



VOLEBALL FEDERATION OF INDIA

Affiliated to International Volleyball Federation and Indian Olympic Association



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11th South Asian Games - "INDIAN SPIKERS RETAINS GOLD"



Our Spikers made the country proud by retaining the Gold Medal in Men's Section at the recently concluded South Asian Games held at Dhaka, Bangladesh from 29th January to 4th February 2010.

In the Men's section our Team beat the archrival Pakistan in a 4-set thriller 3-1 (23-25, 25-23, 25-14 and 25-16) to clinch the Gold Medal in the Finals.

All the Players including Subba Rao, Ukkara Pandian, Sanjay Kumar, Naveen Raja Jacob and Srikanth played very well.

The President and Members of the entire Volleyball fraternity convey their congratulations to each and every Member of the triumphant team, for their excellent performance in the above Championship.

Photo Gallery



CASH AWARDS TO INDIAN TEAMS

As announced by **Padmashri Dr. B. Sivanthi Adityan**, President, Volleyball Federation of India the Cash Awards of **Rs.15 LAKHS** to the Indian Senior Men's Volleyball Team for the Gold Medal in the South Asian Games held at Dhaka and **Rs.7.5 Lakhs** for the Indian Junior Men's Team for the 4th place in the Junior Men's World Championship held at Pune will be distributed by Hon'ble Chief Minister of Tamilnadu **Dr.Kalaignar M.Karunanithi** on 20th March 2010.



58th SENIOR NATIONAL VOLLEYBALL CHAMPIONSHIP

GWALIOR - MADHYA PRADESH

The Lakshmibai National Institute of Physical Education, Gwalior under the auspices of Madhya Pradesh Volleyball Association and Volleyball Federation of India conducted the 58th Senior National Volleyball Championship for Men and Women at Gwalior (Madhya Pradesh) from 28th December 2009 to 6th January 2010. 27 Teams in Men's Section and 24 Teams in Women's section participated in the event.

A colourful inaugural ceremony was held on 28th Dec. 2009. Many galaxy of Government and VFI Officials attended the Opening Ceremony.

FINAL RANKINGS

Men	Women
1. Tamilnadu	1. Indian Railways
2. Uttarkhand	2. Kerala
3. Haryana	3. West Bengal
4. Kerala	4. Andhra Pradesh

Photo gallery inside...

12th YOUTH NATIONAL VOLLEYBALL CHAMPIONSHIP

BHILAI (CHHATTISGARH)

The 12th youth National Volleyball Championship for Men and Women was held at Bhilai (Chhattisgarh). The event was well organized by Bhilai Steel Plant under the auspices of Chhattisgarh State Volleyball Association and Volleyball Federation of India from 29th January to 04th February 2010.

22 Teams in Men's section and 18 Teams in Women's section from various States took part in the Championship.

FINAL RANKINGS

Boys	Girls
1. Kerala	1. Kerala
2. Tamilnadu	2. Tamilnadu
3. Karnataka	3. West Bengal
4. Haryana	4. Himachal Pradesh



Gold Medalists - Kerala Youth Boys Team



Gold Medalists - Kerala Youth Girls Team

Photo Gallery - Senior Nationals



Gold Medalist - Tamilnadu Men Team



Gold Medalist - Railways Women Team



For more information about Indian Volleyball visit www.volleyballindia.com

36th JUNIOR NATIONAL VOLLEYBALL CHAMPIONSHIP

Bhubaneswar (Orissa)

The 36th Junior National Volleyball Championship for Boys & Girls was conducted by Orissa Volleyball Association under the auspices of Volleyball Federation of India at Bhubaneswar (Orissa) from 17-24 December 2009.

The event was well organized and the organizers provided all possible assistance to the teams and Officials.

26 Teams in Boys and 22 Teams in

Girls section had participated in the Championship.

