



# The Official Sports Handbook of the New Zealand Naturist Federation

Revised 2008

[www.gonatural.co.nz](http://www.gonatural.co.nz)

## Foreword

This is the Official Sports Handbook of the New Zealand Naturist Federation Inc.

This book includes the duties of the Rally Sports Organiser, rally competition format and rules and general notes regarding the various sports.

The original rule book was compiled in 1977 by Colin Brown. Since then many changes have taken place including new sports events. Also, the numbers playing in each event has changed considerably.

Sports Officers at all clubs and other interested parties were canvassed and many comments have been included. Rule changes that have been approved by the council and official rules of sports not previously covered have also been added.

This handbook does not contain sports results. These are all listed in a separate results document. If you would like a copy of the results please contact the NZNF Sports Officer.

A copy of this document is available from the gonatural web site at [www.gonatural.co.nz](http://www.gonatural.co.nz).

The NZNF Sports Officer is available to assist the Rally Sports Organiser when required.

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## **Preparation**

### ***Before the Rally***

Check that your club has available all the necessary sports equipment, e.g. miniten, volleyball and tenikoit nets, all in good repair; volleyballs (one for each court and two reserve), tennis balls (good quality), tenikoit rings, table tennis bats (good quality), and balls (good quality), indoor bowls mats and bowls, dartboards and darts, chess sets and draughts sets.

Check that the lane markers for the swimming sports are available and in good order. They should be equipped correctly with cork floats.

Prepare the sport entry sheets for each sport. (These need not be elaborate but should contain a column for name, club and club seeding if known). Have a separate sheet for each sport event and have the entry sheets pinned on a notice board for the competitors to record their entries on arrival. It is also helpful to have the previous trophy winners' names on the top of the sheet.

Appoint a person (preferably a player) to take charge of each sport category as far as day-to-day running is concerned. These people are responsible for doing the draw and organising the games. They are to make sure that games progress at a steady rate. Note that up to twelve officials are required for the swimming sports.

Set a date and time, for closing off sports entries, usually 28<sup>th</sup> December, 4pm. It is also usual to hold a sports delegates meeting at this time. Swimming, volleyball and fun sports entries can be left and closed off on the evening before they begin.

Ensure that the marking out of all the sports courts is done and are to the correct dimensions. Make sure that at least two table tennis tables are available, on loan if necessary. Arrange for the loan of indoor bowls mats and equipment if your club does not have any of its own.

Check that you have the following items ready for use in the running and general paperwork involved. Plentiful supplies of draw sheets (large, 32 entries and small, 16 entries) for all sports. These draw sheets are available from most sports stores or the NZNF Sports Co-ordinator can provide them if asked well in advance. Other items required are: - pencils, ballpoint pens, note paper, clip boards for each sport category, chalk, black/white boards, scissors, string, eraser, penknife, felt tip pens, whistles (for volleyball referees), paper stapler, drawing pins, ruler, etc, etc.

### ***During The Rally***

Call a meeting of all club sports delegates on the eve of the rally opening to explain procedure, distribute entry sheets, answer queries, solve any issues, seed players and do the draw sheets.

When the entries have been received the draws can be made for the various sports, starting with the events you intend running the next day. Draws for other events can be made during the rally when necessary. Consult sports delegates on the ability of various players to allow you to seed fairly. Try not to have two players from the same club playing each other in first round events. This may necessitate some "juggling".

The swimming entries should be closed on the night preceding the day they are to be held. Prepare the swimming programme. Three copies are needed, one each for the chief recorder, assistant recorder and marshal. Late entries (day visitor preference) can be fitted in by the marshal at the poolside immediately prior

to each event when scratchings are known. Additions and alterations are then communicated to the recorders.

All sports to be contested are listed in Appendix 'A'

As the rally progresses all results should be collated and recorded. (A result sheet is available from the NZNF Sports Co-ordinator). Each evening further draws shall be made in readiness for the next day. A results board of the volleyball round robin play should be on display and kept up to date.

The Rally Sports Organiser should be ready to resolve all disputes that occur; he shall be aware of progress in all sports at all times and be prepared to make quick decisions on timing of events. If there are contentious issues, the NZNF Sports Co-ordinator, if at the rally, should be consulted and their decision is final. If the NZNF Sports Co-ordinator is not available then the Rally Sports Organiser's decision is final.

The NZNF Sports Co-ordinator will ensure all trophies are returned and have been cleaned and polished. As Rally Sports Organiser you shall ensure that an area is made available for their display.

When the events are completed a list of all trophy winners is to be compiled. A results sheet can be obtained from the NZNF Sports Co-ordinator. Arrange for winners names to be written on the certificates that are provided by the NZNF Sports Co-ordinator. Co-ordinate the trophy presentations and ask the organiser of each sport category to announce the winners and hand the trophies to the National President for presentation. The NZNF Sports Co-ordinator will help in this if required.

### ***After The Rally***

Ensure that the NZNF Sports Co-ordinator receives a copy of all the results so the official records can be updated. Write a complete sports report for the *gonatural* magazines next issue. The deadline for this is usually less than two weeks after the rally ends.

## **General Competition Rules**

### ***Rally Sports Organiser***

The host club shall appoint a Rally Sports Organiser who is responsible for organising the whole sports programme. Their decisions must be upheld regarding any part of the running of the sports programme and it is their job to facilitate its completion in the fairest and best way possible, always having regard to the rules laid down and conditions prevailing at the time. The NZNF Sports Co-ordinator, if available, can be consulted if required for contentious issues.

### ***Sports Delegates***

All clubs at the rally shall nominate a sports delegate who shall be responsible for all his club's entries. The sports delegate shall deal directly with the Rally Sports Organiser on behalf of his members on any points of information, protests, etc.

### ***Referee***

The Rally Sports Organiser is the Referee to whom all disputes are referred. The organiser may appoint a different Referee if required. The Referee may be a member of any club, player or non-player. The NZNF Sports Co-ordinator could also be approached to fill this role. However, whoever is appointed must preferably

have a wide knowledge of all the sports and should have copies of all the sports rules available. The decision given by the Referee on any matter referred to him/her shall be final.

### ***Programme***

The rally sports programme must be timed to be completed before the official end date of the rally. Complete all sports as soon as possible to allow for weather interruptions and also may give time for other 'fun' competitions or sport outside the normal programme. For example, additional pick-up volleyball games, tug-of-war, etc.

### ***Club Representation***

All sports participants shall compete for the club they represent and NOT as individuals. In doubles events partners must belong to the same club. If a person belongs to more than one club he/she must play all sports as a representative of one club only. He/she must decide which club they wish to represent. Excepting that, at the Rally Sports Organiser's discretion, if there is no-one from their own club that **can/wants** to compete in a particular sport, that person can arrange their **OWN** partner from another club, if that person is in a similar position. A composite volleyball team may also be acceptable provided that it is made up of players left over from their own club teams or instances where two SMALL clubs combine to form a team. Players in these composite teams may not play in any other team entered in the same competition.

### ***Restriction of Entries***

The intention should be to encourage rather than to discourage people to participate in sport at a rally. However, it must be realised that in some instances, particularly in miniten, an extremely large number of home club entries will simply not allow the programme to be completed on time. The numbers of home entrants must be kept down to a realistic and manageable level. Therefore the host club may have to consider some form of elimination competition prior to the rally to determine who may enter the rally competition. It must be emphasised that this is a problem to be solved by each of the host clubs at their own discretion and having regard to facilities (i.e. two courts or three).

### ***Junior Competitions***

Junior events are restricted to those aged 15 years or under on the opening day of competition (usually the 29<sup>th</sup> of December).

In miniten, table tennis, tenikoit and swimming where there are usually several events in the competition, a junior on entering any one event as a junior is automatically ineligible to compete as a senior in that sport. Conversely, a junior who chooses to enter any event as a senior may not compete in any of the junior events of that particular sports competition. However, a junior must at all times have the choice either of competing as a junior or as a senior in each sport. Thus, a junior may compete as a junior at tenikoit and as a senior at miniten for example.

This rule must be enforced because any junior good enough to compete against seniors is usually too good to participate with other juniors.

### ***Simultaneous Participation***

Where a competitor is required urgently to compete at more than one sport simultaneously, outdoor sports take precedence over indoor sports. Generally an arrangement can be agreed upon but sometimes it is absolutely necessary for a match to be played. In this instance this rule shall apply.

### ***Seeding***

In the individual sports such as table tennis, tenikoit and miniten, the best players must be seeded in the correct way, details of which are usually given on the tournament draw sheets. The object of seeding is to avoid the best players meeting too soon. Club delegates should nominate their best players on the entry form in order to assist the draw. The NZNF Sports Co-ordinator can also provide a list of the previous winners. The present holder of the trophy should be number one seed if contesting for the trophy. If possible, players from the same club should not be drawn to play each other in the first round.

### ***Wet Weather***

If the sports program is disrupted by rain or other causes it may be necessary for the competition to be curtailed. The Rally Sports Organiser will make the decision and together with the sports delegates an acceptable solution will be found to enable the competition to be concluded.

### ***Indoor Bowls***

The indoor bowls should generally be regarded as suitable for those people who are not involved in too many outdoor sports. Outdoor sports take precedence over indoor sports and if contestants are involved in many outdoor sports they will hold up indoor sports.

### ***Eligibility***

Any current financial member of clubs both New Zealand and overseas may enter the events.

Any trophy won by an overseas competitor will remain with the rally host club.

### ***Entries***

Entries for all sports are to be made on the sheets provided by the sports convenor and must be made before the draw is made. Late entries will only be allowed if games have not already commenced for a particular sport. Volleyball and swimming entries may be made up until the commencement of the competition

### ***Draws***

Draws will be done on a 'seeding' basis, based on known ability. Club representatives may approach the rally sports convenor if a particular draw appears unfair – however, the decision to make any changes rests solely with the sports convenor.

## Individual Sports Rules and Competition Format

It is not intended to duplicate completely the rules of any sport played. Sports specific to naturist (miniten) will have full rules, however it is expected that participants will already know the rules of other sports such as chess, draughts etc.

### **Chess**

#### **Events**

- C1 Open Senior
- C2 Open Junior.









#### **Competition**

A knockout system should be used throughout the competition. The final will be best of three.

#### **Rules**

Chess rules to be as per “The FIDE Laws of Chess”, which are the recognised international rules. The international rules can be found at <http://ourworld.compuserve.com/homepages/nzchess/>.

#### **Chess Rules Summary**

-  Checkmate wins the game, e.g. opponent has no legal move to avoid capture of king on next move.
-  Game a draw if either player can not possibly checkmate the other player.
-  If a piece moves to a square occupied by an opponent's piece, that piece is captured.
-  It is not permitted to move a piece to a square occupied by a piece of the same colour.
-  Declaring a check is not obligatory.
-  No piece can be moved that will expose its own king to check, or leave its own king in check.
-  Each move must be made with one hand only.
-  A player wins if his/her opponent resigns. This ends the game.

## ***Draughts***

### **Events**

DR1 Open Senior  
DR2 Open Junior

### **Competition**




A knockout system should be used throughout the competition. The final will be best of three if both finalists agree.

### **Rules**

As in chess, the board is so placed that each player has light corner as his right. Black moves first, and thereafter the players move alternately. A player loses the game if he cannot move in turn; usually this is because all his pieces have been captured, but it can also come about because all his remaining pieces are immobilised. A tied game results when neither player can force a win. If one player is in a stronger position he may be required to win the game within his next 40 moves or else be able to demonstrate a clear advantage over his opponent. If he fails to do so the game is declared a draw.

A piece may move diagonally forward one square, if that square is vacant. Or it may *capture* an adverse piece that is adjacent, diagonally forward, if the square next beyond that piece is vacant. The capture is executed by jumping over the adverse piece to the vacant square and removing the enemy from the board.




If a player can make a capturing move then he must do so, even if it is to his disadvantage. Where he has a choice of capturing moves, then he may choose which to take, but he must make all the captures that are possible on that move. If a player fails to capture a piece when he could do so, then his opponent has three options before making his own move:





-  he can accept the offending move and do nothing;
-  he can insist that the move be taken back and replayed to make the possible capture;
-  he can 'huff' the other player by removing from the board the piece that could have made the capture

*Crowning.* All pieces on the board at the onset are *single men*. A single man may move only forward. The row of Squares at the Black or White edge of the board is called the *king row*. On reaching the adverse king row, a single man is *crowned* and becomes a king. Its promotion is indicated by placing upon it a second checker of the same colour.

