

# **VOLLEYBALL CANADA**

## **2019-2020**

### **OFFICIAL VOLLEYBALL RULES**



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Please note that rule changes are in bold and underlined (ex. **9.1.1**)

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**Authorized by the National Referee Committee of Canada.**  
**Edited and modified for Canadian volleyball.**

*Volleyball Canada would like to thank all those who have  
collaborated in the revision of the rule book.*



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## OFFICIAL VOLLEYBALL RULES APPROVED BY THE FIVB Edited and Modified for Volleyball Canada

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# SECTION I



## The Game

## GAME CHARACTERISTICS

Volleyball is a sport played by two teams on a playing court divided by a net. There are different versions available for specific circumstances in order to offer the versatility of the game to everyone.

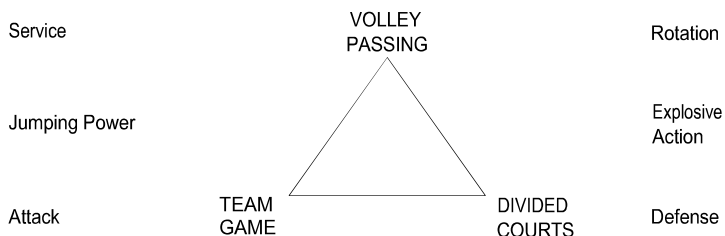
The object of the game is to send the ball over the net in order to ground it on the opponent's court, and to prevent the same effort by the opponent. The team has three hits for returning the ball (in addition to the block contact).

The ball is put in play with a service: hit by the server over the net to the opponents. The rally continues until the ball is grounded on the playing court, goes "out" or a team fails to return it properly.

In Volleyball, the team winning a rally scores a point (Rally Point System). When the receiving team wins a rally, it gains a point and the right to serve, and its players rotate one position clockwise.

## INTRODUCTION

Volleyball is one of the most successful and popular, competitive and recreational sports in the world. It is fast, it is exciting, and the action is explosive. Yet volleyball comprises several crucial overlapping elements whose complimentary interactions render it unique amongst rally games.



In recent years the FIVB has made great strides in adapting the game to a modern audience.

This text is aimed at a broad Volleyball public - players, coaches, referees, spectators, commentators for the following reasons:

- understanding the rules better, allows better play - coaches can create better team structure and tactics, allowing players full rein to display their skills;
- understanding the relationship between rules allows officials to make better decisions.

This introduction at first focuses on Volleyball as a competitive sport, before setting out to identify the main qualities required for successful refereeing.

## VOLLEYBALL IS A COMPETITIVE SPORT

Competition taps latent strengths. It exhibits the best of ability, spirit, creativity and aesthetics. The rules are structured to allow **all** of these qualities. With a few exceptions, Volleyball allows all players to operate both at the net (in attack) and in the back of the court (to defend or serve).

William Morgan, the game's creator, would still recognize it because volleyball has retained certain distinctive and essential elements over the years. Some of these it shares with other net/ ball/ racquet games:

- service;
- rotation (taking turns to serve);
- attack;
- defence.

Volleyball is, however, unique amongst net games in insisting that the ball is in constant flight – a “flying ball” – and by allowing each team a degree of internal passing before the ball must be returned to the opponents.

The introduction of a specialist defensive player – the Libero – has moved the game forward in terms of rally length and multi-phase play. Modifications to the service rule have changed the act of service from simply a means of putting the ball in play to an offensive weapon.

The concept of rotation is entrenched to allow for all-round athletes. The rules on player positions must permit teams to have flexibility and to create interesting developments in tactics.

Competitors use this framework to contest techniques, tactics and power. The framework also allows players a freedom of expression to enthuse spectators and viewers.

And the image of volleyball is increasingly a good one.

### **THE REFEREE WITHIN THIS FRAMEWORK**

The essence of a good official lies in the concept of fairness and consistency:

- to **be** fair to every participant
- to be **viewed** as fair by the spectators.

This demands a huge element of trust – the referee must be trusted to allow the players to entertain:

- by being **accurate** in his/her **judgement**
- **by understanding why the rule is written**
- by being an **efficient organizer**
- by allowing the competition to flow and by **directing** it to a conclusion
- by being an **educator** – using the rules to penalize the unfair or admonish the impolite;
- by **promoting** the game – that is, by **allowing the spectacular** elements in the game to shine and the best players to do what they do best: **entertain** the public.

Finally, we can say that a good referee will use the rules to make the competition a fulfilling experience for **all** concerned.

To those who have read so far, view the Rules which follow as the current state of development of a great game, but keep in mind why these preceding few paragraphs may be of equal importance to you in your own position within the sport.

# **Get involved! Keep the ball flying!**



## *Chapter One* **FACILITIES AND EQUIPMENT**

### **1. PLAYING AREA (Diagrams 1a, 1b & 2)**

The playing area includes the playing court and the free zone. It shall be rectangular and symmetrical.

### **1.1 DIMENSIONS**

The playing court is a rectangle measuring 18 X 9 m, surrounded by a free zone which is a minimum of 3 m wide on all sides. The free playing space is the space above the playing area which is free from any obstructions. The free playing space shall measure a minimum of 7 m in height from the playing surface.

**Volleyball Canada** - For new buildings, it is recommended that the free playing space measure a minimum of 9 meters in height from the playing surface. For Canada Games Competitions, it is required that the free playing space measure a minimum of 9 meters in height from the playing surface.

### **1.2 PLAYING SURFACE**

- 1.2.1 The surface must be flat, horizontal and uniform. It must not present any danger of injury to the players. It is forbidden to play on rough or slippery surfaces.
- 1.2.2 On indoor courts the surface of the playing court must be of a light colour.
- 1.2.3 On outdoor courts a slope of 5 mm per metre is allowed for drainage. Court lines made of solid materials are forbidden.

### **1.3 LINES ON THE COURT**

- 1.3.1 All lines are 5 cm wide. They must be of a light colour which is different from the colour of the floor and from any other lines.
- 1.3.2 **Boundary lines**  
Two sidelines and two end lines mark the playing court. Both sidelines and end lines are drawn inside the dimensions of the playing court.
- 1.3.3 **Centre line**  
The axis of the centre line divides the playing court into two equal courts measuring 9 X 9 m each; however, the entire width of the line is considered to belong to both courts equally. This line extends beneath the net from sideline to sideline.
- 1.3.4 **Attack line**  
On each court, an attack line whose rear edge is drawn 3 m back from the axis of the centre line, marks the front zone.

### **1.4 ZONES AND AREAS**

- 1.4.1 **Front zone**  
On each court the front zone is limited by the axis of the centre line and the rear edge of the attack line. The front zone is considered to extend beyond the sidelines to the end of the free zone.

#### 1.4.2 **Service zone**

The service zone is a 9 m wide area behind each end line. It is laterally limited by two short lines, each 15 cm long, drawn 20 cm behind the end line as an extension of the sidelines. Both short lines are included in the width of the service zone. In depth, the service zone extends to the end of the free zone.

#### 1.4.3 **Substitution zone**

The substitution zone is limited by the extension of both attack lines up to the scorer's table.

#### 1.4.4 **Libero Replacement Zone**

The Libero Replacement Zone is part of the free zone on the side of the team benches, limited by the extension of the attack line up to the end line.

#### 1.4.5 **Warm-up area**

The warm-up areas, sized approximately 3 X 3 m, are located in both of the bench-side corners, outside the free zone (Diagram 1a, 1b).

#### 1.4.6 **Penalty area**

A penalty area sized approximately 1 X 1 m, and equipped with two chairs, is located in the control area, outside the prolongation of each end line. They may be limited by a 5 cm wide red line.

### 1.5 **TEMPERATURE**

The minimum temperature shall not be below 10° C (50° F).

### 1.6 **LIGHTING**

The lighting on the playing area should be 1000 to 1500 lux measured at 1 m above the surface of the playing area.

## 2. **NET AND POSTS (Diagram 3)**

### 2.1 **HEIGHT OF THE NET**

2.1.1 Placed vertically over the centre line, there is a net whose top is set at the height of 2.43 m for men and 2.24 m for women.

**Volleyball Canada Youth Competition** - 15/16 & under men - 2.35m, 15 & under women - 2.20m, 16 & under women - 2.24m, 14 & under men - 2.20m, 14 & under women - 2.15m.

2.1.2 Its height is measured from the centre of the playing court. The net height (over the two sidelines) must be exactly the same and must not exceed the official height by more than 2 cm.

### 2.2 **STRUCTURE**

The net is 1 m wide and 9.50 to 10 metres long (with 25 to 50 cm on each side of the side bands), made of 10 cm square black mesh (Diagram 3). At its top, a horizontal band, 7 cm wide, made of two-fold white canvas is sewn along its full length. Each extreme end of the band has a hole, through which passes a cord fastening the band to the posts for keeping its top taut. Within the band a flexible cable fastens the net to the posts and keeps its top taut.

At the bottom of the net, there is another horizontal band, 5 cm wide, similar to the top band, through which is threaded a rope. This rope fastens the net to the posts and keeps its lower part taut.

## **2.3 SIDE-BANDS**

Two white bands are fastened vertically to the net and placed directly above each sideline. They are 5 cm wide and 1 m long and are considered as part of the net.

## **2.4 ANTENNAE**

An antenna is a flexible rod, 1.80 m long and 10 mm in diameter, made of fiberglass or similar material. An antenna is fastened at the outer edge of each side band. The antennae are placed on opposite sides of the net (Diagram 3). The top 80 cm of each antenna extends above the net and is marked with 10 cm stripes of contrasting colour, preferably red and white. The antennae are considered as part of the net and laterally delimit the crossing space (Diagram 3, 5a, 5b, Rule 10.1.1).

## **2.5 POSTS**

2.5.1 The posts supporting the net are placed at a distance of 0.50 - 1.00 m outside the sidelines (Diagram 3). They are 2.55 m high and preferably adjustable.

2.5.2 The posts are rounded and smooth, fixed to the ground without wires. There shall be no dangerous or obstructing devices.

## **2.6 ADDITIONAL EQUIPMENT**

All additional equipment is determined by Volleyball Canada regulations.

## **3. BALLS**

### **3.1 STANDARDS**

The ball shall be spherical, made of a flexible leather or synthetic leather case with a bladder inside made of rubber or a similar material. Its colour may be a uniform light colour, or a combination of colours. Synthetic leather material and colour combinations of balls used in International Official competitions should comply with FIVB standards. Its circumference is 65-67 cm and its weight is 260-280 g.

The inside pressure of the ball shall be 0.30 to 0.325 kg/cm<sup>2</sup> (4.26 to 4.61 psi) (294.3 - 318.82 mbar or hPa).

**Volleyball Canada** - For Volleyball Canada Championships, the ball will be as follows:

14U & 15U – Mikasa VQ2000w

16U – 18U – Mikasa MVA200

### **3.2 UNIFORMITY OF BALLS**

All balls used in a match must have the same standards regarding circumference, weight, pressure, type, colour, etc.

### **3.3 THREE-BALL SYSTEM**

Where possible, three balls shall be used. In this case, six ball retrievers are stationed, one at each corner of the free zone and one behind each referee (Diagram 10). A three-ball system is recommended in order to speed up the game however, it is not compulsory.

## *Chapter Two*

# **PARTICIPANTS**

### **4. TEAMS**

#### **4.1 TEAM COMPOSITION**

4.1.1 For the match, a team may consist of up to 12 players, plus

- Coaching Staff: one coach, a maximum of two assistant coaches,
- Medical Staff: one team therapist and one medical doctor.

Only those listed on the score sheet may normally enter the Competition/Control Area and take part in the official warm up and in the match.

**Volleyball Canada** - Assistant coaches may replace the head coach.

**Volleyball Canada** - For Volleyball Canada, the Medical doctor must be a certified medical person.

**Volleyball Canada** - A team may include up to 15 players. All 15 players may be in uniform, may participate in the warm up, and may sit on the bench. Only 12 players will be registered on the score sheet and only these 12 players may participate in the match. The 12 players registered on the score sheet may vary from match to match as long as no more than 12 take part in any given match.

Special note for coaches and referees: please be advised that the standard consequence for an illegal substitution, as listed below in rule 15.9, will apply. It is the responsibility of the coach to remember non-roster players and avoid an illegal substitution, and it is the responsibility of the referee to sanction infractions.

4.1.2 One of the players, other than the Libero, is the team captain, who shall be indicated on the score sheet.

4.1.3 Only the players recorded on the score sheet may enter the court and play in the match. Once the coach and the team captain have signed the score sheet, (team list for electronic score sheet) the recorded players cannot be changed.

#### **4.2 LOCATION OF THE TEAM**

4.2.1 The players not in play should either sit on their team bench or be in their warm-up area. The coach and other team members sit on the bench, but may temporarily leave it. The benches for the teams are located beside the scorer's table, outside the free zone (Diagram 1).

4.2.2 Only the team composition members are permitted to sit on the bench during the match and to participate in the official warm-up session (Rule 4.1.1, 7.2).

4.2.3 Players not in play may warm-up without balls as follows:

4.2.3.1 during play: in the warm-up areas;

4.2.3.2 during time-outs and technical time-outs: in the free zone behind their court (except for USports and CCAA).

4.2.4 During set intervals, players may warm-up using balls within their own free zone.

During the extended interval between sets 2 and 3 (if used), players may use their own court as well.

#### **4.3 EQUIPMENT**

A player's equipment consists of a jersey and shorts.

- 4.3.1 The colour for the jerseys and shorts must be uniform for the team (except for the Libero). The length, style, design or fit of the shorts are irrelevant and of no consequence. The uniforms must be clean.
- 4.3.2 The shoes must be light and pliable with rubber or composite soles without heels.
- 4.3.3 Players' jerseys must be numbered from 1 to 99.
  - 4.3.3.1 The number must be placed on the jersey at the centre of the front and of the back. The colour and brightness of the numbers must contrast with the colour and brightness of the jerseys.
  - 4.3.3.2 The number must be a minimum of 10 cm in height on the chest and a minimum of 15 cm in height on the back. The stripe forming the numbers shall be a minimum of 2 cm in width.
- 4.3.4 The team captain must have on his/her jersey a stripe of 8 X 2 cm underlining the number on the chest. (Rule 5.1)
- 4.3.5 It is forbidden to wear uniforms of a colour different from that of the other players (except for the Libero - Rule 19.2), and/or without official numbers.

#### **4.4 CHANGES OF EQUIPMENT**

The first referee may authorize one or more players:

- 4.4.1 to play barefoot;
- 4.4.2 to change wet or damaged uniforms between sets or after substitution, provided that the colour, design and number of the new uniform(s) are the same;
- 4.4.3 to play in training suits in cold weather, provided that they are of the same colour and design for the whole team (except for the Libero) and numbered according to Rule 4.3.3.

#### **4.5 FORBIDDEN OBJECTS**

- 4.5.1 It is forbidden to wear objects which may cause injury or give an artificial advantage to the player.

##### **For Volleyball Canada competitions:**

- A. The referee shall not permit the following:
  - 1. Finger, hand, wrist, elbow, or forearm guards, casts, or braces, made of hard plastic, metal, wood, or any other hard substance even if they are padded. Items made from soft material, that are padded, not intrusive and not a danger to others, may be permitted.
  - 2. Equipment that could cut or cause abrasions.
  - 3. Headwear is not permitted except those worn for religious and/or cultural beliefs. Headbands can be worn, at a maximum 5cm in width, made of non-abrasive, single colour cloth, pliable plastic, or rubber.
  - 4. Jewelry must be either removed or taped.
- B. The referee shall permit the following:
  - 1. Shoulder, upper arm, thigh, or lower leg protective equipment if the material is padded so as not to create a danger for other players.
  - 2. Knee braces if made by a reputable manufacturer and not dangerous to other players.
  - 3. Protector for a broken nose even if made from a hard material.

4. Thermoplastic finger splints are permitted so long as they are free of sharp edges, do not protrude beyond the fingertips, and are secured to the digit or hand with tape or other wrapping.
5. Prosthetics so long as the prosthetic is covered/padded and does not pose any danger to himself/herself or other players.

