



Participants must read and abide by the NABA volleyball rules

Player Qualification:

1. Must be of Filipino blood or heritage (must be a natural born Filipino or a US, or Canadian born whose parents are either a Filipino or of Filipino extraction); must have in his/her possession legal documentation to prove his lineage or any cause for doubt under this provision that results in a challenge from the opposing team shall require the player in question to present his/her proof of Filipino heritage. Failure to produce such documentation shall mean disqualification from the games.

2. Must be an amateur; one who has never received or currently receiving any form of compensation for playing Volleyball (Professionals) in the Philippines, U.S.A., Canada or any part of the world. An ex-Pro, before he can be admitted to participate must be idle, or inactive from playing as a professional for the past 2 years. He/she must submit a certificate or documentation to prove his/her last affiliation with a professional team before being allowed to participate, subject to the approval of the Commissioner.

3. Must be a resident of the city he/she is representing, meaning the player must reside within the metropolitan area of a major city he/she resides and represents.

4. Must provide Proof of Identification (ID) & Age:

1. For a player's ID & age, any of the following documents will be accepted:

- a) Current Birth Certificate (with attached photo)
- b) Current Passport
- c) Current U.S Alien Registration Card (Green Card)
- d) Current Valid Driver's License

5. For a player's **Proof of Filipino Heritage** (if needed), only Birth Certificates will be accepted.

6. **Proof of Residence** (if needed): Certificate of Employment, Driver's License, (temporary license will not be accepted) or school ID or record.

7. Required Documentation during Registration Day Proper:

Each City team coordinator/Director will report to the Screening Committee at the Secretariat table upon arrival (Thursday night or Friday morning) before the opening ceremony to present documentation of s players:

a) ID & Proof of Age (as specified in Section 1, item 4 above): only **original copies** will be accepted at the registration table.

b) Proof of Filipino Heritage: In cases of questioned Filipino heritage, only the Original Birth Certificate of the player concerned will be accepted as proof (stamped, sealed, signed and documented by an official of the country where he was born). **No copies will be accepted.**

i. If the player's original birth certificate establishes his/her Filipino heritage (either the mother or the father is Filipino), this will be accepted as de facto evidence. The parent concerned will present an original photo ID (Driver's License, Passport, Green Card) to the screening committee to verify his/her identity. If the concerned parent is not present during registration, a duly Notarized copy of the parent's photo ID will also be accepted. Non-notarized copies will not be accepted.

ii. If the player's original Birth Certificate cannot establish Filipino heritage beyond doubt (i.e. the parent concerned is part Filipino), the parent's **original** Birth Certificate will be used to establish Filipino heritage. If the parents' original birth certificate cannot be produced, a Notarized copy will also be accepted. Non-notarized copies are not accepted.

iii. Adopted children:

- a. Adopted children with no Filipino lineage/roots are automatically disqualified (i.e. biological parents are both pure non-Filipino).
- b. However, if these adopted children have Filipino lineage (i.e. biological parents are Filipino or part Filipino), they are qualified but must produce an original birth certificate identifying his/her birth parents

8. Must be listed in the team roster submitted to the host city on or before the specified deadline.

9. Must submit the Registration Form with two (2) recent photos to the host city on or before the specified deadline.

10. Penalty for violators: Any team member, player or team official found in violation of the above rules, or deliberately or intentionally concealing a player's identity in a fraudulent manner will automatically be disqualified from playing and may jeopardize his/her team standing by forfeiture of the game(s) he/she has participated in.

Volleyball Rules and Conduct:

1. A referee's decision is final. In case of a doubt, clarification may be requested via the team captain/coach.
2. Participants must behave appropriately and respectfully towards the referees, opponents, teammates, and spectators.
3. Report any game protests immediately after a game is played.
4. The referee may give a warning to any player who does not follow the proper sportsmanlike conduct.
5. During the game, only the team captain can call for time-outs, substitutions and ask for explanations on rules.
6. Intolerable behavior towards the official is reason for expulsion from the game.
7. The roster is official and no changes will be allowed on the 1st playing date.
8. The players must wear their shirt/uniforms and proper shoes in order to play. A team with a player not in uniform will be penalized 3 pts in the 1st set. Team uniforms are required. Players' jerseys must be numbered from 1 to 12. The number must be placed on the jersey at the centre of the front and of the back.
9. It is forbidden to wear objects which may cause injury (earrings, watches, jewelry, etc..)
10. Players may wear glasses or lenses at their own risk.
11. The referee/official tosses a coin for choice of side, serve, or receive.
12. After the end of each match, the team captain must verify the scores and sign the score sheet.

Team Roster/Format/Composition:

1. A team may consist of 12 players maximum. Only the players recorded on the roster can play in the matches. Players cannot be on more than one roster and only allowed to play on the team they are

registered. Team rosters are due August 25, 2013. Teams cannot add or delete players starting on the day of the tournament, August 30, 2013.