A *king* has the same powers of move and capture as a single man, plus the right to move backward as well as forward. If a single man reaches the king row by capture, it has to stop to be crowned; it may not continue capturing (as a king) in the same turn. A king is still liable to be captured by a single man.

### **Draughts Rules Summary**

-  Black moves first, thereafter alternative moves.
-  A player loses the game if he can not move in turn.
-  Game is a tie when neither player can force a win.

-  A player in a stronger position must force a win in 40 moves or less.
-  A piece may move diagonally forward one square, if that square is vacant.
-  All captures must be made where possible.
-  A king is liable for capture by a single man.

## Darts

### Events

- DA1 Ladies' Singles
- DA2 Men's Singles
- DA3 Open Singles
- DA4 Open Senior doubles
- DA5 Open Junior Singles

Junior doubles may be played if desired but there is no trophy.

### Competition

Early rounds are one leg of 301 with a straight start and a double to finish. Finals are the best of three legs of 301 with a double to start and a double to finish. The first thrower can be decided by toss of a coin or 'nearest the bull'.

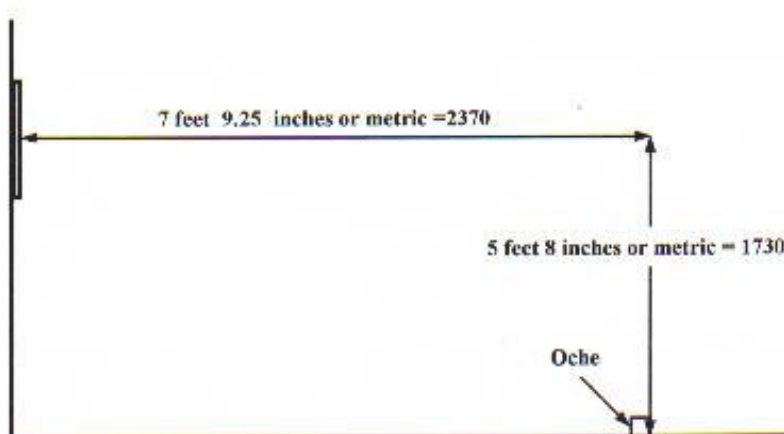
### Junior Singles

Early rounds are one leg of 301 with a straight start and the correct number to finish. Finals are the best of three legs of 301 with a straight start and the correct number to finish.

### Set-up

The following measurements must be used and the dartboards must be secured to a vertical surface.

*Diagram - Centre of board to floor 1.73 metres. From front edge of throwing line to face of board. Distance: 2.37 metres.*



## Indoor Bowls

### *Events*

- IB1 Open Singles for males or females
- IB2 Open Doubles for males or females or mixed combinations
- IB3 Open Rinks for males or females or mixed combinations, (4 players per team)

### *Competition*

Below is a summary of the basic game taken from the New Zealand Indoor bowls Association.

The Organiser may opt to use a fixed time system, a number of fixed ends or a combination of both. It is recommended to use the fixed number of ends with no time limit.

The Organiser should consider the number of entries for each event before determining whether to use a time limit or no time limit.

Mat play in the competition should follow the basic Rules of the sport played by Indoor Bowls Clubs throughout New Zealand. These rules follow.

In summary

If time permits (Small player numbers)

Singles to be played to;            12 ends using 4 bowls each or 30 minutes

Pairs to be played to;            9 ends using 3 bowls each or 35 minutes

Rinks to be played to;            10 ends using 2 bowls each or 50 minutes

If time is limited (Large player numbers)

Singles to be played to;            7 ends using 4 bowls each or 25 minutes

Pairs to be played to;            7 ends using 3 bowls each or 30 minutes

Rinks to be played to;            7 ends using 2 bowls each or 35 minutes

Points to be awarded for number of bowls closest to kitty.

If kitty is knocked off the mat i.e. a killed end, then 2 points shall be awarded to the opposition for the first four bowls of either side. All other bowls are 3 points. The end is not replayed.

If the fixed time limit is used the competitors must finish within the time limit or stop before the specified number of ends is reached. The end being played must be completed.

## **Miniten**

### ***Events***

M1	Ladies Singles
M2	Ladies Doubles
M3	Mixed Doubles
M4	Men's Singles
M5	Men's Doubles
M6	Open Junior Singles for boys and girls
M7	Open Junior Doubles for boys, girls and mixed combinations
M8	Over 50s Mixed Doubles
M9	Over 50s Open Doubles

Note: In the interest of fair play those entering both the over 50's mixed and the over 50's open miniten competition should do so with a different partner in each.

### ***Competition***

Quarter finals and semi finals to be of one set to six games. The winner is the player to reach six games first with a two-game advantage. Should both players reach six games each then a tie-break to nine points is played to decide the winner. How to play a tie-break is provided below.

All finals will be the best of three sets to six games with a two game advantage. A tie-break is to be played during any set when both players reach six games each.

### ***Umpires***

Umpires are not required in the early rounds. Quarter finals and semi-finals must have an umpire and lines people. The umpire is generally the winner of a previous game. The decision of the umpire is final. Sometimes players may agree to play a match without an umpire or lines people and this is acceptable, however any result will be binding on both players.

### ***Rules & Dimensions***

#### **The Court**

Singles 13.70m x 5.50m (45ft x 18ft)

Doubles 13.70m x 6.40m (45ft x 21ft)

#### **The Service Court**

The defined area between the net and a rear service court line is marked 1.50m (5ft) {1.375m British rules} from the base line. These lines are marked parallel to the net and extend only across the singles court (i.e. 5.50m or 18ft). From the centre of the net a line parallel to the sidelines extends to the centre of the rear service court line and, in extension of the same direction, a service guideline of 15cm (6ins) is marked behind the base line. All lines are 4cm (1.5ins) in width.

### **The Net**

The net is suspended from a cord, wire, or cable and has a white band from 5cm to 7cm (2.5 ins) deep at the point from which the net is suspended. The net should be continuous from top to ground and from post to post. The posts which sustain the net should be 1.10m (3ft 6ins) {990mm British rules} in height and the net should also be this height at the posts, and not more than 1m (3ft 3ins) nor less than 90cm (3ft) {915mm British rules} in height at the centre of the court.

### **The Thug**

This is the term used to describe the double bladed bat with which the game is played. The blades should be constructed of wood and shall be flat and smooth without any avoidable indentations or protuberances except for essential screws or nails. The blades shall be left uncovered by any substance other than a preservative of stain, paint, varnish, and creosote or like fluid. Each blade may be of any size or shape provided that it may be entirely contained within a circle of diameter 0.27m (10.5ins). The blade angle shall not be greater than 30 degrees.

The handle shall be set between blades in such a manner that if the two blades were to be joined from the circumference of the other, no part of the handle would protrude from the solid figure so formed.

### **The Toss**

The right to be server or receiver in the first game shall be decided by a toss. If the winner of the toss elects to be server or receiver, his opponent shall have the choice of sides. If the winner of the toss elects to have choice of sides, his opponent shall have the right to be server or receiver. The winner of the toss may choose or require the opponent to make the first choice. The looser of the toss can elect which end to commence play.

### **The Ball**

Should be a good quality tennis ball.

### **The Singles Game**

The Players stand on opposite sides of the net. The one who delivers the ball shall be termed the server, the other as the receiver.

### **The Service**

The service shall be delivered in the following manner:

The feet shall be behind the base line and between the service guideline (at the centre of the court) and the point where the singles court sideline joins, the base line. At no time during the act of serving may the foot touch or cross the base line.

The server shall not change his position or walk or run during the act of serving and shall also maintain contact with the ground during the service stroke. Any service, which does not conform in all respects with this rule, shall be deemed a fault.

In delivering the service the server shall stand alternately behind the right and left courts, beginning with the right in every game.

The server shall project the ball by hand into the air in any direction and strike it with his thug before it touches the ground.

The delivery shall be deemed to have been completed at the moment of contact between the thug and the ball. The ball shall then pass directly over the net and hit the ground within the diagonally opposite service court, or upon any line bounding such court, before the receiver may return it.

### **Fault Service, Double Fault, and Service Let**

The service is a fault if the server commits any breach of the above rule.

However, if the ball strikes a natural hazard or hits the top of the net and continues in flight so as to drop in the diagonally opposite service court, a service let shall be called and the service played again without change to the score.

After a fault (if it is a fault from the first delivered ball), the server shall serve again from behind the same half of the court from which he served that fault. If the second service is a fault, it shall be called a double fault and the point is lost to the server. The score shall then be called and the players change to the positions for the playing of the next point.

It shall be an understood fact that the calling of the score signals readiness to commence the next point unless either player shall, before the next service is delivered, signify that he is not ready to commence play. A fault may not be claimed after the next service has been delivered and if a receiver attempts to make a return from service he shall have deemed to be ready to receive and the point will be a good one.

### **Scoring**

The Game. When a player wins his first point, the score is called 15 for that player; on winning his second point, the score is called 30 for that player; on winning his third point, the score is called 40 for that player, and the fourth point won by a player is scored "game" for that player, except as below:

If both players have scored three points (40 - 40), the score is called "deuce", and the next point scored by either player is called "advantage" for that player ("advantage server" or "advantage receiver"). If the same player then wins the next point he wins the game. If the other player wins that next point, however, the score reverts to "deuce". This means that a player immediately following the score at "deuce" for him to win the game must win two consecutive points.

The Set shall be won by the first player to win 6 games, except that if the score reaches 6 games all, the winner of the set is to be decided by the playing of a 9 point tie-breaker.

### **How to play a Tie-break**

The tie-break will come into operation when the game score is six games each.

### **Singles**

Players do not change ends at the start of the tie break.

Service order shall be continuous and the player whose turn it is to serve shall be the Server for the first point. His or her opponent shall then be the Server for the next two points and then each player shall serve alternately, two points at a time, until the winner of the tie break and set has been decided.

At the start of the tie break the initial service shall be from the left hand court. (One serve only) Thereafter each service shall be delivered alternately from the right hand court and the left hand court, beginning with the right hand court. (Two serves each)

A player who wins nine points and leads by at least two points shall win the tie break and the set. If the score reaches eight points all the tie break shall continue until a two point lead has been gained by one player.

Players shall change ends after every six points have been played and at the conclusion of the tie break, irrespective of the number of points played.

The player who served first in the tie break shall receive service in the first game of the following set.

### **Doubles**

The procedure for the Singles game shall apply to the Doubles game also.

The serving order of the Doubles game shall follow the same order as previously in that set until the winners on the tie-break have been decided.

The pair serving first in the tie-break shall receive service in the first game of the following set.

### **Order of Play**

At the end of the first game the receiver becomes the server and vice versa and so on alternately in all the subsequent games of a match. A match, of course, could be of three sets and the service continues to alternate throughout. That is to say, for example, the server in the last game of a set would become the receiver in the first game of the new set.

### **Out of Turn**

If a player serves out of turn, the player who ought to have served shall serve as soon as the mistake is discovered, but all points scored before the mistake is discovered shall count. But if a game has been completed before such discovery, it shall be counted and the order of service remains as altered. A fault served before such discovery shall not be reckoned.

### **Changing Sides**

The players change sides (ends) after each 1st, 3rd, and subsequent alternate game of each set, and at the end of each set.

### **Ball in Play**

The ball is in play from the moment from which it is delivered in service (unless it is a fault or a "let") and remains-in play until the point is decided.

A ball falling on the line shall be deemed as falling in the court bounded by that line.

### **A 'Let'**

If the ball in play touches a permanent fixture (except as provided in "A Good Return" in respect of court fittings), a "let" shall be called and the point played again without change to the score as it stood at that moment. Overhanging branches and the like shall come within this category.









In case a player is hindered when making a stroke by anything not within his control, the point shall be termed a "let" and replayed.