4.5.2 Players may wear glasses or lenses at their own risk.

4.5.3 Compression pads (padded injury protection devices) may be worn for protection or support.

**Volleyball Canada:** Compression wear can be any single solid colour. The single solid colour does not need to be the same for each player.

## 5. **TEAM LEADERS**

Both the team captain and the coach are responsible for the conduct and discipline of their team members. The Liberos cannot be the team or game captain.

### 5.1 **CAPTAIN**

5.1.1 PRIOR TO THE MATCH, the team captain signs the score sheet and represents his/her team in the toss.

5.1.2 DURING THE MATCH and while on the court, the team captain is the game captain. When the team captain is not on the court, the coach or the team captain must assign another player on the court, but not the Libero, to assume the role of game captain. This game captain maintains his/her responsibilities until he/she is substituted, or the team captain returns to play, or the set ends. When the ball is out of play, only the game captain is authorized to speak to the referees:

5.1.2.1 to ask for an explanation on the application or interpretation of the Rules, and also to submit the requests or questions of his/her team-mates. If the game captain does not agree with the explanation of the first referee, he/she may choose to protest against such decision and immediately indicates to the first referee that he/she reserves the right to record an official protest on the score sheet at the end of the match (Rule 23.2.4);

5.1.2.2 to ask authorization:

- a) to change all or part of the equipment;
- b) to verify the positions of the teams;
- c) to check the floor, the net, the ball, etc.

5.1.2.3 In the absence of the coach: to request time-outs and substitutions (Rule 15.2.1, 15.4, 15.5).

5.1.3 AT THE END OF THE MATCH, the team captain:

- 5.1.3.1 thanks the referees and signs the score sheet to ratify the result;
- 5.1.3.2 may, when it has been notified in due time to the first referee, confirm and record on the score sheet an official protest regarding the referee's application or interpretation of the Rules.

### 5.2 **COACH**

5.2.1 Throughout the match, the coach conducts the play of his/her team from outside the playing court. He/she selects the starting line-ups, the substitutes, and takes time-outs. In these functions, his/her contacting official is the second referee.

- 5.2.2 PRIOR TO THE MATCH, the coach records or checks the names and numbers of his/her players on the scoresheet team roster, and then signs it.
- 5.2.3 DURING THE MATCH, the coach:
- 5.2.3.1 prior to each set, gives the second referee or the scorer the line-up sheet(s) duly filled in and signed;
- Volleyball Canada - 18U** and younger competitions, the head coach must sign the score sheet at the completion of the match.
- 5.2.3.2 sits on the team bench, but may leave it;
- 5.2.3.3 requests time-outs and substitutions.
- All time-outs and substitutions are to be requested by the Coach from the end of the bench nearest to the scorer when he/she is sitting or from the extension of the attack line in the free zone when he/she is standing or walking.
- 5.2.3.4 may, as well as other team members, give instructions to the players on the court. The coach may give these instructions while standing or walking within the free zone in front of his/her team's bench from the extension of the attack line up to the warm-up area, without disturbing or delaying the match.
- 5.3 ASSISTANT COACH**
- 5.3.1 The assistant coach sits on the team bench but has no right to intervene in the match.
- 5.3.2 Should the coach have to leave his/her team for any reason including sanction, but excluding entering the court as a player, an assistant coach may assume the coach's functions for the duration of the absence, once confirmed to the referee by the game captain.

## *Chapter Three*

### **PLAYING FORMAT**

- 6. TO SCORE A POINT, TO WIN A SET AND THE MATCH**
- 6.1 TO SCORE A POINT**
- 6.1.1 **Point**
- A team scores a point:
- 6.1.1.1 by successfully landing the ball on the opponent's court;
- 6.1.1.2 when the opponent team commits a fault;
- 6.1.1.3 when the opponent team receives a penalty.
- 6.1.2 **Fault**
- A team commits a fault by making a playing action contrary to the rules (or by violating them in some other way). The referees judge the faults and determine the consequences according to the Rules:
- 6.1.2.1 if two or more faults are committed successively, only the first one is counted;
- 6.1.2.2 if two or more faults are committed by opponents simultaneously, a DOUBLE FAULT is called, and the rally is replayed.

### 6.1.3 **Rally and completed rally**

A rally is the sequence of playing actions from the moment of the service hit by the server until the ball is out of play. A completed rally is the sequence of playing actions which results in the award of a point. This includes:

- the award of a penalty;
- loss of service for service hit made after the time-limit.

6.1.3.1 If the serving team wins a rally, it scores a point and continues to serve;

6.1.3.2 If the receiving team wins a rally, it scores a point and it must serve next.

## 6.2 **TO WIN A SET**

A set (except the deciding set) is won by the team which first scores 25 points with a minimum lead of two points. In the case of a 24-24 tie, play is continued until a two-point lead is achieved (26-24; 27-25; ...).

## 6.3 **TO WIN THE MATCH**

6.3.1 The match is won by the team that wins 2 of 3 sets or 3 of 5 sets.

6.3.2 In the case of a 2-2 tie, the deciding set (the 5th) is played to 15 points with a minimum lead of 2 points. There is no point limit.

In a best of 3 match, the deciding set (the 3rd) is played to 15 points with a minimum lead of 2 points. There is no point limit.

## 6.4 **DEFAULT AND INCOMPLETE TEAM**

6.4.1 If a team refuses to play after being summoned to do so, it is declared in default and forfeits the match with the result 0-3 for the match and 0-25 for each set.

6.4.2 A team that, without justifiable reason, does not appear on the playing court on time is declared in default with the same result as in Rule 6.4.1.

**Volleyball Canada** - Refer to Tournament Rules for Competition-forfeit.

6.4.3 A team that is declared INCOMPLETE for the set or for the match (Rule 7.3.1), loses the set or the match. The opponent team is given the points, or the points and the sets, needed to win the set or the match. The incomplete team keeps its points and sets.

## 7. **STRUCTURE OF PLAY**

### 7.1 **THE TOSS**

Before the match the first referee carries out a toss to decide upon the first service and the sides of the court in the first set. If a deciding set is to be played, a new toss will be carried out.

7.1.1 The toss is taken in the presence of the two team captains.

The loser takes the remaining choice.

7.1.2 The winner of the toss chooses:

EITHER

7.1.2.1 the right to serve or to receive the service

OR

7.1.2.2 the side of the court.

The loser takes the remaining choice.



## **7.2      OFFICIAL WARM-UP SESSION**

- 7.2.1 Prior to the match, if the teams have previously had a playing court exclusively at their disposal, they are entitled to a 6-minute official warm-up period together at the net; if not, they may have 10 minutes.
- 7.2.2 If either captain requests separate (consecutive) official warm-ups at the net, the teams are allowed 3 minutes each or 5 minutes each, according to Rule 7.2.1.
- 7.2.3 In the case of consecutive official warm-ups, the team that has the first service takes the first turn at the net.
- 7.2.4**      **Volleyball Canada** – The new warm-up protocol can be found in the Age Class Variations on page 44.

## **7.3      TEAM STARTING LINE-UP**

- 7.3.1 There must always be six players per team in play.  
The team's starting line-up indicates the rotational order of the players on the court. This order must be maintained throughout the set.
- 7.3.2 Before the start of each set, the coach has to present the starting line-up of his/her team on a line-up sheet or via the electronic device, if used. The sheet is submitted, duly filled in and signed, to the second referee or the scorer – or electronically sent directly to the e-scorer.
- 7.3.3 The players who are not in the starting line-up of a set are the substitutes for that set (except for the Liberos). (Rules 7.3.2, 15.5)
- 7.3.4 Once the line-up sheet has been delivered to the second referee or scorer, no change in line-up may be authorized without a regular substitution.
- 7.3.5 Discrepancies between players' position on court and on the line-up sheet are dealt with as follows:
- 7.3.5.1 When such a discrepancy is discovered before the start of the set, players' positions must be rectified according to those on the line-up sheet. There will be no sanction.
- 7.3.5.2 When, before the start of the set, a player on court is found not to be registered on the line-up sheet of that set, this player must be changed to conform to the line-up sheet. There will be no sanction.
- 7.3.5.3 However, if the coach wishes to keep such non-recorded player(s) on the court, he/she has to request regular substitution(s), by use of the corresponding hand signal, which will then be recorded on the score sheet. If a discrepancy between players' positions and the line-up sheet is discovered later, the team at fault must revert to the correct positions. The opponent's points remain valid and in addition they receive a point and the next service. All points scored by the team at fault from the exact moment of the fault up to the discovery of the fault are cancelled.
- 7.3.5.4 Where a player is found to be on court, but he/she is not registered on the team roster, the opponent's points remain valid, and in addition they gain a point and service. The team at fault will lose all points and/or sets (0:25, if necessary) gained from the moment the nonregistered player entered the court, and will have to submit a revised line-up sheet and send a new registered player into the court, in the position of the non-registered player.

## **7.4 POSITIONS**

At the moment the ball is hit by the server, each team must be positioned within its own court in the rotational order (except the server).

7.4.1 The positions of the players are numbered as follows:

7.4.1.1 The three players along the net are front-row players and occupy positions 4 (front-left), 3 (front-centre) and 2 (front-right).

7.4.1.2 The other three are back-row players occupying positions 5 (back-left), 6 (back-centre) and 1 (back-right).

7.4.2 Relative positions between players:

7.4.2.1 Each back-row player must be positioned further back from the centre line than the corresponding front-row player.

7.4.2.2 The front-row players and the back-row players, respectively, must be positioned laterally in the order indicated in Rule 7.4.1.

7.4.3 The positions of players are determined and controlled according to the positions of their feet contacting the ground as follows (Diagram 4):

7.4.3.1 each front-row player must have at least a part of his/her foot closer to the centre line than the feet of the corresponding back-row player;

7.4.3.2 each right (left) side player must have at least a part of his/her foot closer to the right (left) sideline than the feet of the centre player in that row.

7.4.4 After the service hit, the players may move around and occupy any position on their court and the free zone.

## **7.5 POSITIONAL FAULT**

7.5.1 The team commits a positional fault, if any player is not in his/her correct position at the moment the ball is hit by the server (Rules 7.3 & 7.4). When a player is on court through illegal substitution, and play restarts, this is counted as a positional fault with the consequences of an illegal substitution.

7.5.2 If the server commits a serving fault at the moment of the service hit, (Rules 12.4 & 12.7.1), the server's fault is counted before a positional fault.

7.5.3 If the service becomes faulty after the service hit, (Rule 12.7.2), it is the positional fault that will be counted.

7.5.4 A positional fault leads to the following consequences:

7.5.4.1 the team is sanctioned with a point and service to the opponent;

7.5.4.2 players' positions must be rectified.

## **7.6 ROTATION**

7.6.1 The rotational order is determined by the team's starting line-up and controlled with the service order and players' positions throughout the set.

7.6.2 When the receiving team has gained the right to serve, its players rotate one position clock-wise: the player in position 2 rotates to position 1 to serve, the player in position 1 rotates to position 6, etc.

## **7.7 ROTATIONAL FAULT**

7.7.1 A rotational fault is committed when the SERVICE is not made according to the rotational order (Rule 7.6.1). It leads to the following consequences in order:

7.7.1.1 the scorer stops play by the buzzer; the opponent gains a point and next service. If the rotational fault is determined only after the completion of the rally which started with a rotational fault, only a single point is awarded to the opponent, regardless of the result of the rally played.

7.7.1.2 the rotational order of the faulty team must be rectified

7.7.2 Additionally, the scorer should determine the exact moment when the fault was committed, and all points scored subsequently by the team at fault must be cancelled. The opponent's points remain valid. If that moment cannot be determined, no point(s) cancellation takes place, and a point and service to the opponent is the only sanction.

## Chapter Four

### PLAYING ACTIONS

#### 8. STATES OF PLAY

##### 8.1 BALL IN PLAY

The ball is in play from the moment of the hit of the service authorized by the first referee.

##### 8.2 BALL OUT OF PLAY

The ball is out of play at the moment of the fault which is whistled by one of the referees; in the absence of a fault, at the moment of the whistle.

##### 8.3 BALL "IN"

The ball is "in" if at any moment of its contact with the floor, some part of the ball touches the court, including the boundary lines.

##### 8.4 BALL "OUT"

The ball is "out" when:

- 8.4.1 all parts of the ball which contact the floor are completely outside the boundary lines;
- 8.4.2 it touches an object outside the court, the ceiling or a person out of play;
- 8.4.3 it touches the antennae, ropes, posts or the net itself outside the side bands;
- 8.4.4 it crosses the vertical plane of the net either partially or totally outside the crossing space, except in the case of Rule 10.1.2;
- 8.4.5 it crosses completely the lower space under the net (Diagram 5).

#### 9. PLAYING THE BALL

Each team must play within its own playing area and space (except Rule 10.1.2). The ball may, however, be retrieved from beyond its own free zone.

##### 9.1 TEAM HITS

A hit is any contact with the ball by a player in play. The team is entitled to a maximum of three hits (in addition to blocking, Rule 14.4.1), for returning the ball. If more are used, the team commits the fault of: "FOUR HITS".

##### 9.1.1 Consecutive contacts

A player may not hit the ball two times consecutively (except Rules 9.2.3, 14.2 and 14.4.2).

### 9.1.2 **Simultaneous contacts**

Two or three players may touch the ball at the same moment.

9.1.2.1 When two (three) teammates touch the ball simultaneously, it is counted as two (three) hits (with the exception of blocking). If they reach for the ball, but only one of them touches it, one hit is counted. A collision of players does not constitute a fault.

9.1.2.2 When two opponents touch the ball simultaneously over the net and the ball remains in play, the team receiving the ball is entitled to another three hits. If such a ball goes "out", it is the fault of the team on the opposite side.

9.1.2.3 If simultaneous hits by two opponents over the net leads to extended contact with the ball, play continues.

### 9.1.3 **Assisted hit**

Within the playing area, a player is not permitted to take support from a team-mate or any structure/object in order to hit the ball. However, a player who is about to commit a fault (touch the net or cross the centre line, etc.) may be stopped or held back by a teammate.

## 9.2 **CHARACTERISTICS OF THE HIT**

9.2.1 The ball may touch any part of the body.

9.2.2 The ball must not be caught and/or thrown. It can rebound in any direction.

9.2.3 The ball may touch various parts of the body, provided that the contacts take place simultaneously.

Exceptions:

9.2.3.1 At blocking, consecutive contacts may be made by one or more player(s) provided that the contacts occur during one action (Rule 14.1.1 & 14.2).

9.2.3.2 At the first hit of the team, the ball may contact various part of the body consecutively provided that the contacts occur during one action (see Rules 9.1, 14.4.1).

**Volleyball Canada, 14U and younger competitions**, receiving serve with an overhand motion using the fingers (volleying/setting the serve) is not permitted, regardless of the quality of the contact. The first referee will use the "double-contact" signal to indicate this infraction.

## 9.3 **FAULTS IN PLAYING THE BALL**

9.3.1 FOUR HITS: a team hits the ball four times before returning it (Rule 9.1).

9.3.2 ASSISTED HIT: a player takes support from a team-mate or any structure/object in order to hit the ball within the playing area (Rule 9.1.3).

9.3.3 CATCH: the ball is caught and/or thrown; it does not rebound from the hit (Rule 9.2.2).

9.3.4 DOUBLE CONTACT: a player hits the ball twice in succession or the ball contacts various parts of his/her body in succession (Rule 9.2.3).

## 10. **BALL AT THE NET**

### 10.1 **BALL CROSSING THE NET**

10.1.1 The ball sent to the opponent's court must go over the net within the crossing space. The crossing space is the part of the vertical plane of the net limited as follows: (Diagram 5, Rule 10.2)

- 10.1.1.1 below, by the top of the net;
- 10.1.1.2 at the sides, by the antennae and their imaginary extension;
- 10.1.1.3 above, by the ceiling.

10.1.2 The ball that has crossed the net plane to the opponent's free zone totally or partly through the external space, may be played back within the team hits, provided that:

- 10.1.2.1 the opponent's court is not touched by the player;
- 10.1.2.2 the ball, when played back, crosses the net plane again totally or partly through the external space on the same side of the court.

The opponent team may not prevent such action.

10.1.3 The ball that is heading towards the opponent's court through the lower space is in play until the moment it has completely crossed the vertical plane of the net.

