



# **COACHES HANDBOOK**

## **2024 South Australian Volleyball Schools Cup**

15, 16 & 18 August 2024

[volleyballsouthaustralia.com.au](http://volleyballsouthaustralia.com.au)

## Welcome to the 2024 SA Volleyball Schools Cup

Welcome to the 2024 South Australian Volleyball Schools Cup. This event is a highlight of the school volleyball calendar, and it's been pleasing to see it strengthen after the challenges of the past few years.

2024 brings additional excitement to Volleyball South Australia as we look forward to hosting the Australian Junior Volleyball Championships for the next three years, making the pathway more accessible to more junior athletes. Adding to the excitement, we're working alongside our partners toward the 2025 FIVB Beach Volleyball World Championships, to be held in Adelaide next November, aiming to inspire the next generation of volleyballers and spark further interest in our sport.

We're also thrilled that, together with the Office for Recreation, Sport and Racing, plans are progressing for the new home of volleyball as part of the Netball SA Stadium redevelopment. More South Australians want to play volleyball than we can currently cater for, and this project will support more South Australians to play volleyball from grassroots to elite.

This tournament continues to grow, which is a testament to the commitment of everyone involved – players, coaches, teachers, parents and volunteers. Thank you to everyone who supports this event to make it truly special for those participating.

As always, the VSA team are here to support you. If you need any assistance, please feel free to reach out at any time.

Best of luck to all participants,

Karla Della Pietra  
Chief Executive Officer

## Staff Contact Details

### FOR ANY SAVSC QUERIES:

#### VSA Events & Community Team

Phone: 08 8161 1606

Email: [participation@volleyballsa.com.au](mailto:participation@volleyballsa.com.au)

## Tournament & Venue Details

### **ARC Campbelltown Leisure Centre**

531 Lower North East Rd, Campbelltown SA 5074

### **Brighton Secondary School**

305 Brighton Rd, North Brighton SA 5048, enter via King George Ave

### **Marion Leisure & Fitness Centre**

Cnr Oaklands Rd &, Rosedale Ave, Morphettville SA 5043

### **Mt Lofty Community Sport Centre**

79 Longwood Rd, Heathfield (Next to Heathfield High School)

### **Reynella East College**

63 Malbeck Dr, Reynella East SA 5161

### **The Lights Community & Sports Centre**

244 - 270 East Parkway Corner Hampstead Road and, East Pkwy, Lightsview SA 5085

## Venue Staff

If at all during the tournament you are unsure of anything or require assistance, your first point of contact will be your friendly venue staff who are there to assist you.

All venues are to be kept tidy at all times and benches are to be cleared of empty bottles at the end of each match. Venue staff will be scouting the venues and anyone found to be littering will have warnings and penalties imposed upon them. If venue staff ask you or one of your team members to pick up any litter within your vicinity, please do so to ensure an enjoyable tournament is had by all.

## First Aid

It is each schools responsibility to ensure the safety and First Aid of each of their teams. This includes any strapping. Volleyball SA will have first aid kits at each venue for emergencies.

## Life after the SA Volleyball Schools Cup at Volleyball SA

### Weekly Competitions and Events

#### Junior League

The SA Volleyball League (SAVL) Juniors is the premier club/school competition in South Australia. It is a multi-division indoor season. Played on Friday evenings throughout the winter months.

#### Ages:

12 - 19 years old

#### Divisions:

- Under 13
- Under 15-19
- State League Juniors

#### Junior Events

##### BEACH EVENTS:

- Schools Beach Volleyball Festival
- State Beach Volleyball
- South Australian Beach Volleyball Series (SABVS) Futures through the summer months

##### INDOOR EVENTS:

- Primary Schools Volleyball Carnival
- South Australian Volleyball Schools Cup (Secondary Schools)
- South Australian Volleyball Schools Smash
- SA State Indoor Volleyball
- School Holiday Clinics

### Coaching and refereeing

Volleyball SA can provide you with all your coaching and umpiring information. Volleyball SA runs Coaching courses each year depending on demand plus numerous referee courses. For more details please view our website:

[Coaching \(volleyballsa.com.au\)](https://volleyballsa.com.au/coaching)

[Refereeing \(volleyballsa.com.au\)](https://volleyballsa.com.au/refereeing)

### Employment opportunities

Volleyball SA is always looking for qualified referees, coaches and arena managers for their many competitions in both versions of the sport and at all levels of skill. Please contact the Volleyball SA office or apply through our website: [Careers \(volleyballsa.com.au\)](https://volleyballsa.com.au/careers)