### Points

The server wins the point if the ball touches the receiver, or anything that he/she wears or carries, before the ball strikes the ground. The server wins the point, also, if the receiver otherwise loses the point as provided above.





The receiver wins the point if the server loses the point as provided in No. 3.

A player loses the point if:

-  he/she fails, before the ball in play has hit the ground twice consecutively, to return it directly over the net (except as provided by a "let");
-  he/she returns the ball in play so that it hits the ground, a permanent fixture or other object, outside any of the lines which bound his opponent's court; or
-  he/she volleys the ball and fails to make a good return, even while standing outside the court; or
-  he/she touches or strikes the ball in play with his thug more than once in making a stroke; or
-  he/she or his thug (in his hand or otherwise), or anything which he wears or carries, touches the net, posts, cord or metal cable, or band, or the ground within his opponent's court at any time while the ball is in play; or
-  he/she volleys the ball before it has passed the net; or
-  the ball in play touches anything which he wears or carries, except his thug in his hand(s); or
-  he/she throws his thug at and hits the ball.

### A Good Return

A player makes a good return if:

-  the ball touches the net, posts, cord or metal cable or band, provided that it passes over any of them and hits the ground within the court;
-  the ball is returned outside the post, either above or below the level of the net band, even though it touches the post, provided that it hits the ground within the proper court;
-  the player's thug passes the net, either over or around it, after he has returned the ball, provided that the ball passes the net before it is played, and is properly returned;
-  the player succeeds in returning the ball, from a service or in play, which strikes a ball lying on the court.

### The Doubles Game

All the previous rules shall apply to the doubles game, except as noted below:

The pair who has the right to serve in the first game of each set may decide which partner will do so, and the opposing side may decide similarly which partner will receive the first service. This first receiver shall serve in the second game. The partner of the player who served in the first game shall serve in the third; the partner of the player who served in the second game shall serve in the fourth, and so on in the same order in all subsequent games of the set. Each player on completion of his service game will move to the left half-court position, thus allowing his partner to take the first service from the opponents in the next subsequent game.

The order of service having been arranged may not be altered during the set, but it may be changed at the beginning of each new set. Similarly, the order of receiving service may not be changed before the end of the set, but they may be so at the beginning of a new set.

The service is a fault as provided in the rules under the heading "The Service" above and also if the ball touches the server's partner or anything that he wears or carries. But if the ball served touches the partner of the receiver, or anything that he wears or carries, before it hits the ground, the server wins the point.

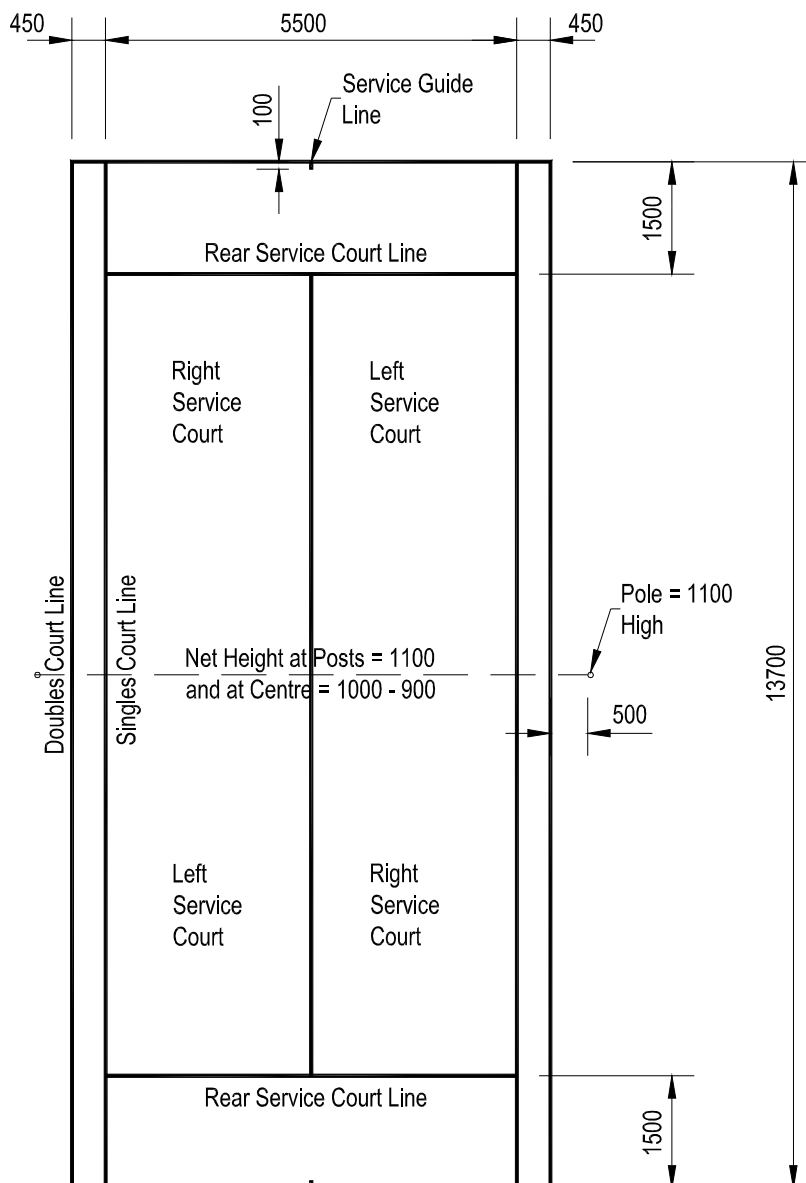
If a partner serves out of his turn, the partner who ought to have served shall serve as soon as the mistake is discovered, but all points scored and any fault served before such discovery shall be reckoned. If a game has been completed before such discovery, it shall be counted and the order of service remains as altered.

The players to receive the service shall receive alternately throughout each game. The order thus established shall not be altered during the set.

After the receiver has played the ball, and providing that it is returned and continues to be returned according to the rules, either partner of the opposing pairs may play the ball when it is in their court.

Note: All the above rules apply equally to both male and female players.

**Plan of court dimensions**



Note: All lines to be 40mm wide  
Net depth = 1100 to 900mm

**Miniten Court**

Dimensions

## Petanque
















### Events






- P1 Open Doubles
- P2 Open Singles

### Competition Rules












Petanque is a game played widely around the world and has been adopted by naturists as a great social game. The rules below are those adopted by the New Zealand Naturist Federation and are based on the NZ Petanque Association which were adopted in January 1985. While there will always be discussions on what rules should be used all NZNF competitions are to be played under the rules contained in this document.

#### Basic Rules

-  The game is played as singles, doubles or triples.
-  In singles or doubles each player has three boules and in triples two.
-  The team that starts is decided by tossing a coin.
-  One team member draws a circle on the ground, 35 to 50 cm diameter.
-  The first player throws the jack 6 to 10 metres away and at least 1 metre from the boundary.
-  He or she then throws the first boule (both feet must remain in the circle and on the ground until the boule lands), placing it as near to the jack as possible.
-  An opponent then tries to throw his/her boule nearer to the jack or to knock away the leading boule. Then players from whichever team are not closest to the jack play until they get a closer boule and so on.
-  When a team has no more boules the other team, in turn, throw theirs.
-  If the closest boule from each team is equidistant from the jack then the team which played last plays again.
-  If the boules are still equidistant then the teams play alternately until the position changes.
-  If the boules are still equidistant at the end of the game then no points are scored by either team.
-  A boule hitting a boundary is dead and is removed from that end.
-  On a piste marked with strings a boule is dead if it completely crosses the string.
-  When both teams have no more boules, points are counted.
-  The winning team receives as many points as it has boules nearer to the jack than the best of the opposition.

-  If the jack is knocked out of play when both teams have boules left to play the end is void, it is also void if neither team have boules to play.
-  If one team has boules and the other does not then the team with boules receives 1 point for each of the boules they have to play.
-  The game continues with a player from the team that won the previous end drawing a new circle around where the jack finished and throwing the jack for a new end.
-  The circle can be moved back in the line of the previous end if there is not room to play a 10 metre end.
-  The game continues until one team reaches 13 points.

### Tips

-  The boule can be thrown at any height or even rolled depending on the terrain.
-  Boules are thrown underarm, usually with the palm of the hand downwards which allows backspin to be put on the boule giving greater control.
-  Each team should have suitable measuring equipment. In most cases a tape measure is adequate but callipers or other measuring devices may be needed.
-  Competition boules are made of metal and are sold in sets of 3.
-  They weigh between 650 and 800 grams and have a diameter between 7.05 and 8 cm.
-  The jack is made of wood and has a diameter between 25 and 35 mm.
-  Leisure boules are also available.
-  They are also made of metal but are frequently lighter and are made to a lower standard.
-  They are sometimes sold in sets of 4, 6 or 8 and are cheaper than competition boules.
-  Competition boules can be identified by a manufacturer's mark or logo, the weight (in grams) and an identification number (or combination of letters and numbers).
-  Leisure boules have some markings but normally not these markings.

## Swimming

### Events

SO1	NZSA DOUG COUSINS	Swimming 01	Ladies
SO2	NZSA DOUG COUSINS	Swimming 02	Men's
SO3	SANC	Swimming 03	Open Underwater
SO4	DAVID WELLS	Swimming 04	Girls Style
SO5	DAVID WELLS	Swimming 05	Boys Style
SO6	NZSA	Swimming 06	Girls 8-10 yrs
SO7	NZSA	Swimming 07	Boys 8-10 yrs
SO8	NZSA	Swimming 08	Girls 11-13 yrs
SO9	NZSA	Swimming 09	Boys 11-13 yrs
S10	NZSA	Swimming 10	Girls 14-15 yrs
S11	NZSA	Swimming 11	Boys 14-15 yrs
S12	GISNAKI	Swimming 12	Under 8 yrs
S13	PINEGLADES	Swimming 13	Senior Interclub Relay

### Competition

The following officials should be found. A marshal, two recorders, an announcer, a starter, three judges, two people to hold the recall rope for false starts and two judges for style in the David Wells Trophy events.

### Procedures

In an effort to standardise the swimming programme and to offer a guide to organisers of the swimming events the following procedures should be adopted:

#### Starting

The recognised method of amateur swimming start is to be used. This method is for the starter to call competitors for the race to the start, (this may be by means of an announcer calling by name and club individually), and to explain the method of starting which is: on the command "ON YOUR MARKS", the competitor will take his mark; then on the command "GO", will dive to commence the race. A whistle should be blown to signify a false start.

#### Lanes

These should be supported to appear slightly above the water, or on the water, but not below the water. Each lane should not be less than 4 ft (1.25m) in width.

#### Timing of Programme

It is recommended that all events except relays be competed for in ONE swimming session. The second day of the rally is probably the most suitable as this allows entries to be taken on the preceding night and also allows for a 24 hour postponement if the weather is unfavourable.

## **Relay Races**

It is suggested that to raise interest in the relay events, they be held at a separate session as many of the competitors are too tired for these races at the end of a long afternoon. The fifth day would be considered as an ideal time for this and no more than one hour would probably be needed.

## **Announcement of Place-getters**

To maintain interest and to spectators, place-getters should be announced as soon as possible after each event.

## **Closing of Entries**

Entries should be called for in advance to enable a programme to be compiled. Therefore entries should close on the evening before the events take place. Heats can then be worked out and only limited late entries should then be allowed at the poolside with a preference being given to day visitors.

## **Informing Entrants**

It is IMPORTANT that sports delegates inform entrants that they have been entered and advise them that they must be at the pool-side at least 10 minutes before the first events are due to start.

## **Distances**

The distances swum in each race shall be determined by using those recommended in the programme of events. However some consideration may be given to the varying lengths of club pools and the ages of the contestants.

## ***The David Wells Swimming Trophy – For Juniors***

### **Rules**

Two trophies are donated each for a boy and girl.

To qualify for the trophy competition each swimmer must compete in the N.Z.S.A. Trophy swimming applicable to their age group.

Only the winners of the age group then go forward to the David Wells competition. The age groupings will be: 8 - 10yrs, 11 - 13yrs and 14 - 15yrs (inclusive).

The final placing for the two trophies will be judged on style ONLY.

