

## Soft Volleyball Competition Guidelines

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### 【Date】

Saturday, May 16th, 2026

Sunday, May 17th, 2026

### 【Venue】

4th Gymnasium (Kasuga area) (第4体育館 (春日エリア))

### 【Division】

- No one is allowed to belong to more than one team.

### General Division Standard Cup

#### 〈Entry Criteria〉

- None in particular.

#### 〈Registration Restrictions〉

- Registration of women is allowed. Handicaps may be applied for women not belonging to the women's volleyball club, medical volleyball club, and volleyball amateur club.
- Members of the men's volleyball club, women's volleyball club, medical volleyball club, and volleyball amateur club can be registered up to 2 members in total per team.

### 【Match Format】

One of the following formats will be used.

### Tournament

- Until the quarterfinals, the tournament format will be 25 points per set, with a rally point system for one-set matches. The regulation time for a match will be 15 minutes. There will be no deuce and the match will end when either team reaches 25 points. In case of a draw at the end of the regulation time of the match, the winner will be decided by the next point.
- From the semifinals, the tournament format will be 15 points per set, with a rally point system for three-set matches. The regulation time for a match will be 30 minutes. Court changes will be done every set. There will be a deuce, but the set will end when either team reaches 17 points. In case of a draw at the end of the regulation time, the winner of the set is the team that scores the next point. In case of a draw on the same set count, the winner

will be decided by the total number of points scored. If the match still cannot be settled, the winner will be decided by rock-paper-scissors between the representatives of the 2 teams.

#### League Match

- The tournament format will be 25 points per set, with a rally point system for one-set matches. The regulation time for a match will be 15 minutes. There will be no deuce and the match will end when either team reaches 25 points. If the match is tied at the end of regulation time, the winner is determined by the next point.
- The ranking will be determined according to the number of wins. If the number of wins is the same, the ranking will be determined according to goal difference, total number of points scored, and the number of wins between the concerned teams. If the order is still not decided, the ranking will be decided by rock-paper-scissors by the representatives of the teams concerned.

#### **【Rules】**

- The rules of the Japan Volleyball Association's 6-player volleyball competition shall be followed in principle.
- The number of players in a match is 4 per team. (Up to 4 substitutes can be registered.)
- If the number of players is less than the regulation number at the start of the match, the team will be penalized.
- The minimum number of players to start a match is 3 per team.
- Additional players will be allowed on the day of the event only if the team has less than 8 players.
- If a player is requested to be removed on the same day, he/she may not be re-registered to the team in question.
- The positions are free. (Rotation is not required, but players must service in turn.)
  - Substitution can be done freely, upon informing the referee. (Even if the player changed once and went out, he can re-enter the match again.)
- In case the player hits the ball against the ceiling or the wall, the ball is considered out and 1 point is scored for the opposing team.

#### Measures for teams that arrive late

※In case a team has less than 4 members

- If the number of players reaches 4 or more within 5 minutes of the start of the match, and the number of players meets the match regulations: the match will start as usual.
- If there are 3 players 5 minutes after the start of the match and the minimum number of

players to start the match is met, but the number of players does not meet the match regulations: the match starts with penalties against the team concerned.

### Penalties

- The team concerned is not allowed to add the number of players after the start of the match. (If a team starts a match with 3 players, that team must play with 3 players for the whole match. However, the team is allowed to change players, including those who came in late.)
- If a team has less than 3 players and does not have the minimum number of players to start a match after 5 minutes from the start of the match: the team concerned will be forfeited by default.
- Substitution can be done freely, upon informing the referee. (Even if the player changed once and went out, he can re-enter the match again.)

### Handicap

※The handicaps below may only apply for female players that do not belong to the women's volleyball club, medical volleyball club, or volleyball amateur club.

- Female players are allowed to serve at the half line, but only under service is allowed.

If both teams concerned request it, the following rules may not be applied to a match. However, the rules may only be applied on a team base. Also, the application of only one of the rules is not possible.

- Until the quarterfinals: the team with more women at the start of the match will receive (number of women difference) x 2 points.
- From the semifinals: the team with more women at the start of each set will receive (number of women difference) x 1 points.
- The number of male players and female players belonging to the cited above clubs in a team cannot increase from the start of the match.

### **【Referees】**

- Sports Day Staff

### **【Notes】**

- The maximum number of players that can be registered per team is 8.
- Players arriving late can only participate as substitutes after informing the referee.

## 50th Sports • Day

- Players cannot participate in a team where they are not registered as a member of that team.
- Teams with a player that is not registered will be disqualified.
- The use of balls other than those provided by the Sports Day Student Committee is prohibited during the games. If you wish to use a ball for practice on the day of the event, you may rent a ball at the reception desk at the entrance of the venue only if you use it inside the gymnasium. The team with the closest match will be given priority for ball rental.
- Eating and smoking are prohibited in the venue.
- It is required to wear indoor shoes.
- To prevent danger, it is prohibited to wear jewelry during the game.
- If dangerous play (e.g. contact, deliberate interference, etc.) is observed, adequate measures may be taken.
- If a player fails to comply with the referee's instructions, adequate measures may be taken.