### Volleyball SA Contact Details

Address: Level 1, 296 Rundle Street, Adelaide, SA 5000

Phone: 08 8363 1265

Email: [info@volleyballsa.com.au](mailto:info@volleyballsa.com.au)

Website: [www.volleyballsa.com.au](http://www.volleyballsa.com.au)

## What do I do when I coach a team in a game?

### Pre match

- You need to write your team list, including player's first and last name and shirt number on the scoresheet. It is a good idea to have them written out and simply copy them onto the scoresheet. Check the shirt numbers before you sign the scoresheet.
- You need to complete your rotation order and submit a rotation slip with players uniform numbers every set to the scorer upon request.
- Have your non-starters collect your team's volleyballs from the warmup and store them.
- Greet the opposition coach if the opportunity arises in pre match protocol.
- Organise your bench.
- Keep your team and players equipment behind your bench so if a player chases the ball of court near the bench they can do so safely.
- The bench is only for the team i.e. coach, players and managers, **not spectators**.
- Assign the task of refilling water bottles to one of the players or the manager.
- Have a towel or similar to clean up any spillage from water bottles.
- Your substitute players must be either seated on the bench or standing/staying warm in an area in line with the bench and base line.

### During the match

- The coach sits on the seat at the end of the bench closest to the scorer, in line with the attack line, or standing between the attack and base line, in front of the team bench.
- You can request time outs/substitutions from the 2nd referee.
- When you request a substitution, they must be ready to play (no cap or tracksuit) and standing in the area in front of the bench between the attack line and centre line.

### End of a set

- At the end of a set, you should complete your rotation order via rotation slip for the next set and submit this to the scorer when moving to the other bench as you pass the scorer's table.
- Ensure any team equipment you will need is taken with you as you change ends (water bottles, towels, first aid etc).

### End of match

- Shake opposition coaches' hand.
- Your captain needs to sign the scoresheet.
- Complete any post-match protocol if required i.e. MVP voting or similar.
- Make arrangements to meet with your team or allocate them duty tasks should you be rostered on the next game.
- Take all team equipment as you vacate the court playing area.

### Finals MVP

If an Honours Division team are elected winners of their respective division, then the coach is requested to select one player of their team to receive the Most Valuable Player (MVP) award.

## How do I score?

Over the next few pages, you will learn how to score. Make sure you read all the explanations under each diagram to gain a full understanding.

The following was produced for a 3-set match with a scoring system of the first 2 sets to 25 points and a 3<sup>rd</sup> set to 15.

5 set matches are done the same way only with a possible extra 2 sets in between both going to 25 points.

1 Start: TEAM NAME											Points	TEAM NAME End:											Points										
ROTATION BOXES											Pts	ROTATION BOXES											Pts										
SUBSTITUTION BOXES												SUBSTITUTION BOXES																					
Start											Pts	End:											Pts										
SCORING BOXES												SCORING BOXES																					
Timeouts											Pts	Timeouts											Pts										
:												:																					
1	4	1	4	1	4	1	4	1	4	1	4	1	13	25	1	4	1	4	1	4	1	4	1	4	1	4	1	13	25				
2	5	2	5	2	5	2	5	2	5	2	5	2	14	26	2	5	2	5	2	5	2	5	2	5	2	5	2	14	26				
3	6	3	6	3	6	3	6	3	6	3	6	3	15	27	3	6	3	6	3	6	3	6	3	6	3	6	3	15	27				
4	1	4	1	4	1	4	1	4	1	4	1	4	4	16	28	4	1	4	1	4	1	4	1	4	1	4	1	4	4	16	28		
5	2	5	2	5	2	5	2	5	2	5	2	5	5	17	29	5	2	5	2	5	2	5	2	5	2	5	2	5	5	17	29		
6	3	6	3	6	3	6	3	6	3	6	3	6	6	18	30	6	3	6	3	6	3	6	3	6	3	6	3	6	6	18	30		
7	4	1	4	1	4	1	4	1	4	1	4	7	19	31	7	4	1	4	1	4	1	4	1	4	1	4	1	4	7	19	31		
8	5	2	5	2	5	2	5	2	5	2	5	8	20	32	8	5	2	5	2	5	2	5	2	5	2	5	2	5	8	20	32		
9	6	3	6	3	6	3	6	3	6	3	6	9	21	33	9	6	3	6	3	6	3	6	3	6	3	6	3	6	9	21	33		
10	1	4	1	4	1	4	1	4	1	4	1	4	10	22	34	10	1	4	1	4	1	4	1	4	1	4	1	4	1	4	10	22	34
11	2	5	2	5	2	5	2	5	2	5	2	5	11	23	35	11	2	5	2	5	2	5	2	5	2	5	2	5	2	5	11	23	35
12	3	6	3	6	3	6	3	6	3	6	3	6	12	24	36	12	3	6	3	6	3	6	3	6	3	6	3	6	3	6	12	24	36

