

REGINA CATHOLIC ELEMENTARY SCHOOLS VOLLEYBALL RULES-REGULATIONS – 2021

1) Basic Rules

- i) Net Height shall be established for play at:
 - Girls – 2.15 meters
 - Boys – 2.20 meters
- ii) Coaching from the bench is allowed.
- iii) A player, without making any contact with the ball purposefully or incidentally, may allow that ball to fall to the floor on an attempted serve. If this happens, the player may have another attempt to serve the ball, following another whistle by the referee.
- iv) The ball is in play when it hits the net on the serve and passes over into the opponent's court.
- v) The regular rotation of players will occur; no specialized player or position is recognised.
- vi) Substitutions may be allowed with the understanding that a substitute/player may only enter/leave the game for each other and no other player than that originally substituted for. Substitutions are unlimited between the two players and within the team so long as the previous outline is followed.
- vii) Any body part may be used to advance the ball, so long as it is not carried or held.
- viii) A player may attempt to set/overhand pass on a serve reception, so long as the ball is not held nor carried.
- ix) Timeouts should be 1 minute in duration and 2 timeouts are allowed per set per team.
- x) Matches will consist of three (3) sets played in a rally point format to 25 points. In each set the winning team must win by two (2) points. Teams will switch sides at 15 points in the third set. Games will cap at 28.
- xi) In league play, all three (3) sets shall be played.
- xii) Playoff matches will be played as a single-elimination and best of three sets.

Updated October 5th, 2021

Rule Clarifications:

a. Rule 5.1 A team captain, among other responsibilities, represents the team during the coin toss, acts as a communicator between the coach, and teammates with the first referee.

b. Rule 5.2 The head coach, among other responsibilities, helps his/her team (either by sitting on the team bench), or by moving or standing within the free zone space from the attack line to the warm-up area without delaying or disturbing the match. The head coach calls time-outs from the extension of the attack line.

c. Rule 5.3 The assistant coach sits on the team bench but has no right to intervene in the match.

d. Forbidden objects: It is forbidden to wear objects which may cause injury or give an artificial advantage. Jewelry needs to be removed or taped.

2) Contact With the Net

- i) Contact with the net by a player between the antennae, during the action of playing the ball, is a fault.

The action of playing the ball includes (among others) take-off, hit (or attempt) and landing.

NOTE: Contact with the net previously only applied to the top band of the net; it now includes any part of the net (the band, mesh below and any part of the antennae).

3) Player's Fault At the Net

- i) A player interferes with play by (amongst others):
 - touching the net between the antennae or the antenna itself during his/her action of playing the ball
 - using the net between the antennae as a support or stabilizing aid
 - creating an unfair advantage over the opponent by touching the net
 - making actions which hinder an opponent's legitimate attempt to play the ball
 - catching/holding on to the net

Players close to the ball as it is played, or who are trying to play it, are considered in the action of playing the ball, even if no contact is made with the ball. However, touching the net outside the antenna is not to be considered a fault.

NOTE: Contact with the net previously only applied to the top band of the net; it now includes any part of the net (the band, mesh below and any part of the antennae).