## **10.2 BALL TOUCHING THE NET**

While crossing the net, the ball may touch it (Rule 10.1.1).

## **10.3 BALL IN THE NET**

10.3.1 A ball driven into the net may be recovered within the limits of the three team hits (Rule 9.1).

10.3.2 If the ball rips the mesh of the net or tears it down, the rally is cancelled and replayed.

## **11. PLAYER AT THE NET**

### **11.1 REACHING BEYOND THE NET**

11.1.1 In blocking, a player may touch the ball beyond the net, provided that he/she does not interfere with the opponent's play before or during the latter's attack hit (Rules 14.1 & 14.3).

11.1.2 After an attack hit, a player is permitted to pass his/her hand beyond the net, provided that the contact has been made within his/her own playing space.

### **11.2 PENETRATION UNDER THE NET**

11.2.1 It is permitted to penetrate into the opponent's space under the net, provided that this does not interfere with the opponent's play.

11.2.2 Penetration into the opponent's court, beyond the centre line:

11.2.2.1 To touch the opponent's court with a foot (feet) is permitted, provided that some part of the penetrating foot (feet) remains either in contact with or directly above the centre line.

11.2.2.2 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.

11.2.3 A player may enter the opponent's court after the ball goes out of play.

11.2.4 Players may penetrate into the opponent's free zone provided that they do not interfere with the opponent's play.

### **11.3 CONTACT WITH THE NET**

11.3.1 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 safely, ready for a new action.

- 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. When the ball is driven into the net and causes it to touch an opponent, no fault is committed.

#### **11.4 PLAYER'S FAULTS AT THE NET**

- 11.4.1 A player touches the ball or an opponent in the opponent's space before or during the opponent's attack hit.
- 11.4.2 A player interferes with the opponent's play while penetrating into the opponent's space under the net.
- 11.4.3 A player's foot (feet) penetrates completely into the opponent's court.
- 11.4.4 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.

Any player close to the ball as it is played, and who is him/herself trying to play it, is considered in the action of playing the ball, even if no contact is made with it. However, touching the net outside the antenna is not to be considered a fault (except for Rule 9.1.3).

#### **12. SERVICE**

The service is the act of putting the ball into play by the back-right player, placed in the service zone (Rule 12.4.1).

##### **12.1 FIRST SERVICE IN A SET**

- 12.1.1 The first service of the first set, as well as that of the deciding set (the 3rd or 5th) is executed by the team determined by the toss (Rule 7.1).
- 12.1.2 The other sets will be started with the service of the team that did not serve first in the previous set.

##### **12.2 SERVICE ORDER**

- 12.2.1 The players must follow the service order recorded on the line-up sheet (Rule 7.3.1 & 7.3.2).
- 12.2.2 After the first service in a set, the player to serve is determined as follows:
- 12.2.2.1 When the serving team wins the rally, the player (or his/her substitute) who served before, serves again.
- 12.2.2.2 When the receiving team wins the rally, it gains the right to serve and rotates before actually serving. The player who moves from the front right position to the back-right position will serve. (Rule 6,1,3 & 7.6.2)

##### **12.3 AUTHORIZATION OF THE SERVICE**

The first referee authorizes the service after having checked that the two teams are ready to play and that the server is in possession of the ball.

## **12.4      EXECUTION OF THE SERVICE**

- 12.4.1      The ball shall be hit with one hand or any part of the arm after being tossed or released from the hand(s).
- 12.4.2      Only one toss or release of the ball is allowed. Dribbling or moving the ball in the hands is permitted.
- 12.4.3      At the moment of the service hit or take-off for a jump service, the server must not touch the court (the end line included) or the floor outside the service zone. After the hit, he/she may step or land outside the service zone, or inside the court.
- 12.4.4      The server must hit the ball within 8 seconds after the first referee whistles for service.
- 12.4.5      A service executed before the referee's whistle is cancelled and repeated.

## **12.5      SCREENING**

- 12.5.1      The players of the serving team must not prevent their opponent, through individual or collective screening, from seeing the server and the flight path of the ball.
- 12.5.2      A player or a group of players of the serving team make(s) a screen by waving arms, jumping or moving sideways during the execution of the service, or by standing grouped, and in so doing hides both the server and the flight path of the ball until the ball reaches the vertical plane of the net.

## **12.6      FAULTS MADE DURING THE SERVICE**

### **12.6.1      Serving faults:**

The following faults lead to a change of service even if the opponent is out of position (Rule 12.7.1). The server:

12.6.1.1      violates the service order (Rule 12.2);

12.6.1.2      does not execute the service properly (Rule 12.4).

### **12.6.2      Faults after the service hit:**

After the ball has been correctly hit, the service becomes a fault (unless a player is out of position) if the ball (Rule 12.4 & 12.7.2):

12.6.2.1      touches a player of the serving team or fails to cross the vertical plane of the net, completely through the crossing space (Rules 8.4.4, 8.4.5, 10.1.1);

12.6.2.2      goes "out" (Rule 8.4);

12.6.2.3      passes over a screen (Rule 12.5).

## **12.7      SERVING FAULTS AND POSITIONAL FAULTS**

- 12.7.1      If the server makes a fault at the moment of the service hit (improper execution, wrong rotational order, etc.) and the opponent is out of position, it is the serving fault which is sanctioned.
- 12.7.2      Instead, if the execution of the service has been correct, but the service subsequently becomes faulty (goes out, goes over a screen, etc.), the positional fault has taken place first and is sanctioned.

## **13.      ATTACK HIT**

### **13.1      CHARACTERISTICS OF THE ATTACK HIT**

- 13.1.1      All actions which direct the ball towards the opponents, with the exception of service and block, are considered as attack hits.

- 13.1.2 During an attack hit, tipping is permitted only if the ball is cleanly hit, and not caught or thrown.
- 13.1.3 An attack hit is completed the moment the ball completely crosses the vertical plane of the net or is touched by an opponent.

### **13.2 RESTRICTIONS OF THE ATTACK HIT**

- 13.2.1 A front-row player may complete an attack hit at any height, provided that the contact with the ball has been made within the player's own playing space (except Rules 13.2.4 and 13.3.6).
- 13.2.2 A back-row player may complete an attack hit at any height from behind the front zone:
- 13.2.2.1 at his/her take-off, the player's foot(feet) must neither have touched nor crossed over the attack line;
- 13.2.2.2 after his/her hit, the player may land within the front zone (Rule 1.4.1).
- 13.2.3 A back-row player may also complete an attack hit from the front zone, if at the moment of the contact a part of the ball is lower than the top of the net.
- 13.2.4 No player is permitted to complete an attack hit on the OPPONENT'S service, when the ball is in the front zone and entirely higher than the top of the net.

### **13.3 FAULTS OF THE ATTACK HIT**

- 13.3.1 A player hits the ball within the playing space of the opposing team (Rule 13.2.1).
- 13.3.2 A player hits the ball "out" (Rule 8.4).
- 13.3.3 A back-row player completes an attack hit from the front zone, if at the moment of the hit the ball is entirely higher than the top of the net (Rule 13.2.3).
- 13.3.4 A player completes an attack hit on the opponent's service, when the ball is in the front zone and entirely higher than the top of the net (13.2.4).
- 13.3.5 A Libero completes an attack hit if at the moment of the hit the ball is entirely higher than the top of the net (Rule 19.3.1.2).
- 13.3.6 A player completes an attack hit from higher than the top of the net when the ball is coming from an overhand finger pass by a Libero in his/her front zone.

## **14. BLOCK**

### **14.1 BLOCKING**

- 14.1.1 Blocking is the action of players close to the net to intercept the ball coming from the opponent by reaching higher than the top of the net, regardless of the height of the ball contact. Only front-row players are permitted to complete a block, but at the moment of the contact with the ball, a part of the body must be higher than the top of the net.
- 14.1.2 **Block Attempt**  
A block attempt is the action of blocking without touching the ball.
- 14.1.3 **Completed Block**  
A block is completed whenever the ball is touched by a blocker (Diagram 7).
- 14.1.4 **Collective Block**  
A collective block is executed by two or three players close to each other and is completed when one of them touches the ball.



## **14.2 BLOCK CONTACT**

Consecutive (quick and continuous) contacts with the ball may occur by one or more blockers, provided that the contacts are made during one action.

## **14.3 BLOCKING WITHIN THE OPPONENT'S SPACE**

In blocking, the player may place his/her hands and arms beyond the net provided that this action does not interfere with the opponent's play. Thus, it is not permitted to touch the ball beyond the net until an opponent has executed an attack hit.

## **14.4 BLOCK AND TEAM HITS**

14.4.1 A block contact is not counted as a team hit. Consequently, after a block contact, a team is entitled to three hits to return the ball. (Rule 9.1)

14.4.2 The first hit after the block may be executed by any player, including the one who has touched the ball during the block.

## **14.5 BLOCKING THE SERVICE**

To block an opponent's service is forbidden.

## **14.6 BLOCKING FAULTS**

14.6.1 The blocker touches the ball in the OPPONENT'S space either before or simultaneously with the opponent's attack hit (Rule 14.3).

14.6.2 A back-row player or a Libero completes a block or participates in a completed block (Rules 14.1.1, 14.5 & 19.3.1.3).

14.6.3 Blocking the opponent's service (Rule 14.5).

14.6.4 The ball is sent "out" off the block (Rule 8.4).

14.6.5 Blocking the ball in the opponent's space from outside the antenna.

14.6.6 A Libero attempts an individual or collective block (Rules 14.1 & 19.3.1.3).

# *Chapter Five* **INTERRUPTIONS, DELAYS AND INTERVALS**

## **15. INTERRUPTIONS**

An interruption is the time between one completed rally and the 1st referee's whistle for the next service. The only regular game interruptions are TIME-OUTS and SUBSTITUTIONS.

## **15.1 NUMBER OF REGULAR GAME INTERRUPTIONS**

Each team may request a maximum of two time-outs and six substitutions per set.

**Volleyball Canada** - For Volleyball Canada competitions in the 14U\* and 15U (boys and girls), 12 substitutions is the maximum permitted per team per set. The 12 substitutions are limited (Rule 15.6.1 and 15.6.2).

\*For Volleyball Canada 14U and younger competitions "Fair Play" rules apply, which are as follows: Substitutions are not permitted in the first or second set. In the case of injury, an Exceptional Substitution may be made. The injured/ill player may not return to the same set but may return to play in subsequent sets. If a player is expelled or disqualified, there must be a legal substitution allowed for the set to continue.

If a player is expelled in the first set, the expelled player may not start the second set but would be allowed to start the third set. Any line up can be used at the start of the third set. In the third set, 12 "limited" substitutions are permitted.

## **15.2 SEQUENCE OF REGULAR GAME INTERRUPTIONS**

- 15.2.1 Request for one or two time-outs, and one request for substitution by either team may follow one another, within the same interruption.
- 15.2.2 However, a team is not authorized to make consecutive requests for substitution during the same interruption. Two or more players may be substituted at the same time within the same request.
- 15.2.3 There must be a completed rally between two separate substitution requests by the same team. (Exception: a forced substitution due to injury or expulsion/disqualification (15.5.2, 15.7, 15.8)).

## **15.3 REQUEST FOR REGULAR GAME INTERRUPTIONS**

- 15.3.1 Regular game interruptions may be requested by the coach, or in the absence of the coach, by the game captain, and only by them.
- 15.3.2 Substitution before the start of a set is permitted and should be recorded as a regular substitution in that set.

## **15.4 TIME-OUTS AND TECHNICAL TIME-OUTS**

- 15.4.1 Time-out requests must be made by showing the corresponding hand signal, when the ball is out of play and before the whistle for service. All requested time-outs last for 30 seconds (USports).  
**Volleyball Canada** - All time-outs that are requested last for 60 seconds. The players are to remain off the court for the 60 seconds. There are no "technical time-outs".
- 15.4.2 For USports, in sets 1-4, one additional 60-second "Technical Time-Out" is applied automatically when the leading team reaches the 16th point.
- 15.4.3 In the deciding (5th) set, there are no "Technical Time-Outs"; only two time-outs of 60 seconds (30 seconds - USports) duration may be requested by each team.
- 15.4.4 During all time-outs (including Technical Time Outs), the players in play must go to the free zone near their bench.

## **15.5 SUBSTITUTION**

- 15.5.1 A substitution is the act by which a player, other than the Libero or his/her replacement player, after being recorded by the scorer, enters the game to occupy the position of another player, who must leave the court at that moment.
- 15.5.2 When the substitution is enforced through injury to a player in play, this may be accompanied by the coach (or game captain) showing the corresponding hand signal.

## **15.6 LIMITATION OF SUBSTITUTIONS**

- 15.6.1 Limited Substitution - A player of the starting line-up may leave the game, but only once in a set, and re-enter, but only once in a set, and only to his/her previous position in the line-up.
- 15.6.2 Limited Substitution - A substitute player may enter the game in the place of a player of the starting line-up, but only once per set, and he/she can only be substituted by the same starting player.

- 15.6.3 Unlimited Substitution - A player of the starting line-up may leave the game multiple times and re-enter and only to his/her previous position in the line-up.
- 15.6.4 Unlimited Substitution - A substitute player may enter the game multiple times in the place of a player of the starting line-up and he/she can only be substituted by the same starting player.

### **15.7 EXCEPTIONAL SUBSTITUTION**

A player (except the Libero) who cannot continue playing due to injury or illness, should be substituted legally. If this is not possible, the team is entitled to make an EXCEPTIONAL substitution, beyond the limits of Rule 15.6.

An exceptional substitution means that any player who is not on the court at the time of the injury/illness, except the Libero, second Libero or their regular replacement player, may be substituted into the game for the injured/ill player. The substituted injured/ill player is not allowed to re-enter the match.

An exceptional substitution cannot be counted in any case as a regular substitution but should be recorded on the score sheet as part of the total of substitutions in the set and the match.

### **15.8 SUBSTITUTION FOR EXPULSION OR DISQUALIFICATION**

An EXPELLED or DISQUALIFIED player (Rules 21.3.2 & 21.3.3) must be substituted immediately through a legal substitution. If this is not possible, the team is declared INCOMPLETE.

### **15.9 ILLEGAL SUBSTITUTION**

- 15.9.1 A substitution is illegal, if it exceeds the limitations indicated in Rule 15.6 (except the case of Rule 15.7), or an unregistered player is involved.
- 15.9.2 When a team has made an illegal substitution and the play has been resumed (Rule 8.1), the following procedure shall apply, in sequence:
- 15.9.2.1 the team is penalized with a point and service to the opponent;
  - 15.9.2.2 the substitution must be rectified;
  - 15.9.2.3 the points scored by the team at fault since the fault was committed are cancelled. The opponent's points remain valid.

### **15.10 SUBSTITUTION PROCEDURE**

- 15.10.1 Substitution must be carried out within the substitution zone.
- 15.10.2 A substitution shall only last the time needed for recording the substitution on the score sheet and allowing entry and exit of the players.
- 15.10.3 a) The actual request for substitution starts at the moment of the entrance of the substitute player(s) into the substitution zone, ready to play, during an interruption. The coach does not need to make a substitution hand signal except if the substitution is for injury or before the start of the set.

**Volleyball Canada** - *if there is no buzzer, the referee will use his/her whistle to announce and authorize the request for a substitution.*

b) If the player is not ready, the substitution is not granted, and the team is sanctioned for a delay.

c) The request for substitution is acknowledged and announced by the scorer or 2nd referee, by use of the buzzer or whistle respectively. The 2nd referee authorizes the substitution.

Where applicable, numbered paddles are used to facilitate the substitution (including when electronic devices are used).

- 15.10.4 If a team intends to make simultaneously more than one substitution, all substitute players must enter the substitution zone at the same time to be considered in the same request. In this case, substitutions must be made in succession, one pair of players after another. If one is illegal, the legal one(s) is/are granted and the illegal is rejected and subject to a delay sanction.

## **15.11 IMPROPER REQUESTS**

- 15.11.1 It is improper to request any regular game interruption:

15.11.1.1 during a rally or at the moment of, or after the whistle to serve (Rule 6.1.3 & 15.2.1);

15.11.1.2 by a non-authorized team member (Rule 15.2.1);

15.11.1.3 for a second substitution by the same team during the same interruption (i.e. before the end of next completed rally), except in the case of injury/illness of a player in play;

15.11.1.4 after having exhausted the authorized number of time-outs and substitutions (Rule 15.1).