1. At the completion of the toss, record on the scoresheet which team is A and which is B. As you look at the court, Team A should be on your left and team B on your right. Fill in the headers for each set. You should also identify which team is serving and receiving.

A or B  **Unley** vs. **Westminster**  A or B

2. Fill in the rotations for the set for each team (the coaches will hand in these to you).

1 Start: Unley	A	Pts	Westminster	B	End:	Pts
7 I	5 II	9 III	6 IV	3 V	8 VI	
5	1 II	7 III	4 IV	6 V	9 VI	

3. Team A is serving. Place a small dash through the "1" in the scoring box (underneath the rotation) (1). Check that the first server is this person. If Team A is serving, Team B is receiving. On their side of the scoresheet, place a cross through the all of the first scoring box (2). This shows that person will not serve until 1 full rotation is completed. When scoring you must start at the first "1" in the scoring boxes. Follow from left to right for each player before moving down to the "2's", then "3's", etc.

1 Start: Unley							(A)	Pts	Westminster							(B)	End:	Pts
7	5	9	6	3	8			1 13 25	5	1	7	4	6	9		1 13 25		
								2 14 26							2 14 26			
								3 15 27							3 15 27			
								4 16 28							4 16 28			
								5 17 29							5 17 29			
								6 18 30							6 18 30			
(1)								7 19 31	(2)						7 19 31			
1	4	1	4	1	4	1		8 20 32	2	5	2	5	2	5	8 20 32			
2	5	2	5	2	5	2		9 21 33	3	6	3	6	3	6	9 21 33			
3	6	3	6	3	6	3		10 22 34							10 22 34			
Timeouts								11 23 35	Timeouts								11 23 35	
:								12 24 36	:							12 24 36		

4. The game begins and Team A wins the rally. Cross off a point for this team (1). In the next rally, Team A win again. Cross off another point for them (1). Team A lose the next rally. In the scoring box, put in 2 (they are on 2 points when they lose the serve) (2). Move across to Team B. Cross off a point for them (3). Place a small dash through the "1" in the scoring box under the position 2 and check that person is the server (4).

1 Start: Unley							(A)	Pts	Westminster							(B)	End:	Pts
7	5	9	6	3	8			1 13 25	5	1	7	4	6	9		1 13 25		
								2 14 26							(3)			
							(1)	3 15 27							3 15 27			
								4 16 28							4 16 28			
								5 17 29							5 17 29			
								6 18 30							6 18 30			
(2)								7 19 31	(4)						7 19 31			
1	4	1	4	1	4	1		8 20 32	2	5	2	5	2	5	8 20 32			
2	5	2	5	2	5	2		9 21 33	3	6	3	6	3	6	9 21 33			
3	6	3	6	3	6	3		10 22 34							10 22 34			
Timeouts								11 23 35	Timeouts								11 23 35	
:								12 24 36	:							12 24 36		

5. Team B loses the rally. Record a 1 in the scoring box (they are on 1 point when they lose the serve) (1). Move across to Team A. Cross off 1 point for them (2). They should now be on 3 points. Place a small dash through the scoring box under position 2 and check the server (3). Before the referee whistles for service, Team A calls for a substitution. Record the number of the person entering the court under the number of the person leaving (4).

1 Start: Unley							(A)	Pts	Westminster	(B)	End:	Pts			
7	5	9	6	3	8			1 13 25	5	1	7	4	6	9	1 13 25
		21						2 14 26							2 14 26
								3 15 27							3 15 27
								4 16 28							4 16 28
								5 17 29							5 17 29
								6 18 30							6 18 30
1	4	1	4	1	4	1		7 19 31	1	4	1	4	1	4	7 19 31
2	5	2	5	2	5	2		8 20 32	2	5	2	5	2	5	8 20 32
3	6	3	6	3	6	3		9 21 33	3	6	3	6	3	6	9 21 33
								10 22 34							10 22 34
								11 23 35							11 23 35
								12 24 36							12 24 36
Timeouts									Timeouts						
:						:			:					:	

6. Team A wins 4 consecutive points before they lose a rally (1). By this stage they are on 7 points. Record this in the scoring box (2) before moving over to Team B to record their point (3) and check the new server (4). Team B calls for a timeout at this time. Record the timeout in the space provided (5). The first score written is always that of the team who called the timeout. A team is allowed 2 timeouts per set.