Each competitor will demonstrate to the judges the three styles, freestyle, breaststroke and backstroke.

Note: As this is not a race, each style will be swum over a distance suitable for the judges to determine the quality of each style.

Points will be awarded to each contestant out of 10. Half points being allowed.

The judge of style shall be determined by a panel of not less than two or more than three adults competent in swimming styles, (e.g.) adult swimmers.

The boy & girl gaining the most points shall be declared the winner.

A competitor eligible to compete in the David Wells Trophy events may elect to compete instead in the senior events. If such election is made then that person shall NOT be eligible for the above trophy competition.

Where only one entry is received for the N.Z.S.A. Trophy swimming, the sole entrant should not be precluded from qualifying for the David Wells Trophy.


The sole entrant must complete the distances for the events in their age group.

### ***The Doug Cousins Swimming Trophies for Seniors***

#### **Rules**

The trophies are to be awarded to the man and lady swimmers who gain the most points over three races, i.e. freestyle, breaststroke and backstroke.

Points shall be awarded in each event as follows:

 1st, 3 points; 2nd, 2 points; 3rd, 1 point.

#### **Distances**

The intention is that the average club swimmer should be encouraged to compete and therefore the length of the men's and women's races should be fixed with this point in mind - the recommendation being two lengths, with the minimum distance to be 25 meters and the maximum to be 50 meters.

A competitor having entered for either of these trophies shall not be eligible to compete in the junior events.

#### **Recommended Programme of Events**

##### **Freestyle**

NZSA Doug Cousins Trophy	Men's (heats)	2 lengths
NZSA Doug Cousins Trophy	Women's (heats)	2 lengths
NZSA Trophy	Boys 8-10 years (heats)	1 length
NZSA Trophy	Girls 8-10 years (heats)	1 length
(Men's and Women's semi-finals, if necessary)		
NZSA Trophy	Boys 11-13yrs (heats)	1 length
NZSA Trophy	Girls 11-13yrs (heats)	1 length
NZSA Trophy	Boys 14- 15yrs (heats)	2 lengths
NZSA Trophy	Girls 14 -15yrs (heats)	2 lengths
NZSA Doug Cousins Trophy	Men's Finals	2 lengths

NZSA Doug Cousins Trophy	Women's Finals	2 lengths
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(Boys and Girls semi-finals, if necessary)

NZSA Trophy	Boys 8-10yrs Finals)	1 length
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NZSA Trophy	Girls 8-10yrs Finals)	1 length
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NZSA Trophy	Boys 11-13yrs Finals)	1 length
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NZSA Trophy	Girls 11-13yrs Finals)	1 length
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NZSA Trophy	Boys 14-15yrs Finals)	2 lengths
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NZSA Trophy	Girls 14-15yrs Finals)	2 lengths
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**Breaststroke**

NZSA Doug Cousins Trophy	Men's (heats)	2 lengths
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NZSA Doug Cousins Trophy	Women's (heats)	2 lengths
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NZSA Trophy	Boys 8-10 years (heats)	1 length
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NZSA Trophy	Girls 8-10 years (heats)	1 length
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(Men's and Women's semi-finals, if necessary)

NZSA Trophy	Boys 11-13yrs (heats)	1 length
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NZSA Trophy	Girls 11-13yrs (heats)	1 length
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NZSA Trophy	Boys 14- 15yrs (heats)	2 lengths
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NZSA Trophy	Girls 14 -15yrs (heats)	2 lengths
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NZSA Doug Cousins Trophy	Men's Finals	2 lengths
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NZSA Doug Cousins Trophy	Women's Finals	2 lengths
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(Boys and Girls semi-finals, if necessary)

NZSA Trophy	Boys 8-10yrs Finals)	1 length
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NZSA Trophy	Girls 8-10yrs Finals)	1 length
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NZSA Trophy	Boys 11-13yrs Finals)	1 length
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NZSA Trophy	Girls 11-13yrs Finals)	1 length
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NZSA Trophy	Boys 14-15yrs Finals)	2 lengths
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NZSA Trophy Girls 14-15yrs Finals) 2 lengths

**Backstroke**

NZSA Doug Cousins Trophy Men's (heats) 2 lengths

NZSA Doug Cousins Trophy Women's (heats) 2 lengths

NZSA Trophy Boys 8-10 years (heats) 1 length

NZSA Trophy Girls 8-10 years (heats) 1 length

(Men's and Women's semi-finals, if necessary)

NZSA Trophy Boys 11-13yrs (heats) 1 length

NZSA Trophy Girls 11-13yrs (heats) 1 length

NZSA Trophy Boys 14- 15yrs (heats) 2 lengths

NZSA Trophy Girls 14 -15yrs (heats) 2 lengths

NZSA Doug Cousins Trophy Men's Finals 2 lengths

(Boys and Girls semi-finals, if necessary)

NZSA Trophy Boys 8-10yrs Finals) 1 length

NZSA Trophy Girls 8-10yrs Finals) 1 length

NZSA Trophy Boys 11-13yrs Finals) 1 length

NZSA Trophy Girls 11-13yrs Finals) 1 length

NZSA Trophy Boys 14-15yrs Finals) 2 lengths

NZSA Trophy Girls 14-15yrs Finals) 2 lengths

Gisnaki Trophy Under 8 years 1 width

David Wells Trophy for Girls style Not a race, only marked for style 1 length

David Wells Trophy Boys style Not a race, only marked for style 1 length

Pineglades Trophy Interclub Relay 1 length

(Teams to consist of 2 men, 2 woman, & 2, 15s & under. First 2 swim breast stroke, next 2 backstroke and last 2 freestyle.)

## **Table Tennis**

### ***Events***

- TA1 Ladies Singles
- TA2 Ladies Doubles
- TA3 Mixed doubles
- TA4 Men's Singles
- TA5 Men's Doubles
- TA6 Open Junior singles for boys or girls
- TA7 Open Junior doubles for boys, girls, or mixed combinations.

### ***Competition***

In general all matches should be 3 sets except the finals which are 5 sets.

### ***Rules***

As per "Table Tennis New Zealand" who use "The International Laws of Table Tennis" Refer Web site <http://www.tabletennis.org.nz/help/laws.htm>

#### **The Table**

The upper surface of the table, known as the playing surface, shall be rectangular, 2.74m long and 1.525m wide, and shall lie in a horizontal plane 76cm above the floor.

The playing surface shall not include the sides of the table top.

The playing surface may be of any material and shall yield a uniform bounce of about 23cm when a standard ball is dropped on to it from a height of 30cm.

The playing surface shall be uniformly dark coloured and matt, but with a white side line, 2cm wide, along each 2.74m edge and a white end line, 2cm wide, along each 1.525m edge.

The playing surface shall be divided into two equal courts by a vertical net running parallel with the end lines, and shall be continuous over the whole area of each court.

For doubles, each court shall be divided into two equal half-courts by a white centre line, 3mm wide, running parallel with the side lines; the centre line shall be regarded as part of each right half-court.

#### **The Net Assembly**

The net assembly shall consist of the net, its suspension and the supporting posts, including the clamps attaching them to the table.

The net shall be suspended by a cord attached at each end to an upright post 15.25cm high, the outside limits of the post being 15.25cm outside the side line.

The top of the net, along its whole length, shall be 15.25cm above the playing surface.

The bottom of the net, along its whole length, shall be as close as possible to the playing surface and the ends of the net shall be as close as possible to the supporting posts.

### **The Ball**

The ball shall be spherical, with a diameter of 40mm.

The ball shall weigh 2.7g.

The ball shall be made of celluloid or similar plastics material and shall be white or orange, and matt.

### **The Bat**

The bat may be of any size, shape or weight but the blade shall be flat and rigid.

At least 85% of the blade by thickness shall be of natural wood; an adhesive layer within the blade may be reinforced with fibrous material such as carbon fibre, glass fibre or compressed paper, but shall not be thicker than 7.5% of the total thickness or 0.35mm whichever is the smaller.

A side of the blade used for striking the ball shall be covered with either ordinary pimpled rubber, with pimples outwards having a total thickness including adhesive of not more than 2mm, or sandwich rubber, with pimples inwards or outwards, having a total thickness including adhesive of not more than 4mm.

*Ordinary pimpled rubber* is a single layer of non-cellular rubber, natural or synthetic, with pimples evenly distributed over its surface at a density of not less than 10 per sq cm and not more than 50 per sq cm.

*Sandwich rubber* is a single layer of cellular rubber covered with a single outer layer of ordinary pimpled rubber, the thickness of the pimpled rubber not being more than 2mm.

The covering material shall extend up to but not beyond the limits of the blade, except that the part nearest the handle and gripped by the fingers may be left uncovered or covered with any material.

The blade, any layer within the blade and any layer of covering material or adhesive on a side used for striking the ball shall be continuous and of even thickness.

The surface of the covering material on a side of the blade, or of a side of the blade if it is left uncovered, shall be matt, bright red on one side and black on the other.

Slight deviations from continuity of surface or uniformity of colour due to accidental damage or wear may be allowed provided that they do not significantly change the characteristics of the surface.

At the start of a match and whenever he changes his racket during a match a player shall show his opponent and the umpire the racket he is about to use and shall allow them to examine it.

### **Definitions**

A *rally* is the period during which the ball is in play.

The ball is in play from the last moment at which it is stationary on the palm of the free hand before being intentionally projected in service until it touches anything other than the playing surface, the net assembly, the racket held in the racket hand or the racket hand below the wrist, or until the rally is otherwise decided as a let or a point.

A *let* is a rally of which the result is not scored.

A *point* is a rally of which the result is scored.

The *racket hand* is the hand carrying the racket.

The *free hand* is the hand not carrying the racket.

A player *strikes* the ball if he touches it in play with his racket, held in the hand, or with his racket hand below the wrist.

A player *obstructs* the ball if he, or anything he wears or carries, touches it in play when it is travelling towards the playing surface and has not passed beyond his end line, not having touched his court since last being struck by his opponent.

The *server* is the player due to strike the ball first in the rally.

The *receiver* is the player due to strike the ball second in a rally.

The *umpire* is the person appointed to control a match.

The assistant umpire is the person appointed to assist the umpire with certain decisions.

Anything that a player *wears* or *carries* includes anything that he was wearing or carrying, other than the ball, at the start of the rally.

The ball shall be regarded as passing *over* or *around* the net assembly if it passes anywhere other than between the net and the net post or between the net and the playing surface.

The *end line* shall be regarded as extending indefinitely in both directions.

### **A Good Service**

At the start of service the ball shall be stationary, resting freely on the flat, open palm of the server's free hand, behind the end line and above the level of the playing surface.

The server shall then project the ball near vertically upwards, without imparting spin, so that it rises at least 16cm after leaving the palm of the free hand and then falls without touching anything before being struck.

As the ball is falling the server shall strike it so that it touches first his court and then, after passing over or around the net assembly, touches directly the receiver's court; in doubles, the ball shall touch successively the right half court of server and receiver.

The ball and the racket shall be above the level of the playing surface from the last moment at which the ball is stationary before being projected until it is struck.

When the ball is struck it shall be behind the server's end line but not farther back than the part of the server's body, other than his arm, head or leg, which is farthest from his end line.

It is the responsibility of the player to serve so that the umpire or the assistant umpire can see that he complies with the requirements for a good service.

If the umpire is doubtful of the legality of a service but neither he nor the assistant umpire is sure that it is illegal he may, on the first occasion in a match, warn the server without awarding a point.

If subsequently in the match a service by that player or his doubles player is of dubious legality, for the same or for any other reason, the receiver shall score a point.

Whenever there is a clear failure to comply with the requirements for a good service no warning shall be given and the receiver shall score a point, on the first as on any other occasion.

Exceptionally, the umpire may relax the requirements for a good service where he is notified, before play begins, that compliance is prevented by physical disability.

### **A Good Return**

The ball, having been served or returned, shall be struck so that it passes over or around the net assembly and touches the opponent's court, either directly or after touching the net assembly.





### **The Order of Play**

In singles, the server shall first make a good service, the receiver shall then make a good return and thereafter server and receiver alternately shall each make a good return.





