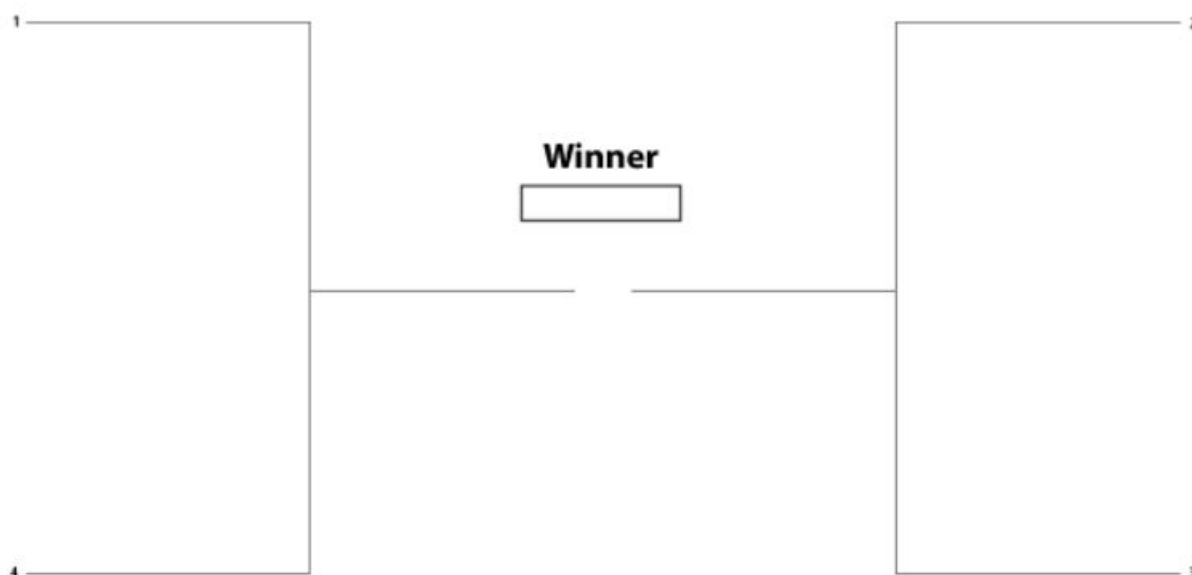


SYFCA National Conference 2025 SPORTS GUIDELINES

Basketball Game Rules & Regulations

All rules MUST be read and understood by each & every player.

1. Each state can have a men's basketball team with mixed players from YFC and SFC. Maximum of 2 SFC players in the court at all times for each team.
2. The Tournament Committee makes all final decisions concerning all grievances;
i.e. protests, eligibility, etc.
3. No Team shall have members of more than 15 players OR Less than 5 players.
4. Competition will be single elimination. Each team will have a number assigned to them via draw (This team number will be the same for basketball and volleyball). In case of a 5th team, a play-in game will be played. For Basketball, Team 4 and T5 will play the play-in game. The winner will play against team 1.



5. Each Team to provide a Scorer/Timekeeper during their games.
6. Each Team to provide an Umpire to officiate games other than their own Team's game.
7. List of Team Players, Scorer/Timekeeper, Team Captain and nominated Umpires must be submitted to the Tournament Committee (Paulo Cortez) on or before the start of Sports competition.

The Team must stick with the listed players during the entirety of the competition. No other players that are not in the list are allowed to replace/substitute players in the nominated list.
8. A Team will be charged with a forfeit if it uses an ineligible player that is not on the roster/list. The Team manager is responsible for ensuring the eligibility of all players on the team. To avoid unnecessary forfeit please allow time before your first game to make sure the roster is signed by all the players on your team.

9. No player shall play for more than one team during the game. If this rule is violated, all relevant games will be forfeited and will result in a loss for any team associated with this player. If teams are seeking temporary substitutes for roster players who are in transit, please speak with tournament officials.