1 Start: Unley							(A)	Pts	Westminster	(B)	End:	Pts			
7	5	9	6	3	8			1 13 25	5	1	7	4	6	9	1 13 25
		21						2 14 26							2 14 26
								3 15 27							3 15 27
								4 16 28							4 16 28
								5 17 29							5 17 29
								6 18 30							6 18 30
1	4	1	4	1	4	1		7 19 31	1	4	1	4	1	4	7 19 31
2	5	2	5	2	5	2		8 20 32	2	5	2	5	2	5	8 20 32
3	6	3	6	3	6	3		9 21 33	3	6	3	6	3	6	9 21 33
								10 22 34							10 22 34
								11 23 35							11 23 35
								12 24 36							12 24 36
Timeouts									Timeouts						
:						:			5	2	:	7		:	





In the event of a deciding set:

3 Start: Unley							(A)	Pts	Westminster	(B)	End:	Pts
7	I	5	II	9	III	6	IV	3	V	8	VI	1 13 25
												2 14 26
												3 15 27
												4 16 28
												5 17 29
												6 18 30
												7 19 31
✓	4	✓	4	✓	4	✓	4	1	4	1	4	8 20 32
2	5	2	5	2	5	2	5	2	5	2	5	9 21 33
												10 22 34
3	6	3	6	3	6	3	6	3	6	3	6	11 23 35
												12 24 36
Timeouts									Timeouts			
:		:		:		:		:		:		

A	Points at Change	7	Pts									
7	I	5	II	9	III	6	IV	3	V	8	VI	1 13 25
												2 14 26
												3 15 27
												4 16 28
												5 17 29
												6 18 30
												7 19 31
1	4	1	4	1	4	1	4	1	4	1	4	8 20 32
✓	5	2	5	2	5	2	5	2	5	2	5	9 21 33
13												10 22 34
3	6	3	6	3	6	3	6	3	6	3	6	11 23 35
												12 24 36
Timeouts									Timeouts			
11	:	14	:		:							

A new toss will occur at the beginning of the deciding set. The winner will choose to serve or pick an end. Fill in the rotations and begin scoring as normal until 1 team reaches 8 points. At this stage, the teams change ends. Transfer the rotation for the team on your left to the third scoring box. This ensures that the teams look the same way on the scoresheet as they do on the court. Fill in the "points at the change of end" box. Begin scoring for that team onwards. Complete the set as normal from the next point

RESULTS									
Unley				A	B	Westminster			
T	S	W	Pts	Pts	W	S	T		
	1		21	1	25	1		1	
		1	25	2	20				
1	2		13	3	15	1			
1	3	1	59	<b>Total</b>	60	2	0	1	
<b>Winner: Westminster</b>								<b>2:1</b>	

At the conclusion of the match, you will need to fill in the results section of the scoresheet.


- T = Timeouts
- S = Substitutions
- W = Win/Loss
- Pts = Points won

## What is a rotation slip?

Rotations Slips are given to the 2<sup>nd</sup> referee or scorer before the beginning of each set. You place one of your player's shirt numbers in each of the 6 boxes on the slip in order of how you would like them to start the set. The 2<sup>nd</sup> referee holds onto them through the match to check that all players remain in order through out the set. You do not have to change the rotation at the end of each set if you don't want to.

1. is the first server in the position at the back of the court and on the right hand side as you look at the net.

Below is an example of a standard rotation slip.

<b>SET X</b>		
TEAM: _____		
LIBERO: _____		
4	3	2
5	6	1
 <b>VSA</b>		

## How do I referee a match?

Teams will be required to referee matches at the Volleyball South Australia Schools Cup. The rules can be found on the International body's website ([www.fivb.org](http://www.fivb.org)) and read in conjunction with the Tournament Handbook.

At the event if you are unsure at any time, please ask for the Venue Referee/Arena Manager for explanation or assistance and in some cases they may be able to be at the court while your team conducts their duty to give you some feedback.

Volleyball SA regularly runs basic refereeing courses and if you have enough interest, these courses can be run at your school prior to the event. Please contact the Volleyball SA office for more details on 8363 1265.