In doubles, the server shall first make a good service, the receiver shall then make a good return, the partner of the server shall then make a good return, the partner of the receiver shall then make a good return and thereafter each player in turn in that sequence shall make a good return.

### **A Let**

The rally shall be a let if:












-  in service the ball, in passing over the net assembly, touches it, provided the service is otherwise good or the ball is obstructed by the receiver or his partner;
-  if the service is delivered when the receiving player or pair is not ready, provided that neither the receiver nor his partner attempts to strike the ball;
-  if failure to make a good service or a good return or otherwise to comply with the Laws is due to a disturbance outside the control of the player;
-  if play is interrupted by the umpire or assistant umpire.

Play may be interrupted:

-  to correct an error in the order of serving, receiving or ends;
-  to introduce the expedite system;
-  to warn or penalise a player;
-  because the conditions of play are disturbed in a way which could affect the outcome of the rally.

## **A Point**

Unless the rally is a let, a player shall score a point:

-  if his opponent fails to make a good service;
-  if his opponent fails to make a good return;
-  if, after he has made a good service or a good return, the ball touches anything other than the net assembly before being struck by his opponent;
-  if the ball passes beyond his end line without touching his court, after being struck by his opponent;
-  if his opponent obstructs the ball;
-  if his opponent strikes the ball twice successively;
-  if his opponent strikes the ball with a side of the racket blade whose surface does not comply with the requirements above;
-  if his opponent, or anything his opponent wears or carries, moves the playing surface;
-  if his opponent, or anything his opponent wears or carries, touches the net assembly;
-  if his opponent's free hand touches the playing surface;
-  if a doubles opponent strikes the ball out of the sequence established by the first server and first receiver;

## **A Game**

A game shall be won by the player or pair first scoring 11 points unless either players or pairs score 10 points, when the game shall be won by the first player or pair subsequently gaining a lead of 2 points.

## **A Match**

A match shall consist of the best of any odd numbers of games.

Play shall be continuous throughout a match except for authorised intervals.

## **The Choice of Serving, Receiving and Ends**

The right to choose the initial order of serving, receiving and ends shall be decided by lot and the winner may choose to serve or to receive first or to start at a particular end.

When one player or pair has chosen to serve or to receive first or to start at a particular end, the other player or pair shall have the other choice.

After each 2 points have been scored the receiving player or pair shall become the serving player or pair and so on until the end of the game, unless both players or pairs have scored 10 points or the expedite system is in operation, when the sequence of serving and receiving shall be the same but each player shall serve for only 1 point in turn.

In each game of a doubles match, the pair having the right to serve first shall choose which of them will do so and in the first game of a match the receiving pair shall decide which of them will receive first; in subsequent games of the match, the first server having been chosen, the first receiver shall be the player who served to him in the preceding game.

In doubles, at each change of service the previous receiver shall become the server and the partner of the previous server shall become the receiver.

The player or pair serving first in a game shall receive first in the next game of the match, and in the last possible game of a doubles match the pair due to receive next shall change their order of receiving when first one pair scores 5 points.

The player or pair starting at one end in a game shall start at the other end in the next game of the match and in the last possible game of a match the players or pairs shall change ends when first one player or pair scores 5 points.

### **Out of Order of Serving, Receiving and Ends**

If a player serves or receives out of turn, play shall be interrupted by the umpire as soon as the error is discovered and shall resume with those players serving and receiving who should be server and receiver respectively at the score that has been reached, according to the sequence established at the beginning of the match and, in doubles, to the order of serving chosen by the pair having the right to serve first in the game during which the error is discovered.

If the players have not changed ends when they should have done so, play shall be interrupted by the umpire as soon as the error is discovered and shall resume with the players at the ends at which they should be at the score that has been reached, according to the sequence established at the beginning of the match.

In any circumstances, all points scored before the discovery of an error shall be reckoned.

### **The Expedite System**

Except where both players or pairs have scored at least 9 points, the expedite system shall come into operation if a game is unfinished after ten minutes or at any earlier time at the request of both players or pairs.

If the ball is in play when the time limit is reached, play shall be interrupted by the umpire and shall resume with service by the player who served in the rally that was interrupted.

If the ball is not in play when the time limit is reached, play shall resume with service by the player who received in the immediately preceding rally.

Thereafter, each player shall serve for one point in turn and if the receiving player or pair makes thirteen good returns the receiver shall score a point.

If the expedite system is introduced, or if a game lasts longer than 10 minutes, all subsequent games of the match shall be played under the expedite system.

## Tenniquoits

The New Zealand Naturist Federation is a member of the World Tenniquoits Federation and as such is required to play the game of tenniquoits in accordance with the international rules. The rules are summarised below. Any questions as to any of the rules should be directed to the NZNF Sports Officer.

### *Events*

- TK1 Ladies' Singles
- TK2 Ladies' Doubles
- TK3 Mixed Doubles
- TK4 Men's Singles
- TK5 Men's Doubles
- TK6 Open Junior Singles for boys or girls
- TK7 Open Junior Doubles for boys, girls, or mixed combinations

### *Competition*

Early rounds and semi-finals are to be of one set only, doubles to 21 points with advantage of 2 points, and singles to 15 points with advantage.

Finals: All finals are to be the best of three sets, with advantage applying, as above.

### *Rules and Dimensions*

For **doubles** matches the court is 12.2m long and 5.5m wide. It is divided in the centre into two sides by a neutral zone 1.8m in width.

For **singles** matches the court is 12.2m long and 3.7m wide. These lines are ignored during the doubles game, and are solely to delineate the singles court. The dimensions of the neutral zone are the same as for doubles matches.

A **centre line** is marked on each court extending from the neutral line to the base line. Each court is therefore divided into "right hand" and "left hand" courts that are used for the service.

The **neutral zone** extends infinitely out to the sides of the court as indicated by the neutral line that extends 1m beyond the sides of the court.

The width of all the **lines** shall be 40mm. The lines count as part of the court.

The **posts** should be 1.55m high and shall be sufficiently firm to keep the net taut to a height of not less than 1.45m and no higher than 1.55m.

The **net** is of tanned cord from 5.5m to 6.1m long and 450mm deep.

A **rubber ring** weighing about 225g is used to play the game. The diameter of the rubber is approx. 30mm and the outside diameter of the ring approx. 180mm.

As a **safety precaution** an area measuring 3m from the outer edge of the court should be kept clear. If local conditions render this impossible, this rule may be waived.

## Aims

To put the ring on the ground inside the opponent's field of play (untouched or touched by the opponent).

To keep the ring constantly in movement without interruptions.

## Toss

The winner of the toss shall have choice of service or court. The side who receives first in the first game commences to serve in the next game of a three set rubber, and if there is a third set the side who served first in the first game shall serve first again.

## Service

The server shall make his first serve from behind the **right** hand court, serving the ring over the net to the opponent in the diagonally opposite court.

The server shall release the ring from **behind the base line**. He shall not touch the ground inside the service court, nor have both feet in the air, nor be to the left or right of the particular service-court until the ring leaves the hand. The server may take a run up if desired.

The service shall be made from **below the shoulder**. The ring may be delivered either vertically or horizontally.

If the **opponent** to whom the ring is served, catches it in accordance with the rules, he then returns it over the net to any place within the boundaries of the opposite side, there to be caught by either of the players of that side who again return the ring to either of the opponents, the game proceeding so until the ring becomes "dead" under any of the following rules.

In doubles, the **server's partner** may occupy the left hand court wherever he may choose. If the server's partner or the **receiver's partner** touches the ring during the serve, then that side loses the point.

When the ring **touches the net in service** (called a "let") in passing over, but is otherwise a good serve, it does not count and the serve is replayed. Similarly, if the serve touches the top of the net and is then caught by an opponent, it is assumed that the ring would have fallen into the proper court. It is thus a "let" and the serve is replayed. However, if the service ring touches the net in passing over, but falls untouched either in the wrong court or out of bounds, it is a foul and the receiving side wins the point.





The server is **allowed five serves**, each of which shall be taken from alternate courts, but the first serve from each server must be from the right hand court. The receiving side receive each serve alternately by remaining in their respective half-court positions until they become the serving side.

In doubles, on **completion of a player's five serves** that player shall remain in the right hand court and so receive the first serve from the opponents and his partner shall continue to occupy the left hand court. The server shall now be the player who occupied the left hand court during the previous five serves from the opponents. Thus, the service rotates with each player serving in order throughout the game.

If a player serves from the **wrong court or out of turn**, or to an opponent standing in the wrong court, all points won or lost up to the time when the error was discovered shall count. The error shall then be corrected and play resumed.

## Catch Faults

A player makes a fault:

-  When the ring touches the **ground** on his side of the court.
-  When the **receiver touches the ring**, but then fails to throw it back over the net.
-  When he catches the ring with **two hands**, either with both hands at the same time or one after the other.
-  When the player's hand grabs **both sides** of the ring

You are allowed to recatch the ring using the same hand with the help of any part of the body.

In **doubles** matches both players can be involved in the catch. A "double catch" only occurs when one of the two players touches the ring with both hands.

## Hesitation

Any form of **baulking** is not allowed and if employed loses the point. However, spins and feints are allowed provided all play is made in a continuous movement. The ring must be returned immediately and not retained in the hand. This is considered as baulking. Any form of hesitation is not allowed.

The player shall not **press** the ring between parts of the body or between the body and hand, although it may touch any part of the body.





The **position of the player's body** must not substantially move across the court when he has the ring. When catching the ring he should not move further than needed to recover control of his momentum and balance although he may turn around or roll on the ground in doing so.








The return **throw** must be executed **immediately** after the catch. Compared with the body, the ring should always be on the move.

It is a fault, when, during any part of the execution of the throw, the **movement doesn't flow**.

## Faulty Throws

A player makes a faulty throw:

-  When he throws the ring with its first touch on the ground being **outside the boundaries** of his opponent's side of the court.
-  When he throws the ring **from above**, i.e. the ring is pulled, thrust or slung downwards.
-  If a "**wobbler**" is thrown after an initial warning, it will be called a fault and he loses a point. A "wobbler" is a ring that deviates during its line of flight by twisting, or turning over and over, or rocking from side to side by more than its width.
-  When the ring is **hit or slapped** across the net.




-  When the player's **hand is not used** to throw the ring over the net.
-  When any part of the player reaches **beyond the net**.
-  When a **player** touches the ground in the **neutral zone** or the net or post or the line defining this space irrespective of what happens to the ring subsequently.
-  When the **ring** drops within the **neutral zone**, even if it has crossed the net.
-  When the ring passes **beyond the post**. The ring must pass over the net between the posts.
-  When the ring bounces back from the net or net posts to the thrower the ring may not be caught and thrown a second time. But if the ring **touches the net** when crossing over it the throw is legal.
-  If, in the case of matches played **indoors**, the ring touches the **ceiling**.