2. A regulation volleyball team consists of six (6) players of which at least four (4) players must be on the court to start a game. A team may begin with four (4) players but with two (2) females minimum. A maximum of 3 men can play at any single set; and not exceeding the number of ladies playing. There must be at least one male on the playing court at all times. If a team cannot meet the minimum amount of player/gender ratio, the set will be forfeited.
PLAN YOUR ROSTER WISELY.
3. Three (3) men cannot occupy the front-row at anytime to attack the ball, unless the third man is setting from the back row; one (1) female must be positioned in the front row. **Must have one male and/or one female playerblock at all times, no two man block is allowed.**
4. Teams are entitled to a 5 minute warm-up period on the court prior to the match.
5. A match consists of 2 sets and is won by the team which first scores 25 points using the Rally Point System (each serve produces a point). In case of a tie, play is continued until a minimum lead of 2 points is achieved.
6. Match time limit is 45 minutes. If the 2nd set is in progress and the clock strikes the next game time, the game will proceed on till the set is over when one team wins by 2 points.
7. After each set, the teams change sides and alternate serves.
8. Serving order and position on the court shall be an alternation of male and female.
9. During the game, only the designated team captain or coach can call for time-outs, substitutions, and ask for interpretation of the rules.
10. The tournament is open for players 16 years of age and older.

Default/Penalty/Forfeit:

1. Match time must start as scheduled. A team that is not ready to play or is incomplete by the scheduled game time, 1 point will be awarded to the opposing team for every minute that passes. Once the limit of 15 pts and/or 15 min has been reached, the incomplete team is declared in default and forfeits that set.
Teams must be on the court and ready to play at scheduled game time.

Game Rules:

1. All games will be played 2 sets for 45 minutes on single round robin format. The top two teams will play a winner-take –all best of five (5) sets.
2. Standings will be calculated on total wins and losses. In case of a tie, a tie break will be determined by the number of total points accumulated overall.
3. Playoffs will involve the top four (4) teams according to the standings.

4. Playoff semi-final and final games will consist of a best of 5 set match. Sets 1 thru 4 will be played to 25 points with a minimum two-point advantage (no scoring cap). If there is a deciding game, it will be won by the team that first scores 15 points with a minimum two-point advantage (no scoring cap).
5. A 2 minute break is given between sets. Each team is allowed one (1) time out per set for one (1) minute, which may be called any time the ball is dead.

Equipment:

1. Net height for the tournament will be for both women and co-ed: 7'4 1/8".
2. The official game ball is provided which is the Molten V5M5000 (Green/Red/White) Indoor volleyball. The discretion to use this volleyball is optional and must be agreed upon by both teams if another volleyball is to be used. Its inside pressure shall be 0.30 to 0.325 kg/cm² (4.26 to 4.61 psi).
3. A portable manual scorekeeper will be used at the games, and a volunteer from a non-playing team is needed to work it.

States of Play:

1. Foot digs are allowed. The ball may touch various parts of the body, provided that the contacts take place simultaneously.
2. A player may not hit the ball 2 times consecutively.
3. Players on serve receive cannot block or spike an incoming serve.
4. The ball must not be caught and/or thrown.
5. A ball may not strike an overhanging obstruction, it will be called out.
6. A player can pursue a ball by going around the net's posts into the opponent's side, without stepping foot into their side of the court. The pursuer can pass the ball back into their side, but it must not go over the net from the opponent's side, but stay outside of the antennas and within the allotted three (3) contacts.
7. Male player must hit the ball before the three (3) meter attack line. Back row players cannot attack a ball over the net inside of the three (3) meter attack line. If a back row player is attempting a legal back row attack, their feet must leave the floor prior to the three (3) meter line without stepping on it.
8. Net let serves are in play. Service can be done anywhere behind the service line.
9. Player substitutions are unlimited.
10. A block contact is not counted as a team hit. The first hit after a block may be executed by any player, including the one who has committed the block. In case of an over bump or pass over a male in the front row may block or re-direct the ball as long as it does not cross over then net more than the length of the ball so 6 inches, otherwise it will be called an over front row attack.

11. A player can not touch the top of the net (tape). If a player comes down from blocking or hitting and touches the mesh, not interfering with the play that can be waved off.
12. The server must hit the ball within 8 seconds after the referee's whistle for service. A service executed before the referee's whistle is cancelled and repeated.

Line Judges:

1. Two line judges are used, and they stand at the corners of the court closest to the right hand of each referee, diagonally at 1 to 2 m from the corner. Line judges that are assigned to assist the referee must be from a non-playing team(s).
2. Linesmen perform their functions by:
 - Calling the ball "in" and "out" whenever the ball lands near their lines.
 - Calling the ball touching the antenna.
 - Calling foot faults.