15.11.1.5 by a coach that is not at the end of the bench nearest the scorer when sitting or from the extension of the attack line in the free zone when standing or walking.

- 15.11.2 The first improper request by a team in the match that does not affect or delay the game shall be rejected, but it must be recorded on the score sheet without any other consequences.

- 15.11.3 Any further improper request in the match by the same team constitutes a delay.

## **16. GAME DELAYS**

### **16.1 TYPES OF DELAYS**

An improper action of a team that defers resumption of the game is a delay and includes, among others:

16.1.1 delaying regular game interruptions;

16.1.2 prolonging interruptions, after having been instructed to resume the game;

16.1.3 requesting an illegal substitution (Rule 15.9);

16.1.4 repeating an improper request;

16.1.5 delaying the game by a team member.

### **16.2 DELAY SANCTIONS**

- 16.2.1 “*Delay warning*” and “*delay penalty*” are team sanctions.

16.2.1.1 Delay sanctions remain in force for the entire match.

16.2.1.2 All delay sanctions are recorded on the score sheet.

- 16.2.2 The first delay in the match by a team member is sanctioned with a "DELAY WARNING".
- 16.2.3 The second and subsequent delays of any type by any member of the same team in the same match constitute a fault and are sanctioned with a "DELAY PENALTY": a point and service to the opponent.
- 16.2.4 Delay sanctions imposed before or between sets are applied in the following set.

## **17. EXCEPTIONAL GAME INTERRUPTIONS**

### **17.1 INJURY/ILLNESS**

- 17.1.1 Should a serious accident occur while the ball is in play, the referee must stop the game immediately and permit medical assistance to enter the court. The rally is then replayed.
- 17.1.2 If an injured/ill player cannot be substituted, legally or exceptionally, the player is given a 3-minute recovery time, but not more than once for the same player in the match (Rules 6.3, 15.6 & 15.7). If the player does not recover, his/her team is declared incomplete (Rules 6.4.3 & 7.3.1).

### **17.2 EXTERNAL INTERFERENCE**

If there is any external interference during the game, play has to be stopped and the rally is replayed.

### **17.3 PROLONGED INTERRUPTIONS**

- 17.3.1 If unforeseen circumstances interrupt the match, the first referee, the organizer and the Control Committee, if there is one, shall decide the measures to be taken to re-establish normal conditions.
- 17.3.2 Should one or several interruptions occur, not exceeding 4 hours in total:
- 17.3.2.1 if the match is resumed on the same playing court, the interrupted set shall continue normally with the same score, players (except expelled or disqualified ones) and positions. The sets already played will keep their scores;
- 17.3.2.2 if the match is resumed on another playing court, the interrupted set is cancelled and replayed with the same team members and the same starting line-ups (except expelled or disqualified ones) and the record of all sanctions will be maintained. The sets already played will keep their scores.
- 17.3.3 Should one or several interruptions occur, exceeding 4 hours in total, the whole match shall be replayed.

### **17.4 VOLLEYBALL CANADA — WIPING OF THE FLOOR**

Referees must allow time for the wiping of the floor should it become too wet or slippery to play on. Towels should be placed on either side of the court. Once a proper request has been made and acknowledged by the officials, the players may take and use freely, either towel, to wipe the floor. Players may also carry their own "small" towel for this purpose. In such cases where wiping of the floor is considered unnecessary after a request has been made or should the action of wiping be deliberately delayed, a delay of game sanction may be imposed. Should quick moppers be available, they will perform the above tasks under the supervision of the referees.

## **18. INTERVALS AND CHANGE OF COURTS**

### **18.1 INTERVALS**

An interval is the time between sets. All intervals last three minutes. During this period of time, the change of courts and line-up registrations of the teams on the score sheet are made. The interval between the second and third sets can be extended up to 10 minutes by the competent body at the request of the organizer.

### **18.2 CHANGE OF COURTS**

18.2.1 After each set, the teams change courts, with the exception of the deciding set (Rule 7.1).

18.2.2 In the deciding set, once the leading team reaches 8 points, the teams change courts without delay and the player positions remain the same. If the change is not made once the leading team reaches 8 points, it will take place as soon as the error is noticed. The score at the time that the change is made remains the same.

## *Chapter Six* **THE LIBERO PLAYER**

## **19. THE LIBERO PLAYER**

### **19.1 DESIGNATION OF THE LIBERO**

19.1.1 Each team has the right to designate from the list of players on the score sheet up to two specialist defensive players: Liberos.

**Volleyball Canada** - Use of only 1 libero is permitted except for 14U and 15U (boys and girls).

**Volleyball Canada** - the Libero may be re-designated after each set.

The number of the Libero must be on the line-up sheet for each set. If the coach decides to re-designate the Libero between sets, the new Libero may be any player registered on the scoresheet. Any re-designated Libero must comply with the uniform rule. The number of the uniform for the re-designated Libero must be the same as that player's number recorded on the scoresheet. The replaced Libero can now act as a regular player, providing he/she has the correct uniform.

19.1.2 All Liberos must be recorded on the score sheet in the special lines reserved for this.

**Volleyball Canada** - The Libero is to be recorded on the score sheet with the team roster, not on the special line. The number of the Libero is to be recorded on the line-up sheet for all sets.

19.1.3 For 2 liberos where used - The Libero on court is the Acting Libero. If there is another Libero, he/she is the second Libero for the team. Only one Libero may be on court at any time.

**Volleyball Canada** - For Volleyball Canada competitions, the team captain cannot be the Libero for the first set of the match.

- a) If the Libero is redesignated after set 1 or subsequent sets, the redesignated Libero may be the player who is listed on the score sheet as the team captain.
- b) If the above redesignation occurs, the coach must appoint a new team captain. This is to be recorded in the remarks section of the score sheet.

c) At the conclusion of the match, the original team captain is to sign the score sheet.

19.1.4 The Libero cannot be either team captain or game captain at the same time as performing as a Libero.

## **19.2 EQUIPMENT**

The Libero player(s) must wear a uniform (OR JACKET/BIB FOR THE REDESIGNATED Libero) which has a different dominant colour from any colour of the rest of the team. The uniform must clearly contrast with the rest of the team. The Libero uniforms must be numbered like the rest of the team.

**Volleyball Canada** - The Libero must wear a uniform which has a different dominant colour from any dominant colour of the team jersey.

## **19.3 ACTIONS INVOLVING THE LIBERO**

### **19.3.1 The playing actions**

19.3.1.1 The Libero is allowed to replace any player in a back-row position.

19.3.1.2 He/she is restricted to perform as a back-row player and is not allowed to complete an attack hit from anywhere (including playing court and free zone) if at the moment of the contact, the ball is entirely higher than the top of the net.

19.3.1.3 He/she may not serve, block or attempt to block.

19.3.1.4 A player may not complete an attack hit when the ball is entirely higher than the top of the net, if the ball is coming from an overhand finger pass by a Libero in his/her front zone. The ball may be freely attacked if the Libero makes the same action from outside his/her front zone.

### **19.3.2 Libero Replacements**

19.3.2.1 Libero Replacements are not counted as substitutions. They are unlimited but there must be a completed rally between two Libero replacements(unless a penalty causes the team to rotate and the Libero to move to position four, or the Acting Libero becomes unable to play, making the rally incomplete). (Also See Rules 15.5, 6.1.3)

The Libero can only be replaced by the player whom he/she replaced.

19.3.2.2 The regular replacement player may replace and be replaced by either Libero. The Acting Libero can only be replaced by the regular replacement player for that position or by the second Libero.

19.3.2.3 At the start of each set, the Libero cannot enter the court until the 2nd referee has checked the line-up and authorised a Libero replacement with a starting player.

19.3.2.4 Other Libero replacements must only take place while the ball is out of play and before the whistle for service.

19.3.2.5 A Libero replacement made after the whistle for service but before the service hit should not be rejected; however, at the end of the rally, the game captain must be informed that this is not a permitted procedure, and that repetition will be subject to delay sanctions.

19.3.2.6 Subsequent late Libero replacements shall result in the play being interrupted immediately and the imposition of a delay sanction. The team to serve next will be determined by the level of the delay sanction.

- 19.3.2.7 The Libero and the replacing player may only enter or leave the court through the "Libero Replacement Zone" (Also see Rules 1.4.4., 7.5.1., D. 1b).
- 19.3.2.8 Libero replacements must be recorded in the Libero Control Sheet (if one is used) or on the electronic score sheet.
- 19.3.2.9 An illegal Libero replacement can involve (amongst others):
- No completed rally between Libero replacements
  - The Libero being replaced by a player other than the second Libero or the regular replacement player.
- An illegal Libero replacement should be considered in the same way as an illegal substitution:
- should the illegal Libero replacement be noticed before the start of the next rally, then this is corrected by the referees, and the team is sanctioned for delay;
  - should the illegal Libero replacement be noticed after the service hit, the consequences are the same as for an illegal substitution.

#### **19.4 RE-DESIGNATION OF A NEW LIBERO**

- 19.4.1 The Libero becomes unable to play if injured, ill, expelled or disqualified. The Libero can be declared unable to play for any reason by the coach or, in the absence of a coach, by the game captain.
- 19.4.2 Team with one Libero
- 19.4.2.1 When only one Libero is available for a team according to Rule 19.4.1, or the team has only one registered, and this Libero becomes or is declared unable to play, the coach (or game captain if no coach is present) may re-designate as Libero for the remainder of the match any other player (replacement player excepted) not on the court at the moment of the re-designation.
- 19.4.2.2 If the Acting Libero becomes unable to play, he/she may be replaced by the regular replacement player or immediately and directly to court by a re-designated Libero. However, a Libero who is the subject of a re-designation may not play for the remainder of the match. If the Libero is not on court when declared unable to play, he/she may also be the subject of a re-designation. The Libero declared unable to play may not play for the remainder of the match.
- 19.4.2.3 The coach, or game captain if no coach is present, contacts the second referee informing him/her about the re-designation.
- 19.4.2.4 Should a re-designated Libero become or be declared unable to play, further re-designations are permitted.
- 19.4.2.5 If the coach requests the team captain to be re-designated as the new Libero, this will be permitted – but the team captain must in this case relinquish all leadership privileges.
- 19.4.2.6 In the case of a re-designated Libero, the number of the player redesignated as Libero must be recorded on the score sheet remarks section and on the Libero control sheet (or electronic score sheet if one is used).



- 19.4.3 Team with two Liberos
- 19.4.3.1 Where a team has registered on the score sheet two Liberos, but one becomes unable to play the team has the right to play with only one Libero. No re-designation will be allowed, however, unless the remaining Libero is unable to continue playing for the match.

## **19.5 SUMMARY**

- 19.5.1 If the Libero is expelled or disqualified, he/she may be replaced immediately by the team's second Libero. Should the team have only one Libero, then it has the right to make a re-designation.

# *Chapter Seven*

## **PARTICIPANTS' CONDUCT**

### **20. REQUIREMENTS OF CONDUCT**

#### **20.1 SPORTSMANLIKE CONDUCT**

- 20.1.1 Participants must know the "Official Volleyball Rules" and abide by them.
- 20.1.2 Participants must accept referees' decisions with sportsmanlike conduct, without disputing them. In case of doubt, clarification may be requested only through the game captain.
- 20.1.3 Participants must refrain from actions or attitudes aimed at influencing the decisions of the referees or covering up faults committed by their team.

#### **20.2 FAIR PLAY**

- 20.2.1 Participants must behave respectfully and courteously in the spirit of FAIR PLAY, not only towards the referees, but also towards other officials, the opponents, team-mates and spectators.
- 20.2.2 Communication between team members during the match is permitted (Rule 5.2.3.4).

### **21. MISCONDUCT AND ITS SANCTIONS**

#### **21.1 MINOR MISCONDUCT**

Minor misconduct offences are not subject to sanctions. It is the 1st referee's duty to prevent the teams from approaching the sanctioning level. This is done in two stages:

Stage 1: by issuing a verbal warning through the game captain;

Stage 2: by use of a YELLOW CARD to the team member(s) concerned.

This formal warning is not in itself a sanction but a symbol that the team member (and by extension the team) has reached the sanctioning level for the match. It is recorded in the score sheet but has no immediate consequences.

#### **21.2 MISCONDUCT LEADING TO SANCTIONS**

Incorrect conduct by a team member towards officials, opponents, team-mates or spectators is classified in three categories according to the seriousness of the offence.

- 21.2.1 Rude Conduct: action contrary to good manners or moral principles.
- 21.2.2 Offensive Conduct: defamatory or insulting words or gestures or any action expressing contempt.
- 21.2.3 Aggression: actual physical attack or aggressive or threatening behaviour.

## **21.3 SANCTION SCALE**

According to the judgment of the 1st referee and depending on the seriousness of the offence, the sanctions to be applied and recorded on the score sheet are:

Penalty, Expulsion or Disqualification.

Any direct unsportsmanlike communication or behaviour from team members on the bench towards the referees will automatically result in a Stage 2 misconduct warning, penalty, expulsion, or disqualification.

### **21.3.1 Penalty**

The first rude conduct in the match by any team member is penalized with a point and service to the opponent.

### **21.3.2 Expulsion**

21.3.2.1 A team member who is sanctioned by expulsion shall not play for the rest of the set, must be substituted legally and immediately if on court and must remain seated in the penalty area with no other consequences. An expelled coach loses his/her right to intervene in the set and must remain seated in the penalty area.

21.3.2.2 The first offensive conduct by a team member is sanctioned by expulsion with no other consequences.

21.3.2.3 The second rude conduct in the same match by the same team member is sanctioned by expulsion with no other consequences.

### **21.3.3 Disqualification**

21.3.3.1 A team member who is sanctioned by disqualification must be substituted legally and immediately if on court and must leave the Competition-Control Area for the rest of the match with no other consequences. Leaving the Competition-Control Area includes any viewing spaces (spectator seating, viewing boxes, or any area overseeing the playing area). The disqualified participant is not allowed to return to the Competition Area following the conclusion of the match.

21.3.3.2 The first physical attack or implied or threatened aggression is sanctioned by disqualification with no other consequences.

21.3.3.3 A second offensive conduct in the same match by the same team member is sanctioned by disqualification with no other consequences.

21.3.3.4 The third rude conduct in the same match by the same team member is sanctioned by disqualification with no other consequences.

## **21.4 APPLICATION OF MISCONDUCT SANCTIONS**

21.4.1 All misconduct sanctions are individual sanctions, remain in force for the entire match and are recorded on the score sheet.

21.4.2 The repetition of misconduct by the same team member in the same match is sanctioned progressively (the team member receives a heavier sanction for each successive offence).

21.4.3 Expulsion or disqualification due to offensive conduct or aggression does not require a previous sanction.

## **21.5 MISCONDUCT BEFORE AND BETWEEN SETS**

Any misconduct occurring before or between sets is sanctioned according to Rule 21.3 and sanctions apply in the following set.

**SUMMARY OF MISCONDUCT AND CARDS USED**

Warning: no sanction - Stage 1: verbal warning

- Stage 2: symbol Yellow card

Penalty : sanction - symbol Red card

Expulsion: sanction - symbol Red + Yellow cards jointly

Disqualification: sanction - symbol Red + Yellow cards separately

## AGE CLASS VARIATIONS

### **WARM-UP PROTOCOL:**

In an effort to reduce the incidence of injuries and concussions during match play, Volleyball Canada has developed the following warm-up protocol. This protocol is to be followed by all teams during the hitting portion of the team warm-up:

1. Athletes are not permitted to cross under the net and into the receiving court after completing their attack.
2. Athletes must remain on their side of the net immediately following an attack and only move to the opposite side of the net from outside of the court.
3. Balls being entered to the attacking side of the net from the receiving side of the court must be entered from outside of the court at a minimum distance of six meters from the net.
4. Retrieved balls must be returned along the sidelines of the court and not through the receiving court.
5. For teams that do not follow the warm-up protocol, the referees will note on the score sheet the non-compliance of the warm-up protocol. The league, PTA, or Volleyball Canada (depending on the event), will determine the appropriate sanction for not following the warm-up protocol.