### Scoring

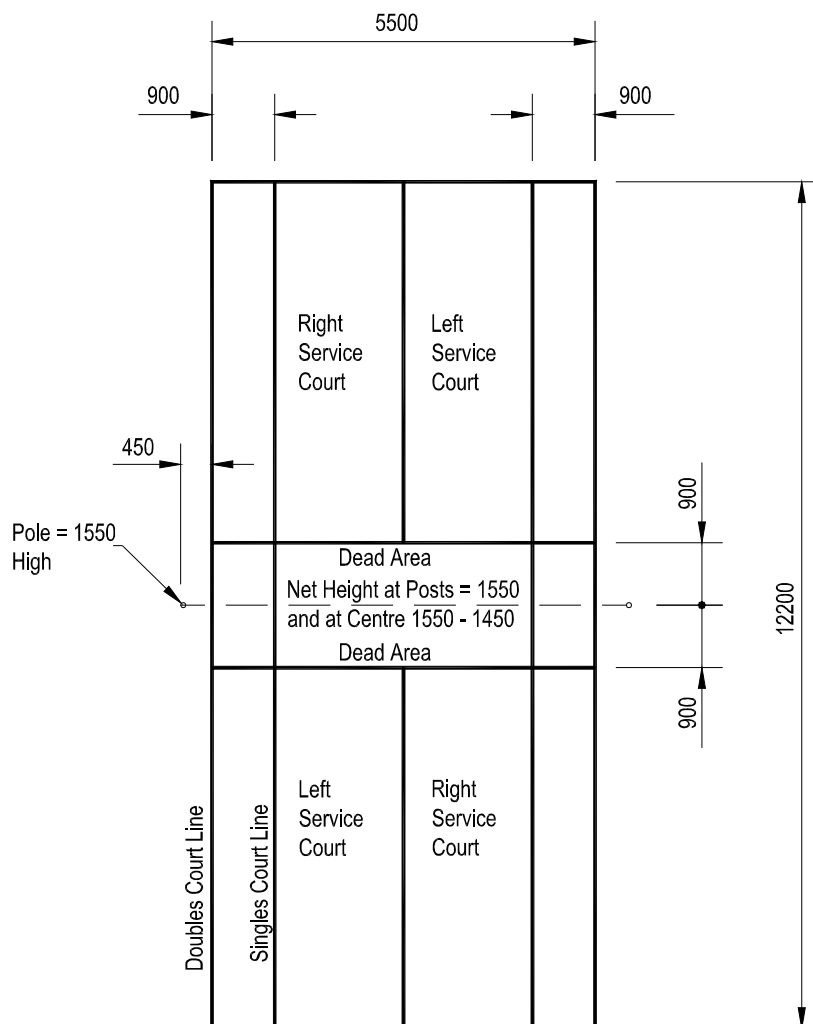
The **singles game consists of 15 points**, the **doubles game consists of 21 points**, with a **two-point advantage** applying in both. This means that a game is won when one side leads by at least two clear points with a minimum of 15 in singles and 21 in doubles. A singles game could be won at 16-14, but if the score reaches 15-15 in singles or 20-20 in doubles it is necessary for play to continue until one side is two points more than the other, such as 17-15, 18-16, etc, or 22-20, 23-21, etc, with, in these circumstances, each player having **one serve only**.

In matches decided by a single game and in the third game of a three set rubber, the players **change ends** when the leading score is 8 in singles and 11 in doubles. Ends are also changed, of course, at the commencement of each game of a three set rubber.

Baulk Definitions:

-  Webster Dictionary - to turn aside or stop in one's course.
-  World Book Dictionary - to stop short and stubbornly refuse to go on to hesitate or stop.
-  Collins English Dictionary - to stop short, esp. suddenly or unexpectedly

**Plan of court measurements**



Note: All lines to be 40mm wide  
Net depth = 450mm

**Tenikoit Court**

Dimensions

## **Top Team or Fun Games**

### ***Events***

No trophy as such but a fun trophy can be awarded.

### ***Competition***

These games should be designed for the least athletic including children and are generally fun games.

Generally these games are for those who do not wish to enter outdoor sports.

They are generally played over the lunch break, i.e. Midday to 1pm. Depending on the time taken to complete a game depends on how many games that should be played per day.

The games are played over three to four days. This is up to the Rally Sports Organiser.

## **Volleyball**

### ***Events***

- V1 Ladies
- V2 Ladies Runner-up
- V3 Senior Open
- V4 Senior Open Runner-up
- V5 Junior Open
- V6 Senior North vs. South
- V7 Junior North vs. South

### ***Long Version***

The competition will be played in two stages:

#### **Preliminary Play**

This will be played on a round robin basis.

Where there are not more than 11 teams taking part, each team will play each of the others in one set to 25 points with advantage of two clear points.

Where there are more than 11 entries the teams will be divided into two or more sections. Each of these sections will play a separate round robin, with teams playing each of the other teams in their respective sections in one set to 25 points with advantage.

Teams will be awarded one point for every win in preliminary play and from the positions attained the teams to go forward for final play will be determined.

#### **Post-Section Play, or Finals**

The number of matches won in the preliminary play determines teams qualifying for the finals.

Where there was only one section involved (i.e. 11 teams or under competing), the top four teams will now play a completely new round robin against each other. Each match will be the best of three sets to 25 points with advantage. The results of these matches will determine the 1st to 4th positions in the competition.

Where there were two or more sections involved in the preliminary play, the top two teams from each of the sections will now come together to form a completely new round robin and play off against each other for 1st to 4th positions, or 1st to 6th positions, according to the number of teams involved.

In some instances, as indicated on the chart that follows, further than 4th position will be played. On other occasions, if time is available, it may be possible to play for further positions, but this decision must be left to the Sports Organiser who is conducting the tournament.

### ***Shorter version***

The following information is based on the above but if desired, and to limit the number of games, where five or more teams enter, a round robin of one set per match shall be played. The first and second ranked teams shall contest the final which will be the best of three sets. Also, the third and fourth ranked teams shall contest for third

and fourth place in a best of three sets match. The first ranked team shall be chosen from the round robin, by virtue of winning the greatest number of games - should there be a tie, and then it shall be decided dependant on point's average as per the rules for TIES. This similarly applies to 2nd, 3rd and 4th places. Should there still be a tie for fourth place, a playoff may be held (round robin if necessary) - this playoff is at the discretion of the rally sports convener to abandon through lack of time in which event 3rd place is awarded directly to the team coming third in the round robin.

Where three or four teams enter, then a round robin of three complete sets per match shall be played. Play shall continue as for five or more teams to determine the placings (see above)

Where only two teams enter, only the final shall be played. The final will consist of five sets.

The rules for this competition are the same as follows. This applies to the open, women's and junior competition.

**Table 1 – Number of Games for Open Competition**

No. of teams	Preliminary Matches	Final Matches
4	None required	Round robin for 1st-4th positions.
5	Round robin (10 matches)	Top four teams play round robin for 1st-4th positions. (6 matches)
6	Round robin (15 matches)	Top four teams play round robin for 1st-4th. Bottom two plays off for 5t-6th. (7 matches)
7	Round robin (21 matches)	Top four teams play round robin for 1st-4th positions. Next three play round robin for 5th-7th. (9 matches)
8	Round robin (28 matches)	Top four play round robin for 1st-4th. Next four play round robin for 5th-8th. (12 matches)
9	Round robin (36 matches)	As for eight teams. Bottom team fills 9th position. (12 matches)

10	Round robin (45 matches)	Top four play round robin for 1st-4th. If time available play further positions. (6 matches)
11	Round robin (55 matches)	Top four play round robin for 1st-4th. If time available play further positions. (6 matches)
12	Two Sections (2 x 6). Each section play round robin. Seed best four teams; two into each section.  (15 + 15 = 30 matches)	Top two from each section play round robin for 1st-4th. Next two from each section play round robin for 5th-8th. Bottom two from each play round robin for 9th-12th positions.  (6 + 6 + 6 = 18 matches)
13	Two Sections (1 x 7, 1 x 6). As for 12 teams. (21 + 15 = 36 matches)	Top two from each play round robin for 1st-4th. Next two from each play round robin for 5th-8th. If time available play further positions.  (6 + 6 = 12 matches)
14	Two Sections (2 x 7). As for 12 teams.  (21 + 21 = 42 matches)	As for 13 teams. If time available play further positions.  (6 + 6 = 12 matches)
No. of teams	Preliminary Matches	Final Matches
15	Two Sections (1 x 8, 1 x 7). Each section plays round robin. Seed best teams two into each section  (28 + 21 = 49 matches)	Top two teams from each section play round robin for 1st-4th positions. If time available play further positions  (6 matches)

16	Two Sections (2 x 8). As above for 15 teams  (28 + 28 = 56 matches)	As for 15 teams. If time available play further positions  (6 matches)
17	Two Sections (1 x 9, 1 x 8). As for 15 teams.  (36 + 28 = 64 matches)	As for 15 teams  (6 matches)
18	Three Sections (3 x 6). Each section plays round robin Seed best 6 teams; two into each section.  (15 + 15 + 15 = 45 matches)	Top two teams from each section play round robin for 1st-6th positions.  (15 matches)
19	Three Sections (1 x 7, 2 x 6). As for 18 teams.  (21 + 15 + 15 = 51 matches)	As for 18 teams.  (15 matches)
20	Four Sections (4 x 5). Each section plays round robin Seed best 8 teams on known ability; two into each	Top team from each section plays round robin for 1st-4th positions. Next team from each section plays round robin for 5th-8th pos. If time available play further positions.

	section.  10 + 10 + 10 + 10 = 40 matches)	(6 + 6 = 12 matches)
Over 20	By arrangement on a similar basis.	

Note.

In the above chart where it is noted that if time available further matches for placings may be played, a variation may be considered. It is acceptable in this case for teams to play off against their opposite number in finishing order in the preliminary sections. Thus, 3 v 3 (for 5th and 6th), 4 v 4 (for 7th and 8th), 5 v 5 (for 9th and 10th), 6 v 6 (for 11th and 12th), etc.

However, in all cases, 1st to 4th positions must be played off on the round robin basis.

### ***Women's Competition***

This will be played, according to the number of teams entered, in two stages.




#### **Preliminary Matches:**

Where there are more than four teams entered, this stage is designed to eliminate some teams on a knock-out basis. When an odd number of teams are entered, the Host Club team is given a bye and goes directly into the post-section play. The remaining teams are drawn to play - making sure that the two considered strongest teams do not play each other - and those losing are eliminated while the winners move into the final matches. All matches in this stage are of one set to 25 points with advantage of 2 points.

#### **Post-Section Play or Finals**

These are generally a 3-team or a 4-team round robin, except where there is only a straight final to be played between the winners of two sections in preliminary play. Matches are of one set to 25 points with advantage (except where noted on the chart 'Table 2' if only two teams are involved).

Note: It is important to note the following points:

-  Women are not restricted to playing in the women's competition only. The keener players are also able to participate as members of teams in the open competition.
-  Most women are not keen on playing a great number of matches.
-  It is very necessary to restrict the women's competition to as few matches as possible while still retaining a good competition.

### ***Junior Competition***

This will be played in exactly the same way as the women's competition.

The age given for the Congdon trophy was 11-15 years, but this will be flexible in order for a club to make a team and will be at the discretion of the Rally Sports Organiser.

The points noted above regarding the women's competition, in the main, also apply to the juniors.

**Table 2 – Number of Games for Women's and Junior Competition**

No. of teams	Preliminary Matches	Final Matches
2	None required	Straight final, best of 3 sets.
3	None required	3 team round robin. (3 matches)
4	None required	4 team round robin. (6 matches)
5	2 teams to be eliminated. Host Club receives bye. Remaining 4 teams numbered 1-4 and drawn to play, 1v2, 3v4. The 2 losers are eliminated  (2 matches)	The 2 winners of preliminary matches join the Host Club in a 3 team round robin.  (3 matches)
6	2 Sections (2 x 3). Each Section plays round robin; seed best 2 teams - 1 into each Section.  (3 +3 = 6 matches)	Winner of each Section plays off final, best of 3 sets.  (1 match)
7	3 teams to be eliminated. Host Club receives bye, remaining teams numbered 1-6, drawn to play, 1v2, 3v4., 5v6. The 3 losers are eliminated.  (3 matches)	The 3 winners of preliminary matches to join Host Club in a 4 team round robin.  (6 matches)
8	4 teams to be eliminated. Teams are numbered 1-8 and drawn to play, 1v2, 3v4, 5v6, 7v8. The	The 4 winners of preliminary matches then play a 4 team round robin.

	4 losers are eliminated.  (4 matches)	(6 matches)
9	6 teams to be eliminated. Host Club receives bye. Remaining teams numbered 1-8 and drawn to play, 1v2, 3v4, 5v6, 7v8. The 4 losers are eliminated. The winners of 1v2 and 3v4 play off. The winners of 5v6 and 7v8 play off. The 2 losers are eliminated:  (6 matches)	The 2 winners of preliminary matches join the Host Club in a 3 team round robin.  (3 matches)
10	4 teams to be eliminated. 2 Sections (2x5). Host Club and 2nd seeded team - 1 in each Section receive byes. Remaining 4 in each Section numbered 1-4, drawn to play, 1v2, 3v4. The 2 losers from each Section are eliminated.  (4 matches)	The 2 Section 1 winners then join the Host Club for a 3 team round robin. The 2 Section 2 winners then join 2nd seeded team for a 3 team round robin. Winners of each Section play off.  (3 + 3 + 1 = 7 matches)
Over 10	By arrangement on a similar basis.	