10. Team captains are the voice of their team and are responsible for their team's conduct. If any player or spectator appears to be under the influence of alcohol or drugs, the tournament committee/game officials have the right to expel them from any game and/or tournament and bar him/her from the gyms. This rule will be strictly enforced.

Game Time & Time Outs:

- Game time = 28 minutes, divided into halves of 14 minutes each.
- Time out = 2 timeouts per game. Each time out is 1 minute long. The clock will not be stopped during outs. No timeouts will be allowed on the last 2 minutes of the game.
- Half time break will be one minute long.
- Time will run continuously throughout the game even for all fouls and ball out situations

Official Game Rules

1. Each game will start with a jump ball at centre court. Each possession thereafter will be alternated. The official scorekeeper will keep track of the possession arrow.

2. Teams will be allowed 5 team fouls before entering the bonus situations (1 and 1 rule).

3. Official scorekeeper must be notified before a substitution can be made, which will be allowed on all dead ball situations.

4. Players wearing glasses are advised to wear a protector or have shatterproof lenses.

5. Removable jewelry may not be worn during the game, nor hats or headgear that hangs below the collar (officials' discretion).

6. All players must wear gym shoes and matching coloured T-shirts/jerseys when playing.

7. A technical foul will be assessed if the player's numbers are not visible to the officials (referee & scoring officials).

8. A three point shot rule is in effect. On the line does not count as a three pointer.

9. Any damage to the gym caused by inappropriate behaviour is your responsibility to pay for the damage made. The basketball committee will not be held responsible for the damage cost.

10. A flagrant/technical foul will result in a player's dismissal from the game. Fighting by any individual (either on or off the court) will result in the individuals involved being ejected from the game and gymnasium; a 2nd altercation from any team member from the previously penalized team(s) will result in that team's removal from the tournament.

11. The officials will only refer to the official scorekeepers and timekeepers of the game at hand.

12. Scorekeepers, timekeepers and/or officials are allowed to give out technical fouls for and taunting or foul language by members of the team or their respective spectators.

13. The team will be held responsible for their fans' negative comments or actions towards the officials and committee members.

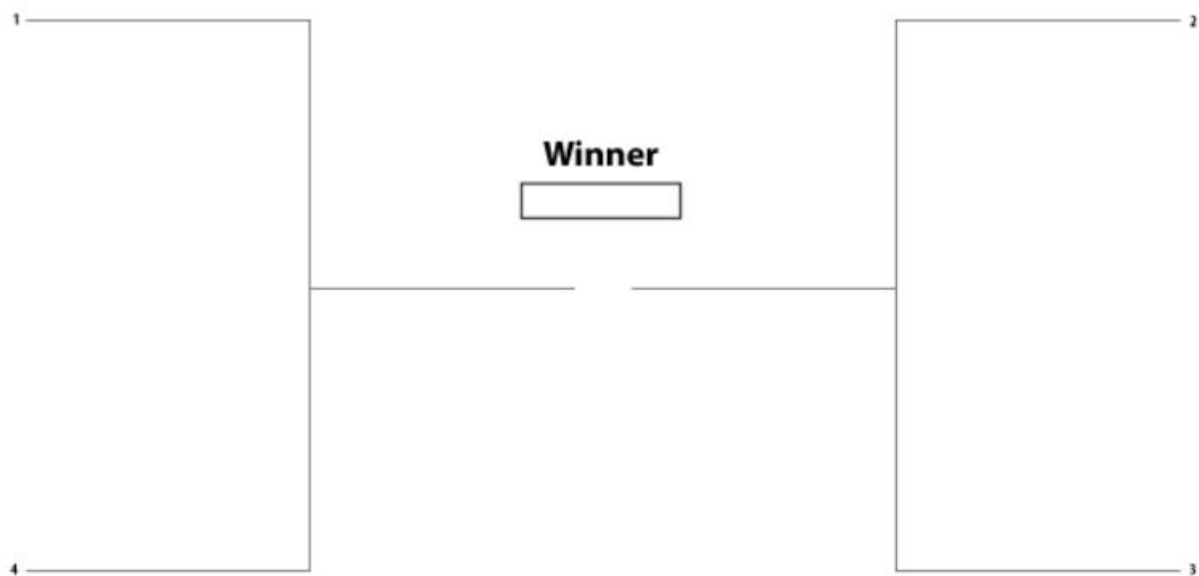
14. Calling any of the officials, timekeepers, scorekeepers, or any member of the basketball committee insulting names will not be tolerated and will result in a technical foul.