**8U VOLLEYBALL:** No official Play Day or competition format.

### **10U VOLLEYBALL:**

**Court:** 6.1m x 13.4m. Badminton court lines or taped onto a standard volleyball court, including a service/back court attack line approx. 2m from the net. i.e. Badminton court service line.

**Net:** Badminton or volleyball net (ropes/ribbon can be fashioned to replicate a net) 2 meters in height or as high as the standing reach of the tallest player.

**Balls:** Tachikara Soft-V or Volley Lites are (SV14) recommended. Circumference: 25.6 – 26.4 in./65.02 – 67.06 cm. Weight: 7.0 – 7.7 oz./198.45 – 218.29 g.

**Team Composition:** Team size of 6 is recommended. Co-ed participation is permitted.

**Number of Players & Substitutions:** 4 vs. 4. Players not on the court must rotate into the game upon completion of Tripleball sequence. All participants must play in each set.

### **Systems of Play:**

- A diamond shaped serve receive pattern is recommended. The player in position 3 (at the net) is the setter.
- The player in the backcourt (serve receiver/server) can only attack from the behind the badminton service line/attack line (2m from the net), based on court layout.
- A square shaped defensive pattern is recommended (2 at the net, 2 backcourt).

**How to score a point:** Standard rally point volleyball scoring, using the Tripleball sequence. Teams keep score and self-referee.

**How to win a game:** Two formats may be used:

- 1) Two 10-minute halves (switch sides). 2-minute half time. Team with the highest score at the end wins.
- 2) Two sets to 25 (win by 2 points).

**Starting / resuming the game:** The ball may be served using an overhand or underhand serve attempt. The player may not go beyond the badminton court service line/halfway up the court. The ball may touch the net while crossing to the opponent's side.

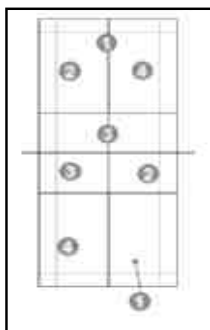
### Playing the ball:

- 1st and 2nd contact may be a catch & throw. A catch is strongly recommended to ensure continuation of rallies.
- The ball can be caught either above the head or in front of the body.
- No walking with the ball.
- Participants are encouraged to self-toss and use a volleyball skill to move the ball to the next player but are allowed to toss the ball using two hands.
- During the throwing action, the ball must be played facing the intended target.
- The ball is not allowed to cross the net with a throw. Any action to play the ball, including a self-toss to a volleyball skill or a direct volleyball skill is considered in play.
- Blocking is allowed but must only be one player and the player must be within arms reach of the net with hands above and in front of their head.
- Three contacts/team are strongly encouraged.
- 

Play Day Format: Recommend 3-4 matches per Play Day. Ladder format is recommended to group teams of a similar skill level more frequently. Tournament playoff formats are not recommended. Regional competitions are encouraged with limited travel.

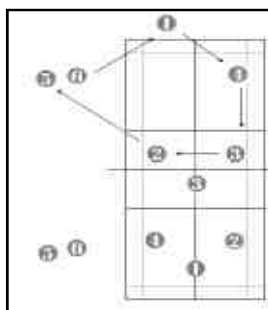
Play Day Awards: Recommended: Awards are based on character attributes, such as hardest working, spirit, leadership, most improved etc. and not based on skill accomplishments, such as best server, best hitter

Season Length: Recommended: 10-12 weeks with 1-2 practices week.



Service  
Reception

Service



\*Rotating  
into the game

## 12U VOLLEYBALL

Court: 6.1m x 13.4m. Badminton court lines or taped onto a standard volleyball court, including an attack line approx. 2m from the net. i.e. Badminton court service line.

Net: Badminton or volleyball net (ropes/ribbons can be fashioned to replicate a net) 2 meters in height.

Balls: Tachikara Soft-V or Volley Lites are (SV14) recommended. Circumference: 25.6 – 26.4 in./65.02 – 67.06 cm. Weight: 7.0 – 7.7 oz./198.45 – 218.29 g.

Team Composition: Team size of 6 is recommended. Single gender participation recommended; co-ed participation is permitted.

Number of players & Substitutions: \*4 vs. 4. Players not on the court must rotate into the game upon completion of Tripleball sequence. All participants must play in each set.

### Systems of Play:

- A diamond shaped serve receive pattern is recommended. The player in position 3 (at the net) is the setter.
- The player in the backcourt (serve receiver/server) can only attack from the behind the badminton service line/attack line (2m from the net), based on court layout.
- A square shaped defensive pattern is recommended (2 at the net, 2 backcourt).

How to score a point: Standard rally point volleyball scoring, using the Tripleball sequence.

Teams keep score and self-referee.

How to win the game: Best 2 out of 3 sets. First two sets are to 25 (win by 2), third set is to 15 (win by 2)

Starting / resuming the game: The ball can be served using an overhand or underhand serve attempt. The player may not go beyond the back-service line. The ball may touch the net while crossing to the opponent's side.

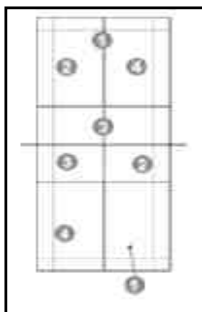
### Playing the ball:

- The 1st and 3rd contacts must be a volleyball skill.
- The 2nd contact may be a catch & throw and must be in one fluid motion.
- The ball can be caught either above the head in a setting position or in front of the body.
- No walking with the ball.
- During the second contact, participants are encouraged to self-toss to a volleyball skill to move the ball to the next player.
- The ball is not allowed to cross the net with a throw. Any action to play the ball, including a self-toss to a volleyball skill or a direct volleyball skill is considered in play.
- Blocking is allowed but must only be one player and the player must be within arm's reach of the net with hands above and in front of their head.
- Three contacts/team are strongly encouraged.

Play Day Awards: Recommended: Awards are based on character attributes, such as hardest working, spirit, leadership, most improved etc. and not based on skill accomplishments, such as best server, best hitter.

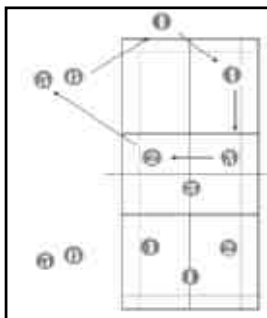
Season Length: Recommended: 12-16 weeks with 2 practices week.

*\*A 6 vs. 6 format using the 13U rules listed below may also be appropriate for the 12U category in some regions. Volleyball Canada strongly recommends using the 4 vs. 4 format for the 12U category in most areas in Canada.*



Service  
Reception

Service



\*Rotating  
into the game

### **13U VOLLEYBALL**

Standard Volleyball Rules with the following exceptions:

- Tripleball sequence is required.
- Athletes must play the tossed ball with a forearm pass, otherwise a replay will occur.
- No player specialization: Each rotation will have a different designated player assuming the role of setter. Before the beginning of the set the coach must note on the scoresheet which court position the setter will be in. This can be court position #1, #2 or #3. However it is strongly recommended that court position #1 only be used for advanced 13U teams capable of adding this level of difficulty without reducing the number of rallies or pass, set, attack sequences.
- No Libero.
- No overhand pass on the serve.

13U substitution rules:

- All players listed on the score sheet must start the first or second set.
- Substitutions are not permitted in the first or second set. In the case of injury, an Exceptional Substitution may be made. The injured/ill player may not return to the same set but may return to play in subsequent sets.
- Any line up can be used at the start of the third set.
- Substitution requests can only occur between a three-ball sequence.
- Teams switch sides in the third set once a team reaches 8 points. If this occurs during a three-ball sequence, then the switch will be made after the sequence is complete.

### **14U VOLLEYBALL**

Standard Volleyball Rules with the following exceptions:

- Tripleball sequence is recommended for the first half of the 14U season.
- Athletes must play the tossed ball with a forearm pass, otherwise a replay will occur.
- Setter specialization is not recommended. Volleyball Canada strongly recommends using a 4-2, 6-3, or 6-2 offensive system to encourage greater skill development of all players.
- No Libero.
- No overhand pass on the serve.

14U substitution rules:

- All players listed on the score sheet must start the first or second set.
- Substitutions are not permitted in the first or second set. In the case of injury, an Exceptional Substitution may be made. The injured/ill player may not return to the same set but may return to play in subsequent sets.
- Any line up can be used at the start of the third set

For teams using Triple Ball sequence:

- Substitution requests can only occur between a three-ball sequence.
- Teams switch sides in the third set once a team reaches 8 points. If this occurs during a three-ball sequence, then the switch will be made after the sequence is complete.

### **15U VOLLEYBALL**

Standard Volleyball Rules with the following exceptions:

- No Libero.

### **16U, 17U, & 18U VOLLEYBALL**

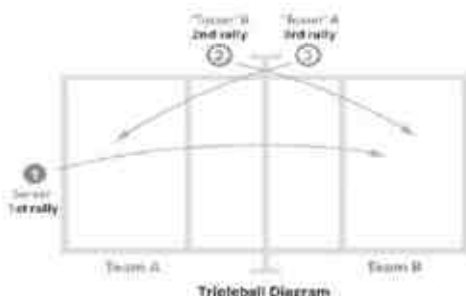
Standard Volleyball Rules

## **Tripleball Sequence**

The goal of Tripleball is to promote better skill development through more rallies, increase participation, and encourage meaningful competition and fun.

### **Overview of the Tripleball Sequence:**

- a) The game follows a sequence of three rallies (service, tossed ball 1, tossed ball 2).
  - 1st rally – introduced by the server
  - 2nd rally – tossed ball given to the receiving team
  - 3rd rally – tossed ball given to the serving team
- b) The service rotates between teams after each three-ball sequence.
- c) A team must rotate and introduce a new server when it is their turn to serve.
- d) Every ball introduced is worth one point.



### **Note:**

- a) Time-outs cannot occur during a 3-ball sequence. These requests must be made before the introduction of serve.

### **Guidelines for Tossers:**

- a) The Head Coach, Assistant Coach or a volunteer may be the "Tosser" and introduce balls to their own team.
- b) Balls are tossed underhand with two hands, with little to no spin and above the height of the antennae to allow athletes time to play the ball.
- c) The Tosser can step into the court to introduce the ball but must immediately move a safe distance away from the court after the toss.
- d) The free ball must be tossed directly to the athlete in the centre back position (rotationally in position 6), otherwise a replay will occur.
- e) The free ball will be introduced when the front row players are at the net and ready to transition; the Tosser verbally cues the athletes by calling "Free Ball".
- f) Tossers must encourage a fast-paced transition between an end of a rally and the next toss.

### **Ball Retrievers:**

- a) It is recommended to have volunteers or athletes who are not involved in the set, to be designated as Ball Retrievers. At the completion of each rally, athletes should be encouraged to quickly roll balls to the Ball Retrievers to speed up the pace of the game.



## INDOOR VOLLEYBALL COED RULE VARIATIONS

All of the rules outlined in the Volleyball Canada Rulebook apply to Coed Indoor Volleyball except where specific modifications, outlined below or specified by the event organizer, differ from them. In these cases, these rule modifications take precedence.

### 1. **COED 6'S**

All VC rules are in effect except as follows:

- a) **Team Composition:**  
3 men and 3 women are on the court at all times.
- b) **Net Height:**  
Men's net height is used (2.43 m).
- c) **Substitution:**  
May only substitute players of the same sex (i.e. men for men and women for women).
- d) **Uniform:**  
Uniform tops must be matching and have a number, and all shorts must be the same colour.
- e) **The Libero Player:**  
Each team may identify one Libero. The Libero (male or female) can only substitute with a player of the same sex (i.e. men for men and women for women). The Libero (male or female) may change every set. See Rule 8.5 for Libero regulations.

### 2. **COED 4'S**

All rule variations are the same as for Coed 6's except as follows:

- There must be 2 men and 2 women on the court at all times.
- There is no distinction between front and back row.  
(ie. Any player may attack and block.)
- A service order must be established and maintained.

### 3. **REVERSE COED 6'S AND 4'S**

All rule variations are the same as for Coed 6's and 4's except as follows:

- Women's net height is used (2.24 m).
- Men must hit from behind the attack line.

### 4. **RECREATIONAL VARIATIONS**

The following other rule variations may be used for all Coed play (i.e. Coed 6's, 4's and Reverse Coed) if desired by the event organizer to promote participation:

- A required starting rotation that alternates men and women.
- Net height may be lowered to midget men's height (2.35 m) in Coed 6's and 4's.
- In Coed and Reverse Coed 6's, teams may continue to play with 5 players when injuries occur.
- Unlimited number of substitutions allowed. (However, men for men and women for women.)
- Substitution for the server in each rotation before they have served. (Men for men, women for women.)
- Timed games - games played to a time limit instead of a score limit.
- In terms of uniform, players on the same team may have different shorts and tops as long as a number appears on each top.

# SECTION II



## The Referees, Their Responsibilities and Official Hand Signals

## *Chapter Eight* **REFEREES**

### **22. REFEREEING CORPS AND PROCEDURES**

#### **22.1 COMPOSITION**

The refereeing corps for a match is composed of the following officials:

- the first referee (Rule 23)
- the second referee (Rule 24)
- the scorer (Rule 25)
- four (two) line judges (Rule 27)

Their location is shown in Diagram 10.

**Volleyball Canada** - For competitions using the Libero rule, an assistant scorer is necessary to monitor that the Libero replacement is legal.

#### **22.2 PROCEDURES**

22.2.1 Only the first and second referees may blow a whistle during the match:

22.2.1.1 the first referee gives the signal for the service that begins the rally;

22.2.1.2 the first or second referees signal the end of the rally, provided that they are sure that a fault has been committed and they have identified its nature.

22.2.2 They may blow the whistle when the ball is out of play to indicate that they authorize or reject a team request.

22.2.3 Immediately after the referee's whistle to signal the completion of the rally, they have to indicate with the official hand signals (Rule 22.2.1.2, 28.1)

22.2.3.1 If the fault is whistled by the first referee, he/she will indicate in order:

- a) the team to serve;
- b) the nature of the fault;
- c) the player(s) at fault (if necessary).

The second referee will follow the first referee's hand signals by repeating them.

22.2.3.2 If the fault is whistled by the second referee, he/she will indicate:

- a) the nature of the fault;
- b) the player at fault (if necessary);
- c) the team to serve following the hand signal of the first referee.

In this case, the first referee does not show either the nature of the fault or the player at fault, but only the team to serve.

22.2.3.3 In the case of an attack hit fault or blocking fault by back row or Libero players, both referees indicate according to 22.2.3.1 and 22.2.3.2 above.

22.2.3.4 In the case of a double fault both referees indicate in order

- a) the nature of the fault;
- b) the players at fault (if necessary).

The team to serve next is then indicated by the first referee.

## **23. FIRST REFEREE**

### **23.1 LOCATION**

The 1st referee carries out his/her functions standing on a referee's stand located at one end of the net on the opposite side to the scorer. His/her view must be approximately 50 cm above the net.

### **23.2 AUTHORITY**

- 23.2.1 The first referee directs the match from the start until the end. He/she has authority over all members of the refereeing corps and the members of the teams. During the match the first referee's decisions are final. He/she is authorized to overrule the decisions of other members of the refereeing corps, if it is noticed that they are mistaken. The first referee may even replace a member of the refereeing corps who is not performing his/her functions properly.
- 23.2.2 The first referee also controls the work of the ball retrievers, floor wipers and moppers.
- 23.2.3 The first referee has the power to decide any matter involving the game including those not provided for in the Rules.
- 23.2.4 The first referee shall not permit any discussion about his/her decisions. However, at the request of the game captain, the first referee will give an explanation on the application or interpretation of the Rules upon which he/she has based the decision. If the game captain does not agree with the explanation of the first referee and chooses to protest against such decision, he/she must immediately reserve the right to file and record this protest at the conclusion of the match. The first referee must authorize this right of the game captain (Rules 5.1.2.1 & 5.1.3.2).
- 23.2.5 The first referee is responsible for determining before and during the match whether the playing area, equipment and the conditions meet playing requirements.