## Notes

Where two or more sections are necessary in preliminary play the Sports Organiser will seed the top teams on known ability into separate sections and where possible he will avoid having two top teams from any one club participating in the same section.

Similarly, in post-section play, it may be possible to postpone the matching of what appears to be the two top teams until the final match. This match, of course, should not always decide the 1st and 2nd placings overall.

Should a tie for preliminary positions occur between two or more teams, it will be broken by the points average system based on points scored for and against, as follows:-

To obtain the point's average, divide points scored against into points scored for each team, e.g.

	Played	Won	Lost	Pts For	Pts Against	Average
Team 'A'	10	8	2	132	105	1.25
Team 'B'	10	8	2	151	115	1.31

Team 'B' Wins on Points Average

Should a tie occur between two or more teams in final play, (i.e. the best of three sets), it will be broken firstly by sets average based on sets won and sets lost and, if deadlock still remains, secondly by points average.

To obtain the sets average, divide the number of sets lost into the number of sets won by each particular team, e.g. :

	Played	Won	Lost	Sets Won	Sets Lost	Sets Average
Team 'A'	3	2	1	5	2	2.50
Team 'B'	3	2	1	5	3	1.66
Team 'C'	3	2	1	4	2	2.00

Team 'A' Wins on Sets Average

**Table 3 - Time Table for Open Competition**

No. Teams	1st Day	2nd Day	3rd Day		4th Day	
	Prelim	Prelim	Prelim	Final	Prelim	Final
4	-	-	-	4	-	2
5	5	5	-	4	-	2
6	7	8	-	4	-	3
7	10	11	-	5	-	4
8	14	14	-	6	-	6
9	14	14	8	4	-	8
10	15	15	15	-	-	6
11	20	18	17	-	-	6
12	15	15	-	9	-	9
13	18	18	-	6	-	6
14	18	18	6	6	-	6
15	17	16	16	-	-	6
16	20	18	18	-	-	6
17	22	22	20	-	-	6

18	20	20	5	7	-	8
19	22	22	7	7	-	8
20	20	20	-	6	-	6

The above chart is a suggested guide for the number of matches to be played each day and should be used in conjunction with 'Table 1' It should be emphasised, however, that if it is possible to play more than the number of matches given on any day, it would be advisable to do so.

Note also that this chart is for the number of matches to be played in the open competition and additional matches in the junior and women's competition will have to be fitted in each day where possible.

#### Table 4

Example of a Round Robin Draw for Eight Teams

Round	1st	2nd	3rd	4th	5th	6th	7th
	1v2	1v3	1v5	1v7	1v8	1v6	1v4
	3v4	5v2	7v3	8v5	6v7	4v8	2v6
	5v3	7v4	8v2	6v3	4v5	2v7	3v8
	7v8	8v6	6v4	4v2	2v3	3v5	5v7

Note: Teams are numbered one to eight. Number one team stays in position while all others rotate clockwise for each round.

Seed the two considered best teams so that they will play each other last - in this case team 5 and team 7.

Play matches in strict order, moving down each column from top to bottom. For example, the next match after team 7 has played team 8 would be 1 versus 3.

#### Dimensions

The Court - 18m x 9m (59ft x 29ft 6ins).

A centre line beneath the net divides the court into two equal parts. In each court a line ('spiking line') is drawn across the court 3m from, and parallel to, the centre line. Service area is directly behind the entire length of the back line.

The Net - The 10cm (4ins) square mesh net is 1m (3ft 3in) wide and 9.50m (32ft) long. The height of the net should be 2.43m (7ft 11-5/8in) at the centre for men's teams, and 2.24m (7ft 4ins) for women and juniors.

The posts sustaining the net must be at least 50cm (1ft 8ins) away from the side lines.

The Ball - Circumference; from 65cm to 67cm (25.5in - 26ins).  
Weight; from 250g to 280g (9oz - 10oz).

### **The Teams**

The number of players shall be six and at the time the ball is served the players of the two teams must be in their own court in two lines of three players. These lines may be broken lines.

The three players being at the net are the front line players and occupy, from right to left, positions 2, 3, and 4. The three others form the back line and occupy, from right to left, positions 1, 6, and 5.

Each front line player should be placed in front of his corresponding back line player (4 in front of 5, 3 in front of 6, and 2 in front of 1). Parallel to, and facing the net: 2 shall be at the right of 3; 3 at the left of 2 and at the right of 4; 4 at the left of 3; 5 at the left of 6; 6 at the right of 5 and at the left of 1; and 1 at the right of 6.

As soon as the ball is served each player can cover any section of his own court, but until the end of the set the original rotation order must be observed. However, the rotation order can be changed before the beginning of each new set.

Whenever a team is found to have an error in the positions, play must be stopped and the error corrected. All the points made by the team at fault since committing the error must be cancelled and, if this team is serving at the moment, a side out shall occur. All the points scored by the opposing team are retained,

The captain is the only member of the team who may address the referee, and shall be the spokesman of his players.

### **The Toss**

The captains toss a coin for the court or the service. The winner chooses either the court he wishes to start in or the right to serve first.

After each set the teams change courts and the team that received service first in the set just completed, starts to serve in the new set.

Before the beginning of the decisive set the referee makes a new toss of the coin to decide the choice of court or service. In this set, when one team reaches thirteen points the teams change courts automatically, but the service continues to be made by the player who is serving at the time of the change.

### **The Game in Action**

The right back (No. 1 position) serves the ball from anywhere directly behind the back line into any part of the opponent's court. The receiving team can play the ball not more than three times on their side of the net before returning it to the opposite court. The ball may touch the net in play and during service. A team need not play the ball three times, of course, and it may be returned advantageously on the first or second play. However the service may not be spiked, blocked or returned in any way on the first hit, before the ball has fallen, below the top of the net.

No player may play the ball twice in succession, but he may play it a second time if one of his own side plays it in between.

The rally continues until the ball is sent out of play, touches the ground, or is not returned over the net according to the rules. A player may play the ball even if he is outside the court area.

When a team wins back the right to serve they are also awarded a point (ie. Rally point system). If the serving team loses a rally, they lose service. The same player serves until his team loses service.

On regaining service the team "rotates" one place clockwise and the next man in the right back position begins to serve.

### **The Service**







The service is the act of putting the ball in play by the player at right back, who hits the ball with his hand (open or closed) or any part of his arm, to send it over the net into the opposite court. The ball may not be hit from the hand, it must be airborne when hit, but may be hit underhand, or overhand, or from running or jumping positions if desired. However, at the moment that the ball is hit, the server must be behind the back line.

If after having been thrown or let drop, the ball falls to the ground without being hit or touched, the service is lost.

The service is considered correct if the ball passes over the net and between the two vertical bands on the net that mark the width, of the court.

The service takes place within 8 seconds after the referee has blown the whistle. If the service is hit before the whistle, service is cancelled and shall be replayed.

A service ball is a foul and the referee will whistle 'change of service':

-  When the ball hits the net and does not go over.
-  When the ball passes under the net.
-  When the ball passes directly over or outside or touches the side markers of the net
-  When the ball touches a player on the serving team or any object except the net before being touched by the opposing team.
-  When the ball falls to the ground outside the limits of the court
-  If the ball is not served within 8 seconds of the whistle being blown for the service to commence.

### **Ball Handling**

The ball can be struck by any part of the body including the feet and may touch any number of parts of the body on condition that it shall be simultaneously, and the ball is not held, but hit and rebounds vigorously.

A player, who touches the ball or is touched by it when the ball is in play, shall be considered as playing the ball.

When the ball comes to rest momentarily in the hands or arms of the player, it is considered as catching or "holding". The ball must be clearly hit. Scooping, lifting, shoving or following the ball is considered 'holding'.

A player touching the ball more than once with any part of the body when no other player has touched it meanwhile, should be considered as having double hit the ball and therefore committing a foul. (For an exception-see blocking and first contact)

### **Simultaneous Touch**

If two opponents simultaneously hit the ball above the net, the player opposite to the direction the ball goes in, is considered as having touched it last and the team in whose court the ball falls has again three touches of the ball.

If, after the simultaneous touch by two opponents, the ball falls on the ground inside the limits of the court, the team on whose side the ball falls is at fault; but if the ball falls outside the court it is the other team that is at fault.

If the ball is simultaneously held by two opposing players, it is a "double fault", and the ball is served again.

When two players of the same team play the ball and touch it simultaneously it is considered as two touches of the ball, (except in a block).

### **Blocking**

Blocking can be done by any or all the players of the front line. Any player is considered as having the intention of affecting a block if he places one or both hands above the top of the net while in a position close to the net.

Any player affecting a block in which the ball is contacted is not counted as a hit and that player has the right to make a second contact, this second contact by the same player is counted as the first hit by that team.

If the ball contacts one or several players of the block, it is not counted as a hit even if this contact is not made simultaneously by the players. Any of these players may then make the first hit.

Passing of the hands over the net by one or more blockers is allowed as long as the ball is not contacted over the opponent's court until after the completion of the opponent's attack.

Backcourt players may not participate in a block but may play any rebound from any position on the court.

### **First Contact (double hit exception)**

Only during the first hit of the ball, after being returned by the opposition, shall a double hit be allowed providing it was one simultaneous movement (not two separate deliberate hits)

### **Play at the Net**

If the ball touches the net in the course of the play, the ball is good and may still be played by a player other than the one last to play it.

If the ball passes directly over or outside the vertical net markers the ball is considered out and shall not be played from the opponent's side.

If the ball is driven into the net with such force that it causes the net to contact a player of the opponent team, such contact shall not be considered as a fault.

Touching the net by any player shall constitute a fault, but if two opponents simultaneously touch the net, this shall constitute a “double fault” and the ball is served again.

Passing hands over the net and touching the ball over the opponent’s court at any time before the opponent’s attack is completed shall constitute a fault.

Passing the hands over the net without touching the ball as in executing the block, or after smashing (i.e. the ‘follow through’ of the smashing action) is permitted and does not constitute a fault.

### **The Centre Line**

The act of touching or “cutting” the centre line with the foot or any part of the player’s body does not constitute a fault, but contact completely over the centre line of any part of the player’s body within the opponent’s court is considered a foul and a fault is incurred.

Crossing the vertical plane under the net, if the player touches neither the court nor an opposing player, is not considered a foul. A player may also penetrate into the opposite court after the whistle of the referee has sounded.

### **Players of the Back Line**

Back players may not return the ball from the attack area into the opponent’s court unless the ball at the time of contact is lower than the superior edge of the net. However, a back player smashing from his own area may fall back on the attack ‘spiking’ line or over it under the condition that at the start he had not crossed nor touched this line. Back players cannot participate in the blocking.

### **Ball out of the Game**








A ball touching the net marker or outside the marker is a foul.









The ball is “out” when it touches any surface, objects, or the ground outside the boundaries of the court.

A ball touching a sideline no matter by how fine a margin is good.

### **Point, or Side Out**






A team, or its opponent, wins a point or loses the service when:

-  The ball touches the ground;
-  A team has played the ball more than three times consecutively;
-  The ball is held, or pushed, or “scooped”;
-  A player touches the ball two times consecutively (except in blocking or 1<sup>st</sup> contact exception);
-  At the moment of service a team has committed a fault of position;
-  A player has touched the net;
-  A player has passed the centre line;

-  A player has touched the ball over the net and above the opponent's court before the opponent has played the ball;
-  A back player, being in the attack area, has returned incorrectly the ball into the opponent's court;
-  A ball crosses above or outside of the vertical net markers;
-  The ball is out;
-  The ball touches an object outside the court;
-  The ball is returned by a player helping himself with a player of his team, especially as a means of support;
-  Stamping the feet or, making useless gestures to disturb the opponents; and
-  Blocking in an illegal manner.

(When a fault is committed by two opponents, the first one being the only one counted, if a simultaneous fault the ball will be replayed).

In addition to the cases enumerated above, the serving team loses its service in the following cases:

-  If the service is not made from directly behind the back line;
-  If the server touches or crosses the back line during the hit of the service;
-  If the service passes over the net with the help of a team-mate;
-  If the order of rotation is not kept for the service; and
-  If the service is not made correctly.

