixture. ▪ It is recommended that each team play a minimum of four matches at a fixture ▪ Each round to consist of pool stages and knockout stage (apart from participation rounds)
<p>14.2</p>	<p>Pool Stages</p> <ul style="list-style-type: none"> ▪ Format will depend on the number of teams competing at each fixture and time and number of courts available for the fixture. ▪ Each team plays equal amount of pool matches.

<p>15.</p> <p>15.1</p> <p>15.2</p>	<p>Scoring</p> <p>Rally scoring system</p> <p>If the serving team wins a rally, it scores a point and continues to serve</p> <p>If the receiving team wins a rally, it scores a point and wins back the serve</p> <p>Set points</p> <p>Teams will receive 2 points for each set won and 0 point for a loss.</p> <p>If a set is drawn when time is complete, teams play one additional point to determine winner.</p> <p>If teams are tied at the end of their pool matches, their position will be decided in the following order if necessary</p> <ul style="list-style-type: none"> ▪ Points difference ▪ Head to head result ▪ Points for

<p>16.</p> <p>16.1</p> <p>16.2</p>	<p>Referees</p> <p>Regional Finals</p> <ul style="list-style-type: none"> ▪ Host secondary school students ▪ Where possible matches should be officiated by a neutral person ▪ Students involved in refereeing must be respected in their role by teachers/coaches and anyone else involved on the day. <p>National Finals</p> <ul style="list-style-type: none"> ▪ VLY will organize student referees ▪ Teams qualifying for finals will need to supply score keepers
<p>17.</p> <p>17.1</p>	<p>Results</p> <p>Results for each round must be forwarded promptly by the group coordinator to the overall Competition Coordinator by phone, text or email. Contact details will be supplied with Championships draw.</p> <p>Note: For any participation rounds results do not need to be forwarded</p>
<p>18.</p> <p>18.1</p> <p>18.2</p>	<p>Protest Procedures</p> <p>Regional Finals</p> <p>Any protest must be submitted at the event, in writing, by the team coach to the regional coordinator who will make the final decision</p>

	National Finals
18.3	A protest form must be submitted by the Team Coach to the information desk within 10 minutes of the conclusion of the match.
18.4	Protests related to refereeing decisions will not be entertained. All protests will be dealt with by the Competition Committee, their decision will be final.



<p>19.</p> <p>19.1</p> <p>19.2</p>	<p>Misconduct</p> <p>School authorities shall be held responsible for any misconduct or damage caused by their player(s) or supporters.</p> <p>Breach of Coaches Charter</p> <ul style="list-style-type: none"> ▪ All Coaches/Teachers/Leaders are obliged to sign up to and adhere to the Coaches Charter ▪ Sanctions will be imposed by the VLY for failure to adhere to the guidelines outlined in this Charter.
<p>20.</p> <p>20.1</p>	<p>Team Kit</p> <p>All teams must be neatly dressed with uniform tops or bibs.</p>
<p>21.</p> <p>21.1</p>	<p>Miscellaneous</p> <p>Any circumstances not contained in these rules or matters arising, will be decided on by the Competition Committee, their ruling will be final.</p>

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Coaches Charter

The Volleyball Association of Ireland is committed to ensuring that all children who participate in the sport have an enjoyable and rewarding experience. We adhere to the principles and practice of the Code of Ethics for Children in Sport.

4v4 in particular was designed to be an all inclusive fun game that introduces Volleyball to children in a manner where everyone plays an equal amount of time regardless of ability and where participation is the number one goal and winning games a very distant second.

The game also requires us to develop officials and administrators. We strive to develop these skills in older children mainly through the Transition Year Leaders Programme. We also wish to ensure that their experience as they learn the skills they require is a positive one.

We as an Association undertake to ensure that this supportive atmosphere is there for all children at all our events and particularly at the National Primary Schools 4v4 Finals.

Please help us to attain this goal of competing hard while keeping the main focus of our involvement as encouraging and supporting the children in whatever team or role they are in.

I support, understand and agree to adhere to the basic principles of the Code of Ethics of Children in Sport and the philosophy which governs the organisation of the 4v4 game.

Signed: _____

Date: _____

School: _____



VLV 4v4 National Championships

Score Sheet

Court: _____

Time: _____

Team _____ v Team _____

- | | |
|----|----|
| 1 | 1 |
| 2 | 2 |
| 3 | 3 |
| 4 | 4 |
| 5 | 5 |
| 6 | 6 |
| 7 | 7 |
| 8 | 8 |
| 9 | 9 |
| 10 | 10 |
| 11 | 11 |
| 12 | 12 |
| 13 | 13 |
| 14 | 14 |
| 15 | 15 |
| 16 | 16 |
| 17 | 17 |
| 18 | 18 |
| 19 | 19 |
| 20 | 20 |
| 21 | 21 |
| 22 | 22 |
| 23 | 23 |
| 24 | 24 |
| 25 | 25 |
| 26 | 26 |
| 27 | 27 |
| 28 | 28 |
| 29 | 29 |
| 30 | 30 |

Winner _____

Score _____

Team List

Team Name:			
Match Type:	Boys	Girls	Mixed
Match Time:			
Players			
1			
2			
3			
4			
5			
6			

Team list must be submitted at registration desk on the morning of the competition. If a team has a panel of more than 6 players a new team list must be submitted before the commencement of a match if there are any player changes to the original list submitted.

Signature of teacher: _____

School: _____

Received by:		Time received:	
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