### **23.3 RESPONSIBILITIES**

- 23.3.1 Prior to the match, the first referee:
- 23.3.1.1 inspects the conditions of the playing area, the balls and other equipment;
  - 23.3.1.2 performs the toss with the team captains;
  - 23.3.1.3 controls the teams' warming up.
- 23.3.2 During the match, the first referee is authorized:
- 23.3.2.1 to issue warnings to the teams;
  - 23.3.2.2 to sanction misconduct and delays;
  - 23.3.2.3 to decide upon:
    - a) the faults of the server and of the positions of the serving team, including the screen;
    - b) the faults in playing the ball;
    - c) the faults above the net, and the faulty contact of the player with the net, primarily on the attacker's side;
    - d) the attack hit faults of the Libero and back-row players;
    - e) the completed attack hit made by a player on a ball above the net height coming from an overhand pass with fingers by the Libero in his/ her front zone;
    - f) the ball crossing completely the lower space under the net (Rule 8.4.5);

- g) the completed block by back row players or the attempted block by the Libero;
- h) the ball that crosses the net totally or partly outside of the crossing space to the opponent's court or contacts the antenna on his/her side of the playing court;
- i) the served ball and the 3rd hit passing over or outside the antenna on his/ her side of the court.

23.3.3 At the end of the match, he/she checks the score sheet and signs it.

## **24. SECOND REFEREE**

### **24.1 LOCATION**

The second referee performs his/her functions standing outside the playing court near the post, on the opposite side of and facing the first referee (Diagram 10).

### **24.2 AUTHORITY**

- 24.2.1 The second referee is the assistant of the first referee but has also his/her own range of jurisdiction (Rule 24.3). Should the first referee become unable to continue his/her work, the second referee may replace the first referee.
- 24.2.2 The second referee may, without whistling, also signal faults outside his/her range of jurisdiction but may not insist on them to the first referee.
- 24.2.3 The second referee controls the work of the scorer(s).
- 24.2.4 The second referee supervises the team members on the team bench and reports their misconduct to the first referee.
- 24.2.5 The second referee controls the players in the warm-up areas (Rule 4.2.3).
- 24.2.6 He/she authorizes the regular game interruptions, controls their duration and rejects improper requests.
- 24.2.7 The second referee controls the number of time-outs and substitutions used by each team and reports the 2nd time-out and 5th (11th) and 6th (12th) substitutions to the first referee and the coach concerned.
- 24.2.8 In the case of an injury of a player, the second referee authorizes an exceptional substitution (Rule 15.7) or grants a 3-minute recovery time (Rule 17.1.2).
- 24.2.9 The second referee checks the floor condition, mainly in the front zone. He/she also checks, during the match, that the balls still fulfill the regulations.
- 24.2.10 He/she supervises the team members in the penalty areas and reports their misconduct to the 1st referee.

### **24.3 RESPONSIBILITIES**

- 24.3.1 At the start of each set, at the change of courts in the deciding set, and whenever necessary, the second referee checks that the actual positions of the players on the court correspond to those on the line-up sheets.
- 24.3.2 During the match, the second referee decides, whistles and signals:
  - 24.3.2.1 penetration into the opponent's court, and the space under the net (Rule 11.2);
  - 24.3.2.2 positional faults of the receiving team (Rule 7.5);
  - 24.3.2.3 the faulty contact of the player with the net primarily on the blocker's side and with the antenna on his/her side of the court;

- 24.3.2.4 the completed block by back row players or the attempted block by the Libero; or the attack hit fault by back row players or by the Libero;
- 24.3.2.5 the contact of the ball with an outside object;
- 24.3.2.6 the contact of the ball with the floor when the first referee is not in position to see the contact;
- 24.3.2.7 the ball that crosses the net totally or partly outside of the crossing space to the opponent court or contacts the antenna on his/her side of the court;
- 24.3.2.8 the served ball and the 3rd hit passing over or outside the antenna on his/her side of the court.

24.3.3 At the end of the match, he/she checks and signs the scoresheet.

## **25. SCORER**

### **25.1 LOCATION**

The scorer performs his/her functions seated at the scorer's table on the opposite side of the court from and facing the 1st referee. (Diagram 10).

### **25.2 RESPONSIBILITIES**

He/she fills the score sheet according to the Rules, co-operating with the second referee. He/she uses a buzzer or other sound device to notify irregularities or give signals to the referees on the basis of his/her responsibilities.

25.2.1 Prior to the match and set, the scorer:

- 25.2.1.1 registers the data of the match and teams, including the names and numbers of the Liberos, according to the procedures in force, and obtains the signatures of the captains and the coaches;
- 25.2.1.2 records the starting line-up of each team from the line-up sheet (or checks the data submitted electronically). If he/she fails to receive the line-up sheets on time, he/she immediately notifies this fact to the second referee.

25.2.2 During the match, the scorer:

- 25.2.2.1 records the points scored;
- 25.2.2.2 controls the serving order of each team and indicates any error to the referees immediately after the service hit;
- 25.2.2.3 is empowered to acknowledge and announce requests for player substitutions by use of the buzzer, controlling their number, and records the substitutions and time-outs, informing the 2nd referee;
- 25.2.2.4 notifies the referees of a request for regular game interruption that is out of order;
- 25.2.2.5 announces to the referees the ends of the sets and the scoring of the 8th point in the deciding set;
- 25.2.2.6 records misconduct warnings, sanctions and improper requests;
- 25.2.2.7 records all other events as instructed by the 2nd referee, i.e. exceptional substitutions, recovery time, prolonged interruptions, external interference, re-designation, etc.;
- 25.2.2.8 controls the interval between sets.

25.2.3 At the end of the match, the scorer:

- 25.2.3.1 records the final result;

- 25.2.3.2 in the case of protest, with the previous authorization of the first referee, writes or permits the team/game captain to write on the score sheet a statement on the incident being protested;
- 25.2.3.3 signs the score sheet him/herself, before obtaining the signatures of the team captains and then the referees.

## **26. ASSISTANT SCORER**

### **26.1 LOCATION**

The assistant scorer performs his/her functions seated beside the scorer at the scorer's table.

### **26.2 RESPONSIBILITIES**

He/she records the replacements involving the Libero. He/she assists with the administrative duties of the scorer's work. Should the scorer become unable to continue his/her work, the assistant scorer substitutes for the scorer.

#### **26.2.1 Prior to the match and set, the assistant scorer:**

26.2.1.1 prepares the Libero control sheet;

26.2.1.2 prepares the reserve score sheet.

#### **26.2.2 During the match, the assistant scorer:**

26.2.2.1 records the details of the Libero replacements/re-designations;

26.2.2.2 notifies the referees of any fault of the Libero replacement, by using the buzzer;

26.2.2.3 starts and ends the timing of Technical Time-outs;

26.2.2.4 operates the manual scoreboard on the scorer's table;

26.2.2.5 checks that the scoreboards agree;

26.2.2.6 if necessary, updates the reserve scoresheet and gives it to the scorer.

#### **26.2.3 At the end of the match, the assistant scorer:**

26.2.3.1 signs the Libero control sheet and submits it for checking;

26.2.3.2 signs the score sheet.

For any competitions which use an e-scoresheet, the Assistant Scorer acts with the Scorer to announce the substitutions, to direct the 2nd Referee to the team requesting an interruption and identify the Libero replacements.

## **27. LINEJUDGES**

### **27.1 LOCATION**

If only two-line judges are used, they stand at the corners of the court closest to the right hand of each referee, diagonally at 1 to 2 m from the corner. Each one of them controls both the end line and sideline on his/her side (Diagram 10).

Where possible, it is recommended to have four-line judges. They stand in the free zone at 1 to 3 m from each corner of the court, on the imaginary extension of the line that they control (Diagram 10).

### **27.2 RESPONSIBILITIES**

#### **27.2.1 The line judges perform their functions by using flags (40 X 40 cm) as shown in Diagram 12 to signal:**

- 27.2.1.1 the ball “in” and “out” (Rules 8.3 & 8.4) whenever the ball lands near their line(s);
- 27.2.1.2 the touches of “out” balls by the team receiving the ball;
- 27.2.1.3 the ball touching the antenna, the served ball and the third hit of the team crossing the net outside the crossing space, etc.;
- 27.2.1.4 any player (except the server) stepping outside of his/her playing court at the moment of the service hit;
- 27.2.1.5 the foot faults of the server (Rule 12.4.3);
- 27.2.1.6 any contact with the top 80 cm of the antenna on their side of the court by any player during his/her action of playing the ball or interfering with the play;
- 27.2.1.7 ball crossing the net outside the crossing space into opponent's court or touching the antenna on his/her side of the court.

27.2.2 At the first referee's request, a line judge must repeat his/her signal.

## **28. OFFICIAL SIGNALS**

### **28.1 REFEREES' HAND SIGNALS (Diagram 11)**

The referees must indicate with the official hand signal the reason of their whistle (nature of the fault whistled, or the purpose of the interruption authorized). The signal has to be maintained for a moment and, if it is indicated with one hand, the hand corresponds to the side of the team which has made the fault or the request.

### **28.2 LINEJUDGES' FLAG SIGNALS (Diagram 12)**

The line judges must indicate with the official flag signal the nature of the fault called and maintain.

## **29. VOLLEYBALL CANADA BLOOD POLICY FOR COMPETITION**

### **29.1 BLEEDING**

If an athlete is bleeding and other participants are at risk of exposure to his/her blood, the athlete's participation in the match must be interrupted until the bleeding has stopped, and the wound has been cleaned with an antiseptic solution and securely covered. A one-minute technical time-out would be applied by the referee in order to rectify the situation and stop the bleeding before a legal substitution, exceptional substitution, or injury time-out would become necessary. The players are to remain on the court while the situation is being rectified. The technical time-out is not charged to either team. The technical time-out may occur only once for the same player in the match. Record on the scoresheet under remarks.

#### **29.1.1 Legal Substitution**

If possible, a legal substitution would be used. The bleeding player may return to the set once the bleeding has stopped, and the wound has been cleaned and covered providing the return is legal. (Rule 15.6)

#### **29.1.2 Exceptional Substitution**

If a legal substitution is not possible then the referee would authorize an exceptional substitution. The blood-injury player cannot return for the remainder of that set. The blood-injury player may play in subsequent sets providing the bleeding has stopped and the wound has been cleaned and covered. (Rule 15.7)



### 29.1.3 **Injury Time-Out**

If a blood-injury injured player cannot be substituted, legally or exceptionally, this player is given a three-minute recovery time in order to stop the bleeding and to cover the affected area. This may occur only once for the same player in the match. If the bleeding cannot be stopped, his/her team is declared incomplete. (Rule 17.1)

## 29.2 **TEAM UNIFORMS**

All team uniforms soiled with blood must be either replaced or cleaned prior to the blood-injury athlete resuming the competition. Uniforms are to be cleaned until the stain is completely removed.

### 29.2.1 **Domestic Competition**

If a replacement uniform is not available, a player with a jersey soiled with blood would be allowed to wear a different numbered jersey or to change jerseys with a player on the bench. The referee would change the number(s) of the player(s) involved on the scoresheet. The procedure to be used would be Rule 15.6, Rule 15.7, Rule 17.1, or a time-out.

- The one-minute technical time-out applies.
- Record on the scoresheet under remarks.

**NOTE:** This rule also applies to the Libero player if the team has an additional Libero uniform that can be used.



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# Canada

# SECTION III



## Diagrams

## DIAGRAMS

DIAGRAM 1a:

### COMPETITION AREA / AIRE DE COMPÉTITION

Relevant Rules: 1, 1.4.5, 1.4.6, 4.2.1, 4.2.3.1, 15.4.4, 19.3.2.7, 21.3.2.1, 21.3.3.1, 23.1, 24.1, 25.1, 26.1 (...) Values are valid for FIVB, World and Official Competitions

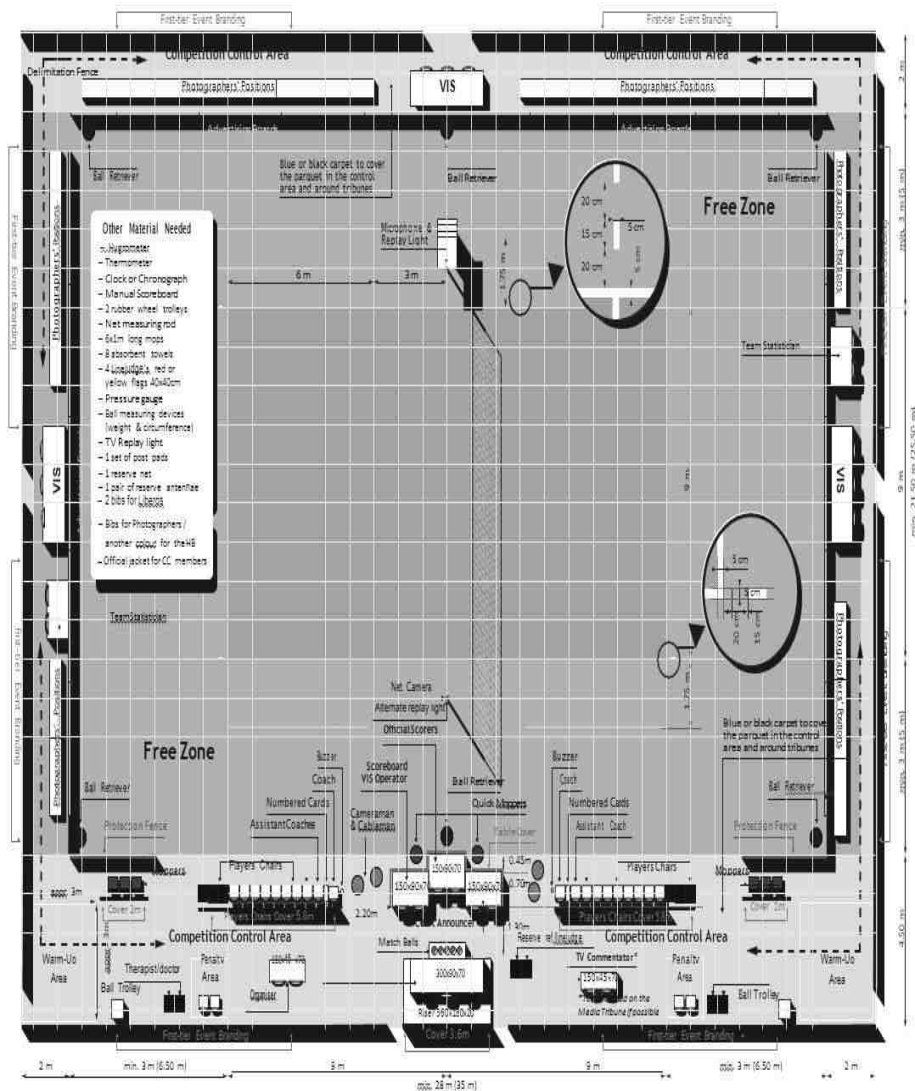


DIAGRAM 1b:  
THE PLAYING AREA / L'AIRE DE JEU

Relevant Rules: 1, 1.4, 1.4.2, 1.4.3, 1.4.4, 1.4.5, 1.4.6, 4.2.1, 4.2.3.1, 15.10.1, 19.3.1.4, 19.3.2.7, 21.3.2.1, 23.1, 24.1, 25.1, 26.1 (...) Values are valid for FIVB, World and Official Competitions.