FINAL RANKINGS

Men	Women
1. Haryana	1. Tamilnadu
2. Uttar Pradesh	2. Karnataka
3. Tamilnadu	3. Kerala
4. Rajasthan	4. West Bengal



Gold Medalist - Haryana Junior Boys Team



Gold Medalist - Tamilnadu Junior Girls Team

Asian Volleyball Championships 2010...

8th Asian Youth Boys' Championship

- 13.05.2010 to 21.05.2010 - Tehran, Iran

8th Asian Youth Girls' Championship

- 20.05.2010 to 28.05.2010 - Kuala Lumpur, Malaysia

15th Asian Junior Women's Championship

- 12.09.2010 to 20.10.2010 - Hai Duong City, Vietnam

15th Asian Junior Men's Championship

- 01-09 Oct. 2010 Nakhonpathnom & Ratchaburi, Thailand



Selection Trials and Coaching Camp for National Teams

YOUTH BOYS: The Coaching Camp is now in progress at LNUPE, Gwalior from 13th Feb. to 31st March 2010. Twenty seven (27) boys were selected for this camp during the selection trials held on 11th & 12th Feb. 2010.

YOUTH GIRLS: Twenty six (26) girls were selected during the Selection Trials held on 16th & 17th Feb. 2010 and the Coaching Camp is now in progress at SAI NS Western Centre, Gandhi Nagar from 18th February to 31st March 2010.

JUNIOR MEN: The selection trials to select the players for Asian Junior Men's Championship will be held on 8th and 9th March 2010 at SAI STC Centre, Rajiv, Visakhapatnam. The camp starts on 10th March onwards.

JUNIOR WOMEN: The selection trials to select the players for Asian Junior Women's Championship will be held on 3rd & 4th April 2009 at SAI NS South Centre, Bangalore. The camp starts from 5th April 2009 onwards.

NEW RULES BOOK



Now you can obtain the NEW RULES BOOK on payment of Rs.100/- from Volleyball Federation of India, No. 72, Jawaharlal Nehru Stadium, Chennai 600 003.

FIVB COURSES / SEMINARS AT DEV.CENTRE CHENNAI

Level-I Coaches Course
19-30 April 2010

Technical Seminar
on "Blockers" 01-05 June 2010

Technical Seminar
on "Setters" - 07-11 Sept. 2010

WORKSHOP ON VIDEO AND MATCH ANALYSIS FOR NATIONAL VOLLEYBALL COACHES



A WORKSHOP on video and match analysis for National Volleyball Coaches was conducted at FIVB Development Centre, Chennai by the Federation on 21st & 22nd January 2010 and attended by twenty five (25) National Coaches attached to various Indian National Teams. The workshop was conducted by M/s. Sports Mechanics, a professional video analyst headed by Mr.S.Ramakrishnan (Ramki).

The workshop is first of its kind in Volleyball history and it is the outcome

of the long pending desire of the Federation to make use of the information technology, which is being used in other sports.

The workshop was inaugurated by Mr.S.R.Jangid, IPS, Commissioner of Police (Chennai Suburban) in the august presence of Mr.K.Murugan, Secretary General, VFI, Mr.W.I.Davaram, IPS, Mr.A.Ramana Rao, Arjuna & Dronacharya Awardee and Director, FIVB Development Centre and other dignitaries.

INDIAN SENIOR MEN'S VOLLEYBALL COACHING CAMP Tiruchendur (Tamilnadu)

Indian Senior Men's Team had an extensive coaching at Padmashri Dr.B.Sivanthi Aditanar Sports Complex Indoor Stadium at Tiruchendur prior to their participation in the 11th South Asian Games held at Dhaka (Bangladesh).

The Centre has provided international standard equipments, well equipped Gym for the training, air-conditioned accommodation in the guest house and high calories food to the players and officials.

The Federation has engaged M/s.Sports Mechanics, headed by Mr.S.Rama krishnan, a **video analyst** for analyzing the individual performance of the players and to improve their skills. A **sports psychologist**, Mr.C.Krishna

Prasad was also engaged by the Federation, who visited the camp on 26th January 2010 to motivate the team for better performance.

