

Stirling University Volleyball Club
Safety Regulations



1. Playing Area

- a) The playing area shall be 18 metres long and 9 metres wide and free of all obstructions up to a height of 7 metres measured from the ground. The indoor court shall be drawn at least 2 metres from all obstructions and the outdoor one at least 3 metres.

2. The Floor

- a) The main aim in volleyball is to prevent the ball touching the floor. On many occasions players will come into contact with the floor when playing the ball.
- (i) The floor must be smooth and non-abrasive. A basic technique of volleyball is the forward dive recovery shot which results in the player landing on his chest and sliding forward. An abrasive surface would result in skin burns.
 - (ii) Cork tiles, tarmacadam and felt-type finishes are totally unsuitable for halls where volleyball is played.
 - (iii) The surface must be splinterproof and dust free.
 - (iv) Where floor fittings are inserted they must be flush fitting.
 - (v) Channels for sliding partitions should not run across volleyball courts.

3. Lighting

- a) It is recommended that the hall should be enclosed and artificial lighting used. Sports halls which make use of natural lighting are often very difficult to play under certain weather conditions.
- b) Lights should be protected so that they are not broken by balls during play.
- c) Intensity: 40 lumens recommended for internationals.

4. Volleyballs

- a) The ball should conform to International Volleyball Federation (IVF) regulations regarding size, weight and colour.
- b) The ball should be laceless and the valve flush with the surrounding surface.

- c) Only balls with a leather surface are approved for match play. Other balls are approved for practice providing that the material used does not result in a too-hard surface to play with and gives a realistic feel.

5. Posts

- a) The posts should conform to IVF regulations.
 - (i) Under no circumstances are posts supported by weights, approved by IVF. Posts supported in this way are unsafe for the game of volleyball. Posts supported by weights are unstable if a player contacts the net or posts strongly during the game. They cannot be adjusted accurately for height. Erection of these posts is lengthy and involves the transporting of weights, with attendant dangers, across the sports hall floor.
 - (ii) The posts should be of the floor-socket type or wall mounted where walls are close at hand.
- b) Players should be lightly clad and plimsolls or training shoes should be worn. Heavy shoes are not suitable and could be a hazard to other players.
- c) The game should be supervised properly and players must not attempt to pull or swing on the net.

6. Warm-up

- a) All players must do warm-up exercises before either practice or play. Volleyball is a strenuous game and places considerable stress on ankles, knees and back.