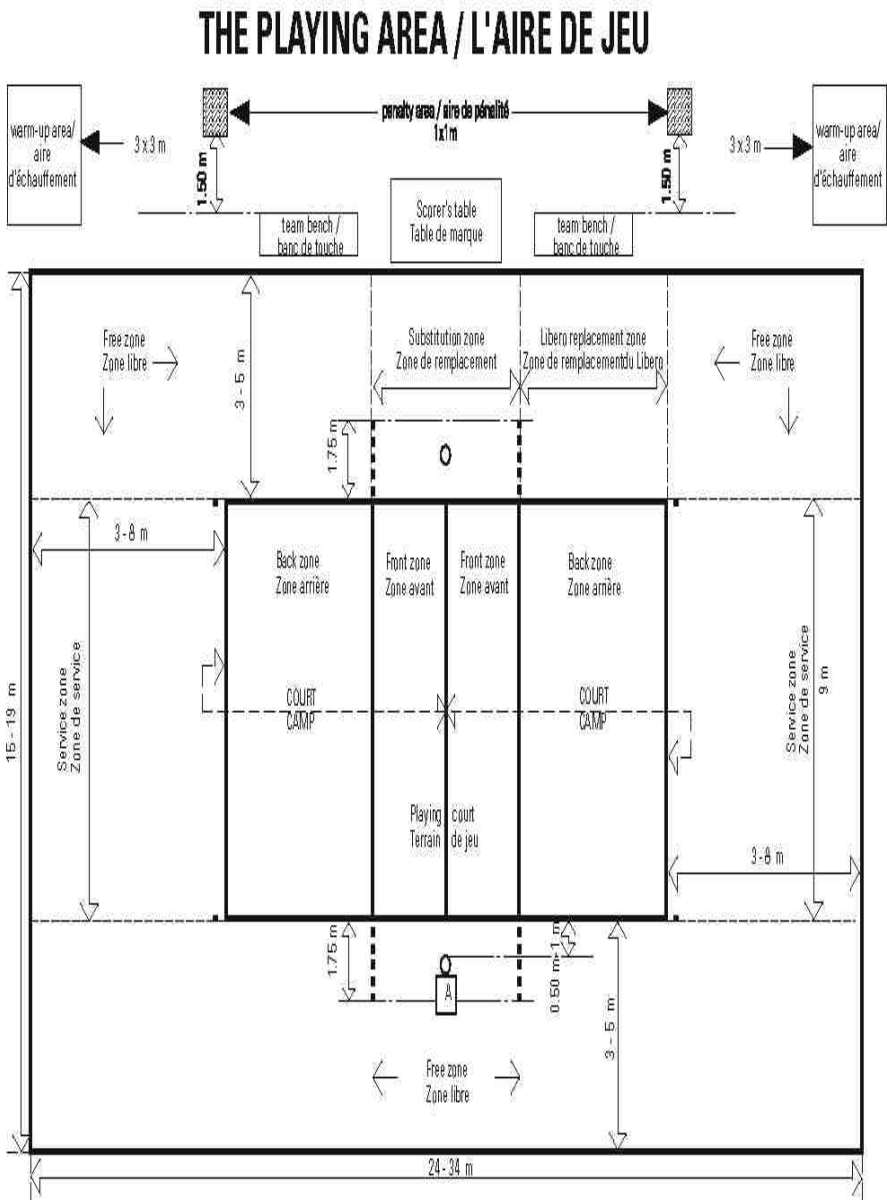


DIAGRAM 2:  
THE PLAYING COURT / LE TERRAIN DE JEU

Relevant Rules: 1.1, 1.3, 1.3.3, 1.3.4, 1.4.1, 5.2.3.4

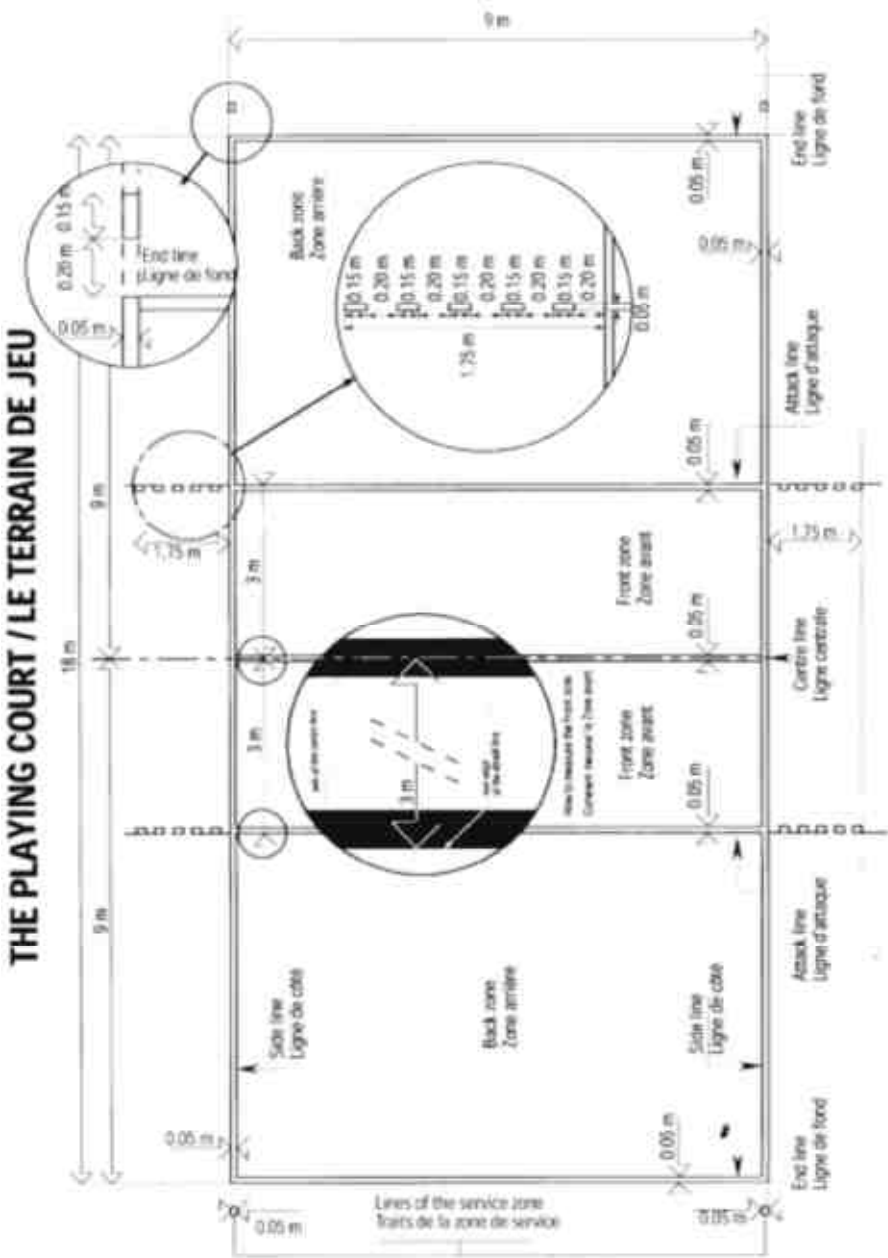
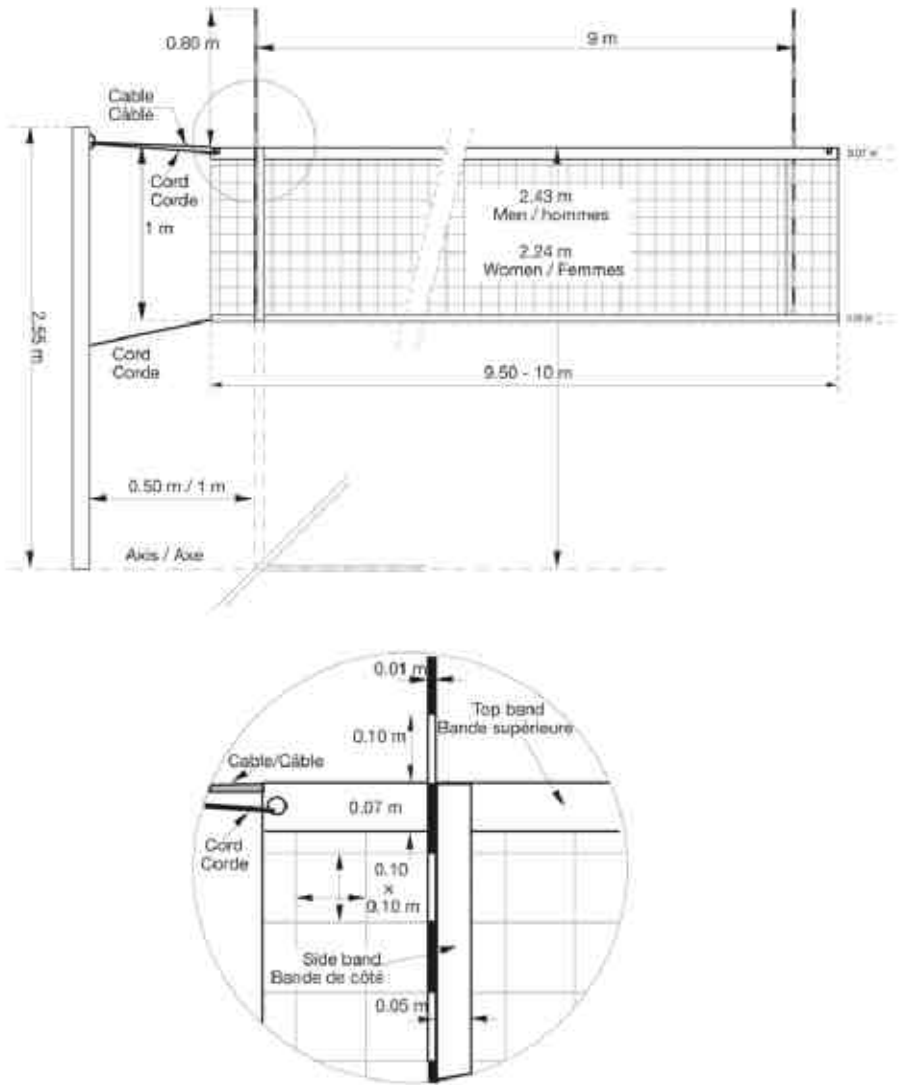


DIAGRAM 3:  
 DESIGN OF THE NET / CARACTÉRISTIQUES DU FILET

Relevant Rules: 2, 2.1.6, 2.2, 2.3, 2.4, 2.5.1, 11.3.1, 11.3.2, 27.2.1.6



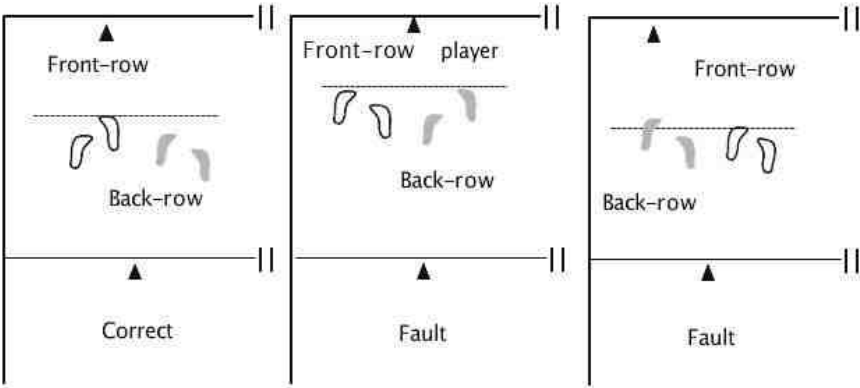
**Note:** The two antennae are fastened at the outer edge of each side band and are placed on opposite sides of the net.

DIAGRAM 4:  
POSITION OF PLAYERS / POSITIONS DES JOUEURS

Relevant Rules: 7.4, 7.4.3, 7.5, 23.3.2.3a, 24.3.2.2

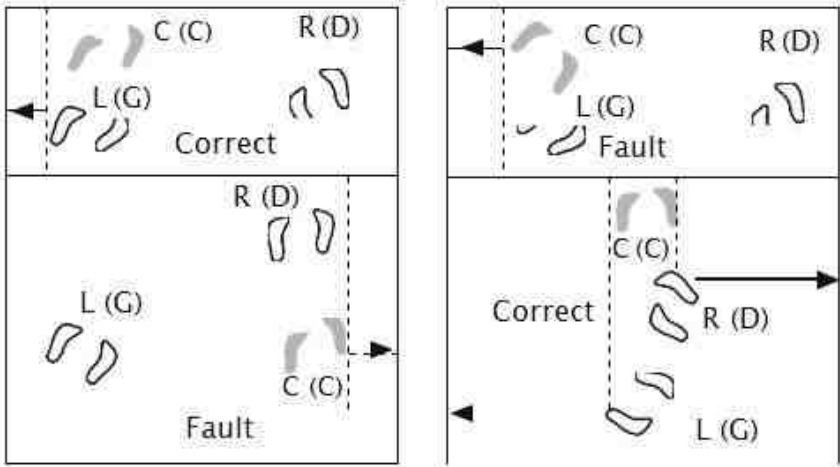
Example A: Determination of the positions between a front-row player and the corresponding back-row player.

Exemple A: Détermination des positions entre un joueur avant et son arrière correspondant



Example B: Determination of the positions between players of the same row.

Exemple B: Détermination des positions entre les joueurs de la même ligne

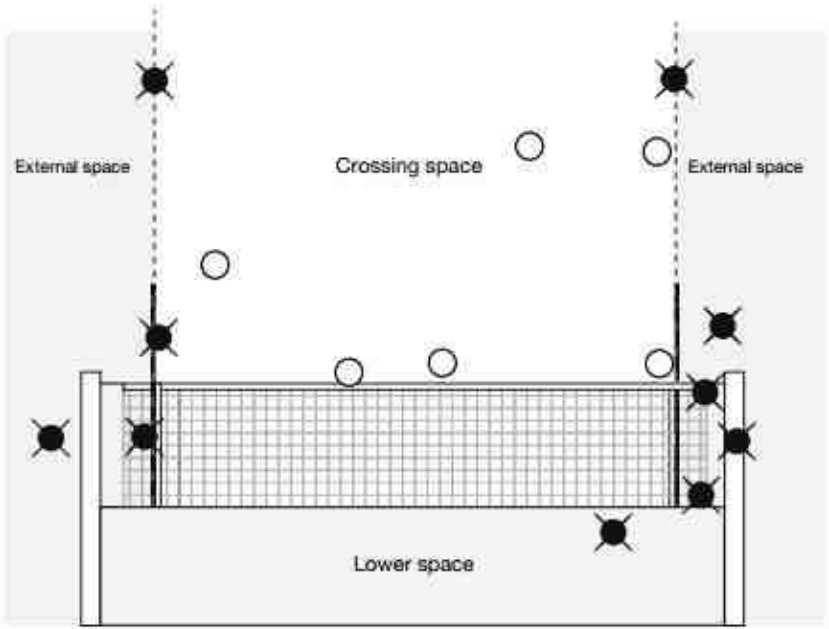


C = Centre Player / Joueur central  
R (D) = Right Player / Joueur droit  
L (G) = Left Player / Joueur gauche



DIAGRAM 5a:  
BALL CROSSING THE VERTICAL PLANE OF THE NET TO THE OPPONENT COURT  
BALLON TRAVERSANT LE PLAN VERTICAL DU FILET EN DIRECTION DU CAMP ADVERSE

Relevant Rules: 2.4, 8.4.3, 8.4.4, 8.4.5, 10.1.1, 10.1.3, 24.3.2.7, 27.2.1.3, 27.2.1.7



- ⊗ = Fault
- = Correct crossing

DIAGRAM 5b:  
BALL CROSSING THE VERTICAL PLANE OF THE NET TO THE OPPONENT FREE ZONE  
BALLON TRAVERSANT LE PLAN VERTICAL DU FILET EN DIRECTION DE LA ZONE LIBRE  
ADVERSE

