

# **“New rules changes you need to know before coaching or playing”**

## **1) Net rule**

### **11.3.1: new net touch rule**

*“Contact with the net by a player is not a fault, unless it interferes with the play.”*

### **11.4.4: new net touch rule**

*“A player interferes with the opponent’s play by (amongst others):*

- a. touching the top band of the net or the top 80 cm of the antenna during his/her action of playing the ball, or*
- b. taking support from the net simultaneously with playing the ball, or*
- c. creating an advantage over the opponent, or*
- d. making actions which hinder an opponent’s legitimate attempt to play the ball.”*

Basically the only net violations to be called are touching the top white part of the tape on the net while playing the ball

Here is the link to the video <http://www.youtube.com/watch?v=YGCD8wE50lw>

## **2) Center line rule**

### **11.2.2.2: new centerline rule**

*“To touch the opponent’s court with any part of the body above the feet is permitted provided that it does not interfere with the opponent’s play.”*

This means you can go under the net provided you do not interfere with the player and your feet are on the centerline. Your hand or any other part of your body may touch the opponent’s court.

## **3) Request for sub**

**15.10.3:** *Substitutions are only recognized when the sub enters the zone. There is no longer a request from the coach or captain.*

**This means no more calling for subs the player must be in the attack zone to be recognized for a sub**

## **4) Warm-up procedures**

### **7.2.2. b:**

*“For junior competition, when one team has exclusive use of the court, the other team must either be at its team bench or out of the playing area. Warming up with balls at the team bench or the spectator walkways is not permitted.”*

This means after the coin toss and at the start of the first team 4 minute warm-up there will be no peppering or ball handling of any kind by the team not warming up.

## **5) Coaches sign score sheet**

**5.1.3:** *“For junior competition, both coaches sign the scoresheet after the match to verify the results.”*