### **Miscellaneous**

All sets are to be played to 25 points with advantage applying. This means that a set is won when one team leads by at least two clear points with a minimum of 25 points. If the score reaches 24-24 it is necessary to play to reach one of the following scores: 26-24, 27-25, 28-26, 29-27.etc. Play proceeds in the normal way until one of these scores is reached.

A pause of 30 seconds is allowed for a time out. A team captain may call a time out for a rest twice in each set and it will be allowed by the referee solely when the ball is "dead". Two consecutive times out may be requested by either team without the necessity of play beginning between requests,

The ball is 'dead" only when play stops with the whistle of the referee.

### **Double Foul**

When two opponents commit a foul simultaneously the service is to be replayed.

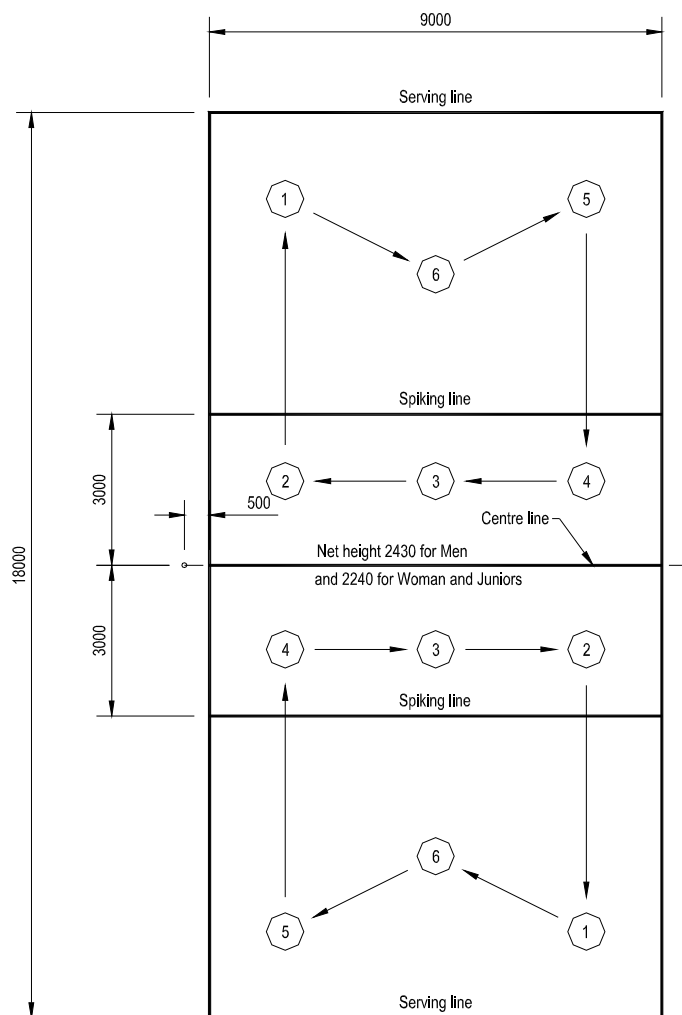
### Supporting a Team-mate

It is authorised to support or hold back a team-mate who is about to commit a fault, (such as preventing him from falling under the net), but not to use him as a support in order to jump to play the ball.

### The Referee

The decisions of the referee are final.

### Plan of Court Dimensions



Note: All lines to be 40mm wide  
Net depth = 1m, net length = 9.5m

### Volleyball Court

Dimensions and order of rotation

## Appendix 'A'

### *Events and Trophies*

1	MOWLEM	A1	Achievement 1	Best % Membership Increase
2	PAT TROTT MEMORIAL	A2	Achievement 2	Club Achievement
3	BROWN ARM Character of the Rally	A3	Achievement 3	Biggest Stirrer?
4	PINEGLADES	C1	Chess 1	Senior Open
5	PINEGLADES	C2	Chess 2	Junior Open
6	NZNF	DR1	Draughts 1	Senior Open
7	NZNF	DR2	Draughts 2	Junior Open
8	NZNF STH CANTERBURY	DA1	Darts 1	Ladies Singles
9	NZNF COPUS	DA2	Darts 2	Mens Singles
10	STAN HOWELL MEMORIAL	DA3	Darts 3	Open Singles
11	ROTOTA	DA4	Darts 4	Open Doubles
12	HENDERSON	DA5	Darts 5	Junior Open Singles
13	NZNF	IB1	Indoor Bowls 1	Open Singles
14	CAVE CUP	IB2	Indoor Bowls 2	Open Doubles
15	TNC	IB3	Indoor Bowls 3	Open Rinks

16	HBSC	M1	Miniten 1	Ladies Singles
17	NZSA	M2	Miniten 2	Ladies Doubles
18	AOHC	M3	Miniten 3	Senior Mixed Doubles
19	CSHC	M4	Miniten 4	Mens Singles
20	CSHC	M5	Miniten 5	Mens Doubles
21	NZSA	M6	Miniten 6	Junior Open Singles
22	NZSA	M7	Miniten 7	Junior Open Doubles
23	CSC	M8	Miniten 8	Over 50's Mixed Doubles
24	PETER BLIGH CUP	M9	Miniten 9	Open Over 50's
25	J B BOULES	P1	Pétanque	Open Doubles
26	TOTARA	P2	Pétanque	Open Singles
27	NZSA DOUG COUSINS	S01	Swimming 01	Ladies
28	NZSA DOUG COUSINS	S02	Swimming 02	Mens
29	SANC	S03	Swimming 03	Open Underwater
30	DAVID WELLS	S04	Swimming 04	Girls Style
31	DAVID WELLS	S05	Swimming 05	Boys Style
32	NZSA	S06	Swimming 06	Girls 8-10 yrs
33	NZSA	S07	Swimming 07	Boys 8-10 yrs

34	NZSA (complete with lid)	S08	Swimming 08	Girls 11-13 yrs
35	NZSA	S09	Swimming 09	Boys 11-13 yrs
36	NZSA	S10	Swimming 10	Girls 14-15 yrs
37	NZSA	S11	Swimming 11	Boys 14-15 yrs
38	GISNAKI	S12	Swimming 12	Under 8 yrs
39	PINEGLADES	S13	Swimming 13	Interclub Relay
40	NZSA	TA1	Table Tennis 1	Ladies Singles
41	NZSA	TA2	Table Tennis 2	Ladies Doubles
42	NZSA	TA3	Table Tennis 3	Senior Mixed Doubles
43	PINEGLADES	TA4	Table Tennis 4	Mens Singles
44	NZSA	TA5	Table Tennis 5	Mens Doubles
45	FIVEACRES	TA6	Table Tennis 6	Junior Open Singles
46	NYC	TA7	Table Tennis 7	Junior Open Doubles
47	TED EDWARDS MEMORIAL	TK1	Tenikoit 1	Ladies Singles
48	KIRIKAU	TK2	Tenikoit 2	Ladies Doubles
49	TOLAGA	TK3	Tenikoit 3	Senior Mixed Doubles
50	GISBORNE	TK4	Tenikoit 4	Mens Singles
51	PERC COUSINS	TK5	Tenikoit 5	Mens Doubles

52	ROLY'S	TK6	Tenikoit 6	Junior Open Singles
53	BLACKWOOD	TK7	Tenikoit 7	Junior Open Doubles
54	NYC AUCKLAND	TT	Top Team	Rally Top Team
55	ORANUI	V1	Volleyball 1	Ladies
56	GRAEME ANDERSON MEMORIAL	V2	Volleyball 2	Ladies Runner-Up
57	ORANUI	V3	Volleyball 3	Senior Open
58	NYC	V4	Volleyball 4	Senior Open Runner-Up
59	R & J RENCHER (was CONGDON)	V5	Volleyball 5	Junior Open
60	NZSA	V6	Volleyball 6	Senior North-South
61	NZSA	V7	Volleyball 7	Junior North-South

## Appendix 'B'

### *Rally Venues*

No.	Year	Venue	Theme	Rally Organiser
1	1953	Wanganui		Perc Cousins and Ivan Mowlem
2	1954	Wanganui		
3	1955	Auckland (Oratia)		Colin Baker
4	1956	Wanganui		Perc Cousins and Ivan Mowlem
5	1957	Wanganui		
6	1958 Jan	Christchurch		Trevor Berland
7	1958 Dec	Wellington		Doug Cousins
8	1960	Auckland. AOHC		Norman Fullerton
9	1960/61	Wanganui		Duncan Blackwood
10	1961/62	Canterbury		Ray Clark
11	1962/63	Wellington		Jim Quinlan
12	1963/64	Auckland		Jack Headford and Sieman De Bruin
13	1964/65	Canterbury		Russell De La Cour

14	1965/66	Wellington		Gavin Robieson
15	1966/67	Auckland. AOHC		Les Olsen
16	1967/68	Wellington		Ad Zwetsloot
17	1968/69	Canterbury		Joan Treanor
18	1969/70	Auckland. AOHC		Ron Williams
19	1970/71	Wellington		Ad Zwetsloot
20	1971/72	Canterbury		Russel De La Cour
21	1972/73	Auckland. AOHC		Kees Van Den Bosh
22	1973/74	Wellington		Ray Hyndman
23	1974/75	Canterbury		John Russell
24	1975/76	Auckland. AOHC	Come Alive Rally	Roger Morton
25	1976/77	Wellington	Wellington	Ray Hyndman
26	1977/78	Tologa Bay. GCC	Gisborne Rally 77	Peter Phin
27	1978/79	Canterbury	Piny Bear Rally	Norm Wilkinson
28	1979/80	Wellington	Gumboot Rally	Ad Zwetsloot
29	1980/81	Taranaki		Peter James
30	1981/82	Canterbury	Bare it all Rally	Kay Russell

31	1982/83	Auckland. AOHC	Pally Rally	John Bloomfield
32	1983/84	Palmerston North	(Frog Logo)	Alan Morrison
33	1984/85	Tologa Bay.. GCC		Ian Fairbrother
34	1985/86	Canterbury	OK Rally	Kay Russell
35	1986/87	Wellington	Harbour Capital	Roy Cox
36	1987/88	Auckland. AOHC	The Roman Games	Peter James
37	1988/89	Palmerston North	Indian Games Rally	Alan Morrison
38	1989/90	Wellington	Naturally Rally	Barry Williams
39	1990/91	Christchurch	Time Travel Through Tardis	Norm Wilkinson
40	1991/92	Auckland. AOHC	Passport	Michael Kelly
41	1992/93	Hawkes Bay	Back to Basics	Edna Sykes
42	1993/94	Palmerston North	Wild West Show	Brian Stewart
43	1994/95	Christchurch	Mardi Gras Rally	Kay Burrows
44	1995/96	Wellington	Hollywood Rally	Clive Hellyar
45	1996/97	Auckland. AOHC	Medieval Rally	Michael Kelly
46	1997/98	Rotota Sun Club	National Camp Out	Michael Kelly
46a	1998	Wellington	NZNF sports weekend	Ken Mercer

47	1998/99	Manawatu	Naturally	Edna Lamas
48	1999/00	Wellington	Wellington 2000	Ken Mercer
49	2000/01	Pineglades Naturist Club	Circus	Lynette McKnight
50	2001/02	Rotota Sun Club	R n R @ ROTOTA	Mike Kelly
50a	2002	Wellington Naturist Club	NZNF sports weekend	Ken Mercer
51	2002/03	Auckland (AONC)	Sun & Sails	Linda Smith
52	2003/04	Wellington Naturist Club	Five Acres Garden Fiesta	Ken Mercer
53	2004/05	Pineglades Naturist Club	Mainland Crusade	Noel Thomas
54	2005/06	Taranaki Naturist Club	TNC by the sea	Larry Crow
55	2006/07	Auckland Outdoor Naturist Club	Roaring Forties	Les Olsen
55a	2007	Wellington Naturist Club	Sports gathering	Ken Mercer
56	2007/08	Rotota Sun Club	Rotota Unplugged	Lance ???
57	2008	Wellington Naturist Club	Sports gathering	Ken Mercer
57a	2008/09	Wellington Naturist Club	Cruising Naturally	Ken Mercer
58	2009/10	Pineglades Naturist Club		