Elementary Interschool Athletics Volleyball
HALTON CATHOLIC DISTRICT SCHOOL BOARD RULES

Revised as of 2012

Reference: Canadian Volleyball Association Volleyball Rule Book

- Modifications to C.V.A. Rules, by coaches to meet the needs of elementary-age students.
- In some cases, where C.V.A. rules are so prescriptive that they override the "intent" of play for student athletes in HCDSB, a convenor in consultation with the official, will have authority to make changes i.e. bench protocols by coaches, etc.

1. **NET HEIGHT** – BOYS: 2.20m and GIRLS: 2.15m (where equipment permits)
2. **SERVICE** – Limit of 5 serves per player throughout all league, playoff, and championship play in games played to 25 points.
   *Ball must clearly leave the hand before it is hit for the serve (Ball cannot be hit off the hand).
   3rd match service is determined by a coin toss/or RPS
3. **FIRST CONTACT FROM A SERVED BALL** – No blocking or spiking a serve. A first contact of the ball on service reception is to show a clean contact (whether volley or forehand hit /bump).
4. **BOUNDARY LINES** - Two sidelines and two end lines mark the court. Walls are not to be used as boundaries. Ensure sufficient space is left between the playing court and wall for safety.
5. **INSTRUCTION FROM THE BENCH** - During the match the coach sits on the team bench nearest the scorer but may ***temporarily*** leave it to give instructions to the players on the court from the designated coaches' area (on their sideline, between the net to the end line).
6. **SUBSTITUTION** – One or more players may be substituted at the same time. Players must be positioned at the net ready to go in, for substitution, at the first stoppage of play.
   - A player of the starting line-up may leave the game and re-enter only to his/her previous position in the line-up.
   - Following the Fair Play rules, substitutions are permitted once one team scores 13 points in a set.
   - A substitute player may enter the game in place of a player of the starting line-up and can only be replaced by the same player.
   - The "libero" is not recognized as a player within the HCDSB rules, and as such a team may not use this option.
7. **CHARACTERISTIC OF THE HIT** – The ball may be touched with any part of the body above and including the waist. Within the HCDSB rules, the foot/feet may not be used to contact the ball to keep it in play. The ball must be hit cleanly and not held (including lifted, pushed, carried, or thrown). It can rebound in any direction. The ball may touch various parts of the body, provided that the contacts take place simultaneously.
   a. balls that hit the ceiling & stay on your own side of the net are now in play. If the ball is touched, hits the ceiling, and goes over the net, the ball is dead and the point will be awarded to the serving team. On the third touch the ball must be hit over the net without hitting the ceiling. Serves cannot hit the ceiling.

   EXCEPTIONS:
   i. Blocking, consecutive contacts may occur by one or more blockers provided that the contacts occur during one action. A blocked ball is not considered one of the 3 contacts allowed per side.
8. **SERVING –** The ball may contact the net on a service.
   a. Players may **not** step over the line while serving.

9. **FAULTS IN PLAYING THE BALL** –
   i. FOUR HITS – a team hits the ball four times before returning it
   ii. ASSISTED HITS – a player takes support from a teammate or any structure/object in order to reach the ball.
   iii. DOUBLE CONTACT – a player hits the ball twice in succession or the ball contacts various parts of his/her body successively
   iv. HELD BALL – a player does not hit the ball cleanly

10. **SCREENING** – the players of the serving team must not prevent their opponent, through screening, from seeing the server or the path of the ball. A player of the serving team makes an individual screen if he/she waves his/her arms, jumps, or moves sideways, etc. when the service is being executed, and the ball is served over him/her.
    * a team makes a collective screen when the server is hidden behind a group of two or more teammates, and the ball is served over them.

11. **HANDS CROSSING THE VERTICAL PLANE OF THE NET**
    i. During the block, it is permissible to contact the ball above the net within the opponent's space PROVIDING it is on the 3rd hit; or the ball is being directed over the net on the first or second hit
    ii. After the attack-hit, it is permissible to cross the hand over the net if the contact was made in its own playing space.
    * A player commits an attack-hit fault when: "He/she hits the ball within the playing space of the opponents team"
12. **FOOT FOULS – CENTER LINE** – a player commits a foot foul in the centre of the court when: the foot entirely crosses the middle line, or if any other part of their body touches the opponents court.
13. **BACK LINE PLAYER ATTACK –** a team's side of the court is divided into two sections. A front zone and a back zone by a line called an attack line. The attack line is 3 m from the centre line/net. The purpose of this line is to determine how legally a back line player may play the ball over the net.
    a) a back line player in the BACK ZONE may carry out any type of attack/hit (spike, bump, volley, etc) from any height, or at a time of his/her take off his/her foot (feet) has not touched nor crossed over the attack line. After the attack/hit he/she may land within the front zone.
    b) a back line player in the FRONT ZONE may carry out any type of attack from the front zone if his/her contact with the ball is made once the ball is partially or fully below the horizontal plane of the top of the net.
    *Please make sure your gym has an ATTACK LINE if not a line should be made on the court (ie. masking tape, book binding tape)
14. **CONTACT WITH NET** – contact with the net by a player is not a fault unless it interferes with play.
15. **CONDUCT DURING SERVICE**: during service, if unsportsmanlike conduct is demonstrated, the offending will be sanctioned with a warning first. If the conduct continues, a point will be awarded and the opponent will receive service.
16. **TIMEOUTS:** 2 timeouts (30 seconds each) are allowed per set, and must be requested by the coach.

17. **ENTRY INTO GAME PLAY:** a player is eligible to be substituted into a game following the rules of substitution, and is not restricted upon time of arrival to a game.
18. **TO WIN A SET** – a set is won by the first team to score 25 points with a minimum lead of 2 points. In the case of a 24-24 tie, play is continued until a two-point lead is reached (e.g. 26-24), with a cap at 27 in **league play**. Reminder: during playoffs there are no caps, a team must win by 2 points.
19. **Third Game** – If needed as a tie breaker, it is also played to 25 points, with a cap at 27 in **league play.**
20. **Additional Game:** The length of the third game/fourth game, friendship/exhibition game, is up to the discretion of both coaches. ***If the third game/fourth game is an exhibition game, results from that game WILL NOT be used in calculation of standings/standing tie breaking.***

NOTES for PLAYOFF:
For all Playoff matches there is no cap for any game within the match. However, consistent with all play, a team must win a game by 2 points.