These facilities are provided to the team for the first time in the volleyball history. Dr.K.Parthibhan, MBBS, visited the camp twice and whenever required and a physiotherapist is also attached to the team.

CHANGE IN DATES

Mini National Volleyball

As requested by the organisers, due to school examinations in certain northern states, the 18th Mini Nationals will be held from **18-23 May 2010** instead of 20-25 April 2010 at Bhopal (Madhya Pradesh). The age screening will be done on 17th May 2010.



SALIENT FEATURES OF NEW RULES 2009-12

4.1.1 / 19.1.1- A Team consists of maximum of 12 players and upto 2 -liberos from the 12 players. Shirt numbers 01-18

19.3.3.1- If more than one libero (acting libero and reserve libero) is registered, the coach can change acting libero with reserve libero for any reason, but only once in the match, and only after the regular replacement player has returned to the court. The acting libero is not allowed to re-enter for the remainder of the match.

NEW RULE FOR CENTRE LINE CROSSING

11.2.2.1 - To touch the opponent's court with any part of the body above the feet is permitted provided that it does not interfere with the opponent's play.

NEW RULE FOR CONTACT WITH THE NET

11.3.1 - Contact with the net by a player is not a fault, unless it interferes with the play.

11.3.2 - Players may touch the post, ropes or any other object outside the antennae, including the net itself, provided that it does not interfere with play.

11.4.4 - A player interferes with the opponent's play by (amongst others):

- touching the top band of the net or the top 80 cm of the antennae during his / her action of playing the ball, or
- taking support from the net simultaneously with playing the ball, or
- creating an advantage over the net, or
- making actions which hinder an opponent's legitimate attempt to play the ball,

EXAMPLE FOR THE ABOVE RULE

11.4.4

1) DURING ATTACK

a) If an attacker touches the top band or top 80 cms of the Antenna during his action of playing the ball, it is a fault.

b) If, before or after the attack or after landing the attacker touches the mesh or bottom portion of the net, it is not a fault, unless it interferes with the play.

c) During dodging attack
If the ball is set to zone 4 attacker and if zone 3 attacker during dodging action touches the top band of the net, it is not a fault.

2) DURING BLOCK

a) During blocking, if the blocker touches the top band, it is a fault

b) If before or after blocking or after landing, the blocker touches the mesh or bottom portion of the net, it is not a fault, unless it interferes with the play.

3) DURING SETTING

a) During the action of setting, if the setter touches any part of the net, it is a fault. If this net touch happens after the action of setting is over, it is not a fault, unless it interferes with the play.

b) After setting the ball, the setter or a player pulls the net in order to make the ball cross over the net, or to misguide the referees by shouting that " the top band net contact is made by Blocker" instead of his Attacker, it is a fault

c) Setter or a player while retrieving the ball rolling down from the net, touches the bottom band or mesh of the net, it is not a fault, unless it interferes with the play.

4) DURING RETRIEVAL OF BALL NEAR THE NET

a) If an opponent makes an action (eg. Swinging arms / Legs under the net, into the air space of opponent or stamping the legs) in order to disturb the opponent's legitimate attempt to play the ball, then it is a fault.

NEW RULE FOR SUBSTITUTION

15.10.3a

The actual request for substitutions is the entrance of the substitute player (s) into the substitution zone, ready to play, during a regular game interruption.

15.10.3b If the substitute players are not ready in the substitution zone, the substitution is not granted and the team is sanctioned for a delay.

15.10.3c The request for substitution is acknowledged and announced either by the scorer by pressing the buzzer or by the second referee by blowing the whistle

15.10.4

Multiple Substitutions shall be made in succession, one pair of players after another.

FROM REFEREEING GUIDELINES / INSTRUCTIONS - 2009

The second referee controls and authorises substitutions from a position between the post and the scorer's table and makes a signal (crossing the arms) for the players to exchange across, unless the scorer signals that, the substitution is illegal.

SECOND REFEREE - RESPONSIBILITY

24.3.2.4 Second referee whistles and signals for illegal back line attacks and blocks.