## Tournament Review

Volleyball SA are always looking to make improvements to our events. It would be appreciated if you can spare a few minutes and complete the SAVSC review form. This information will be collated and taken on board for the 2025 event.

The Review will be emailed out to all school contacts in the week following the event.

## Champion School

The Champion School for the year of the tournament will be decided by cumulative tournament points gained by the leading six teams for each school. Tournament points gained for placing's in each division are detailed below. In every division, only the school's highest placed team's tournament points are considered towards the Champion School's six team total. This applies to all divisions in the SAVSC.

Example: School X finishes 1st and 3rd in Year 10 Honour Girls. Tournament points for School X's highest placed team from this division (1st place: 100 points) can count towards School X's champion school total. Previously, both scores could count towards School X's total.

Open Hon. Position	Points	Other Hon. Position	Points	Div 1 Position	Points	Div 2 Position	Points
1st	120	1st	100	1st	80	1st	60
2nd	110	2nd	95	2nd	75	2nd	55
3rd	105	3rd	92	3rd	72	3rd	52
4th	100	4th	90	4th	70	4th	50
5th	95	5th	88	5th	68	5th	48
6th	90	6th	86	6th	66	6th	46
7th	85	7th	84	7th	64	7th	44
8th	82	8th	82	8th	62	8th	42
9th	80	9th	80	9th	60	9th	40
10th	79	10th	79	10th	59	10th	39
11th	78	11th	78	11th	58	11th	38
12th	77	12th	77	12th	57	12th	37
13th	76	13th	76	13th	56	13th	36
14th	75	14th	75	14th	55	14th	35
15th	74	15th	74	15th	54	15th	34

## Twelve (12) Substitution Rule & Libero per Set

- a) A team shall be allowed a maximum of twelve (12) substitutions in any one set. Players starting a set may be replaced by a substitute and may subsequently re-enter the set twice. Each substitute may enter the set three times. A player shall not enter the set for a fourth time (starting shall count as an entry). Players re-entering the set must assume the original position in the service order in relation to other team mates. No change may be made in a player's position in the service order unless necessitated by an injury requiring an abnormal substitution under the provisions of paragraph b) below. Any number of players may enter the set in each position in the service order.
- b) If through any injury a player is unable to play and substitution cannot be legally made the team is entitled to make an EXCEPTIONAL substitution beyond the limits of paragraph (a). (This means that ANY player on the bench may replace the injured player)
- c) If through injury or accident a player is unable to play and substitution cannot be made under the provisions of paragraph a) or b), the first referee may grant a special time-out under the provisions of the rules of the game.
- d) If a team becomes incomplete through expulsion of a player and substitution cannot be made under the provisions of paragraph a) above, the team loses the set by default, keeping the points acquired. If a team becomes incomplete through disqualification of a player and substitution cannot be made under the provisions of paragraph a) above, the team loses the match by default, keeping the sets and points acquired.

### Example

The following diagram illustrates how substitutions are recorded on the scoresheet.

I		II		III		IV		V		VI	
10		4		11		2		1		7	
6	3					5					
10						2					
9						5					
8						□					
□						Ä					
8											

In the example shown above, the starting line-up is 10, 4, 11, 2, 1 and 7.

This means that these players made their first entry for the set. The coach then substitutes into position one (I) players numbered 6, 9, 8 and 3. Number 10 has made three (3) entries and is not permitted any more entries for the set. The same can be said for player number 5 in position four (IV).

The players numbered 10, 6, 9, 8 and 3, must remain in position one (I) on the scoresheet and none of them can be used to substitute into another position in this set. For example, player 8 has only appeared twice so far and can therefore make another appearance on court but only in position one (I) and only if no more than twelve substitutions are used per set.

In the example shown above, all twelve substitutions have been used.

The scorer recording the substitutions will use the left side column first for each position and when the left is full use the right side column.

There is no requirement to record the score at the time of each substitution.

The scorer reports the 11th and 12th substitutions of the team and the third court entry of a player to the second referee who then indicates to the coach concerned and First Referee in that order.

## Libero per Set

Full details of this rule can be found at Rule 19 in the rule book.

For this tournament the libero may be nominated per set by the coach indicating the libero number on the line-up sheet for the set. If the libero number is left blank there will be no libero permitted for that set.

The libero must wear a jersey of contrasting colour.

If the game captain is re-designated as the Libero during the course of the match, an on-court captain must be nominated by the coach.