15. In case of forfeit or other circumstances teams are asked to be in the gym 30 minutes before their own game so that we can keep the games going.

VOLLEYBALL Game Rules & Regulations

TEAM MEMBERS

1. There will only be 15 members max and 6 minimum in a Team.
2. Every state can have one MIXED Team.
3. The mixed Team should have a minimum of 3 girls on the court at all times.
4. Competition will be single elimination. Each team will have a number assigned to them via draw. In case of a 5th team, play-in game will be played. For Volleyball, Team 2 and T3 will play the play-in game. The winner will play against team 4.



5. Each Team to provide an umpire to officiate games other than their own Team's game.
6. Each Team to provide a Scorer during the game.
7. List of Team Players, Team Captain, nominated Umpires and Scorers must be submitted to the Tournament Committee (Rino Calaycay) on or before the start of Sports competition on July 6, 2019.

The Team must stick with the listed players during the entirety of the competition. No other players that are not in the list are allowed to replace/substitute players in the nominated list.

THE SERVE

1. Server must serve from behind the restraining line (end line) until after contact.
2. Ball may be served underhand or overhand.
3. Ball must be clearly visible to opponents before serve.
4. Served ball may graze the net and drop to the other side.

5. First game serve is determined by a coin toss. Game 2 will be served by the receiving team in game 1. If match goes to a 3rd game, new coin toss will determine serving team.

6. Serve must be returned by a pass or set only. Serve cannot be blocked or spiked back.

SCORING

1. Rally scoring- which means there will be a point awarded on every won rally.

2. Offense will score on a defensive miss, out of bounds hit, or blocker touches the top of the net.

3. Defense will score on an offensive miss, out of bounds hit, serve into the net or hitter touches top of the net.

4. Game will be best of 3 played to 20 pts. Game 3 is played to 15.

ROTATION

1. Team will rotate after each sideout. A sideout is when the team on serve receive wins the point to earn the right to serve.

2. Players shall rotate in a clockwise manner.

3. There shall be 6 players on each side.

PLAYING THE GAME (VOLLEY)

1. Maximum of three hits per side.

2. Player may not hit the ball twice in succession (a block is not considered a hit).

3. Ball may be played off the net during a volley and on serve.

4. A ball touching any part of the boundary line is considered in.

5. A legal hit is contact with the ball by any part of the players body which does not allow the ball to visibly come to a rest.

6. A player must not block or attack a serve.

BASIC VIOLATIONS

1. Stepping on or over the line on a serve.

2. Failure to serve the ball over the net successfully.

3. Hitting the ball illegally (carrying, palming, throwing, etc).

4. Touches the top of the net only with any part of the body while the ball is in play. Players may contact the net below the top of the net (the tape) at any time. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.

5. Reaching over the net, except under these conditions:

- 1 - When executing a follow-through.
- 2 - When blocking a ball which is in the opponent's court but is being returned (the blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact). Except to block the third play.

6. Reaches under the net (if it interferes with the ball or opposing player).
7. Failure to serve in the correct order.
8. Blocks or spikes from a position which is clearly not behind the 10-foot line while in a back row position.
9. A player's foot may not completely cross the midline at any time. However, if the rest of the body crosses it is legal unless interferes with a player on the other side of the net.