Relevant Rules: 10.1.2, 10.1.2.2, 24.3.2.7

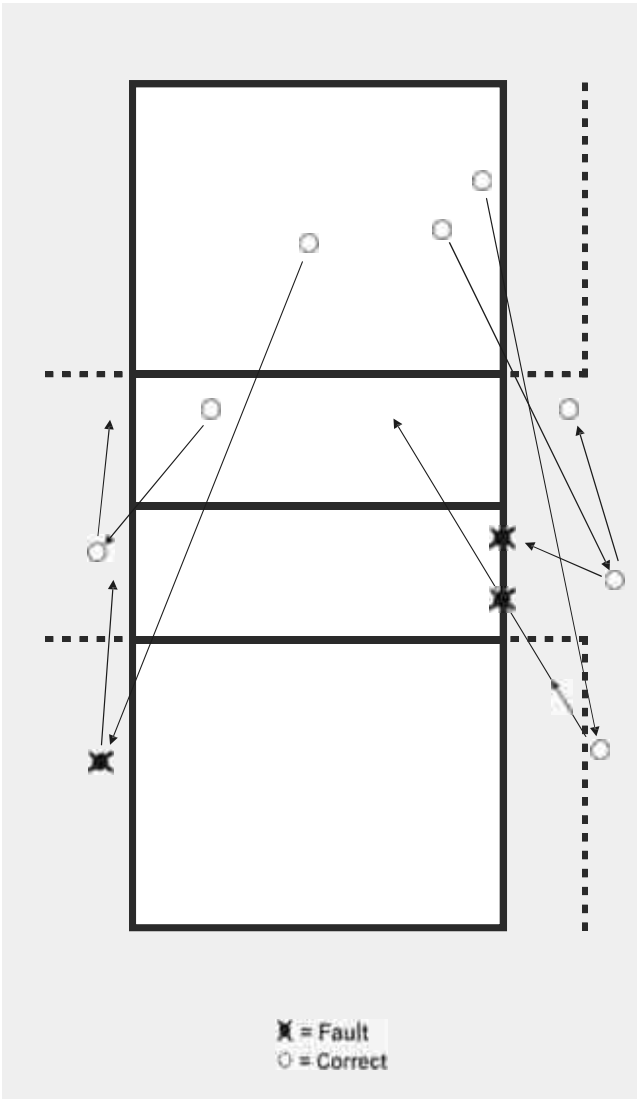


DIAGRAM 6: COLLECTIVE SCREEN / ÉCRAN COLLECTIF

Relevant Rules: 12.5, 12.5.2, 23.3.2.3a

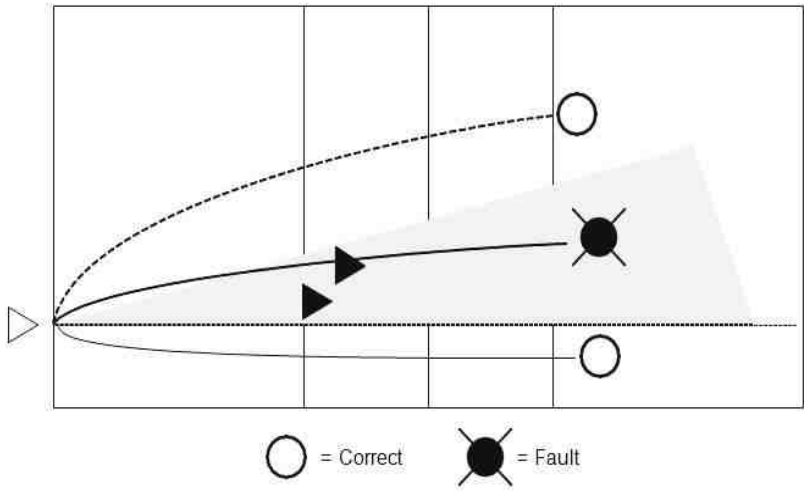
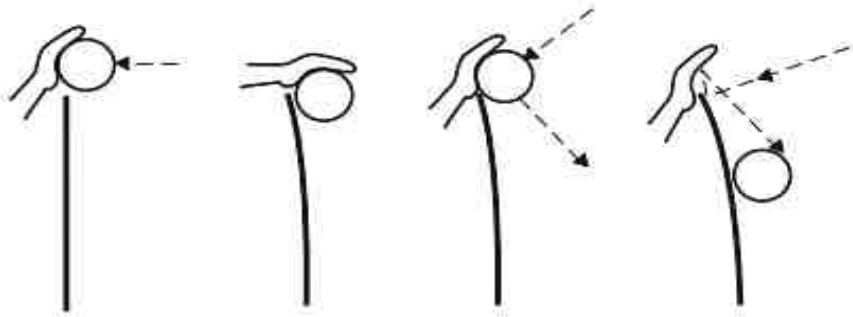


DIAGRAM 7: COMPLETED BLOCK / CONTRE EFFECTIF

Relevant Rule: 14.1.3



Ball above the net

Le ballon est au-dessus du filet

Ball lower than the top of the net

Le ballon est en dessous du bord supérieur du filet

Ball touches the net

Le ballon touche le filet

Ball bounces off the net

Le ballon rebondit sur le filet

DIAGRAM 8: BACK ROW PLAYER'S ATTACK / ATTAQUE D'UN ARRIÈRE

Relevant Rules: 13.2.2, 13.2.3, 23.3.2.3d, 24.3.2.4

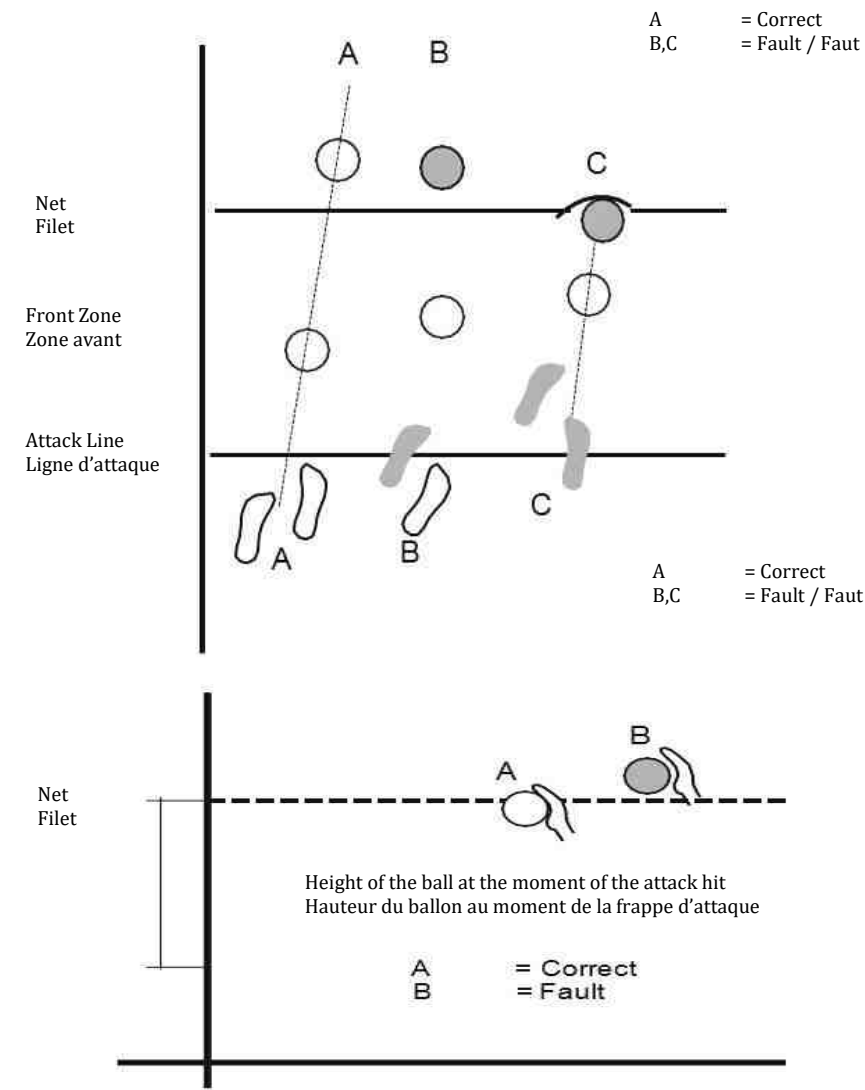


DIAGRAM 9: WARNINGS AND SANCTIONS SCALES AND THEIR CONSEQUENCES /  
 AVERTISSEMENT ET ÉCHELLE DES SANCTIONS ET LEURS CONSÉQUENCES

Relevant Rules: 16.2, 21.3, 21.4.2

MISCONDUCT SANCTION SCALE					
CATEGORIES	OCCURRENCE	OFFENDER	SANCTION	CARDS	CONSEQUENCE
MINOR MISCONDUCT	Stage 1	Any member	Not considered as sanction	None	Prevention only
	Stage 2			Yellow	
	repetition any time		Penalty	as below	as below
RUDE CONDUCT	First	Any member	Penalty	Red	A point and service to the opponent
	Second	Same member	Expulsion	Red + Yellow jointly	Player leaves playing area and stays in the penalty area for the remainder of the set
	Third	Same member	Disqualification	Red + Yellow separately	Player leaves the Competition-Control Area for the remainder of the match
OFFENSIVE CONDUCT	First	Any member	Expulsion	Red + Yellow jointly	Player leaves the playing area and stays in the penalty area for the remainder of the set
	Second	Same member	Disqualification	Red + Yellow separately	Player leaves the Competition-Control Area for the remainder of the match
AGGRESSION	First	Any member	Disqualification	Red + Yellow separately	Player leaves the Competition-Control Area for the remainder of the match

DELAY SANCTION SCALE					
CATEGORIES	OCCURRENCE	OFFENDER	DETERRENT or SANCTION	CARDS	CONSEQUENCE
DELAY	First	Any member of the team	Delay Warning	Hand signal No. 25 with Yellow card	Prevention – no penalty
	Second and subsequent	Any member of the team	Delay Penalty	Hand signal No. 25 with Red card	A point and service to the opponent

DIAGRAM 10:

LOCATION OF THE REFEREEING CORPS AND THEIR ASSISTANTS  
EMPLACEMENT DU CORPS ARBITRAL ET DE LEURS ASSISTANTS

Relevant Rules: 3.3, 23.1, 24.1, 25.1, 26.1, 27.1

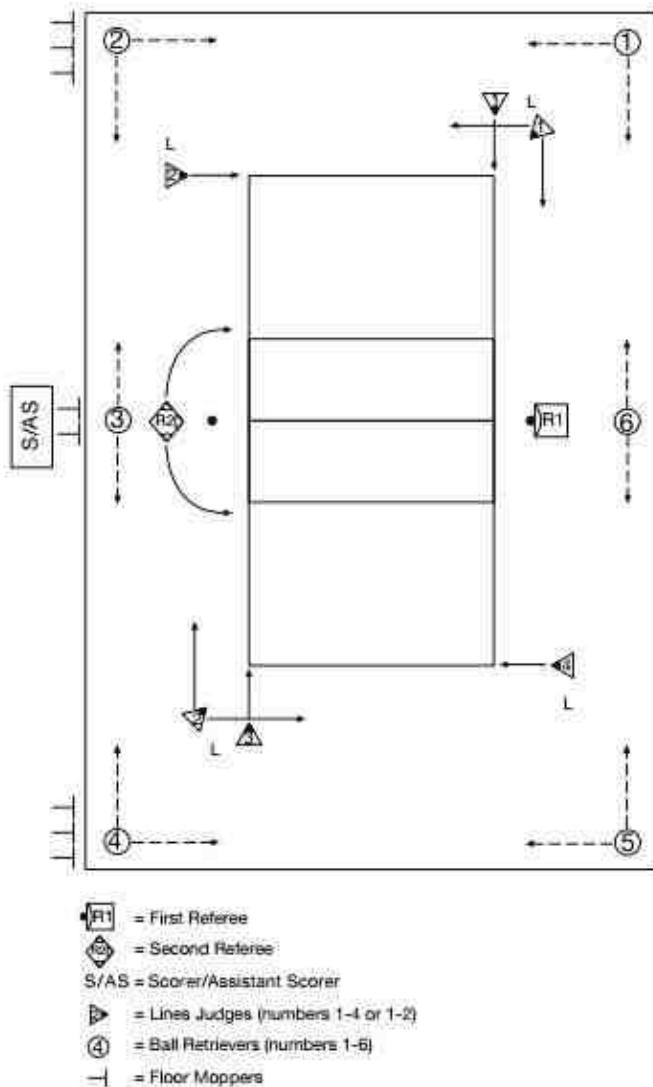
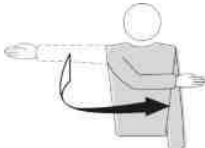

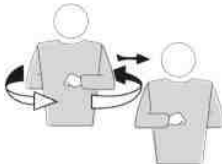
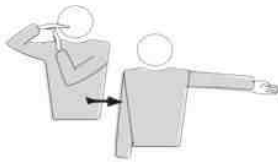




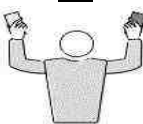























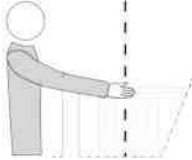
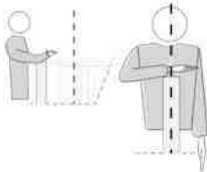
DIAGRAM 11:  
REFEREES' OFFICIAL HAND SIGNALS / GESTES OFFICIELS DES ARBITRES





Situations to be indicated	Hand signals to be executed by		Gestes à exécuter par	Faits à signaler
	First referee	F	le premier arbitre	
	Second referee	S	le second arbitre	
Authorization to serve  R. 12.3, 22.2.1.1	F	1		Autorisation de servir  Déplacer la main pour indiquer la direction du service  R. 12.3, 22.2.1.1
Team to serve Point awarded  R. 22.2.3.1, 22.2.3.2, 22.2.3.4	F S	2		Équipe au service Point accordé  Étendre le bras du côté de l'équipe qui devra servir.  R. 22.2.3.1, 22.2.3.2, 22.2.3.4
Change of courts  R. 18.2	F	3		Changement de camp  Lever les avant-bras en avant et en arrière, et les tourner autour du corps  R. 18.2
Time-out  R. 15.4.1	F S	4		Temps mort  Poser la paume d'une main sur les doigts de l'autre, tenue verticalement (forme d'un T) et indiquer l'équipe qui l'a demandé  R. 15.4.1
Substitution  R. 15.5.1, 15.5.2, 15.8	F S	5		Remplacement  Rotation d'un avant-bras autour de l'autre  R. 15.5.1, 15.5.2, 15.8

Situations to be indicated	Hand signals to be executed by		Gestes à exécuter par	Faits à signaler
	First referee	F	le premier arbitre	
	Second referee	S	le second arbitre	
Misconduct warning  R. 21.1, 21.6	F	6a 	Montrer une carte jaune pour l'avertissement	Avertissement pour comportement incorrect  R. 21.1, 21.6
Misconduct penalty  R. 21.3.1, 21.6, 23.3.2.2	F	6b 	Montrer une carte rouge pour la pénalisation	Pénalité pour comportement incorrect  R. 21.3.1, 21.6, 23.3.2.2
Expulsion  R. 21.3.2, 21.6, 23.3.2.2	F	7 	Montrer les deux cartes jointes pour l'expulsion	Expulsion  R. 21.3.2, 21.6, 23.3.2.2
Disqualification  R. 21.3.3, 21.6, 23.3.2.2	F	8 	Montrer les cartes jaune et rouge dans deux mains séparées pour une disqualification	Disqualification  R. 21.3.3, 21.6, 23.3.2.2
End of set (or match)  R. 6.2, 6.3	F S	9 	Croiser les avant-bras devant la poitrine, les mains ouvertes	Fin de la manche (« set ») ou de la partie  R. 6.2. 6.3
Ball not tossed or released at the service hit  R. 12.4.1	F	10 	Lever le bras tendu, la paume de la main vers le haut	Ballon non lancé ou lâché pendant la frappe de service  R. 12.4.1



Situations to be indicated	Hand signals to be executed by First referee  Second referee 	Gestes à exécuter par le premier arbitre le second arbitre	Faits à signaler
Delay in service  R. 12.4.4	  Raise eight fingers, spread open	<b>11</b>   Lever huit doigts écartés	Retard dans le service  R. 12.4.4
Blocking fault  R. 14.6.3, 19.3.1.3, 23.3.2.3a,g, 24.3.2.4 or screening R. 12.5, 12.6.2.3	   Raise both arms vertically, palms forward	<b>12</b>   Lever verticalement les deux bras, les paumes en avant	Faute du contre  R. 14.6.3, 19.3.1.3, 23.3.2.3a,g, 24.3.2.4 ou écran R. 12.5, 12.6.2.3
Positional or rotation fault  R. 7.5, 7.7, 23.3.2.3a, 24.3.2.2	   Make a circular motion with the forefinger	<b>13</b>   Faire un mouvement circulaire avec l'index	Faute de position ou de rotation  R. 7.5, 7.7, 23.3.2.3a, 24.3.2.2
Ball "in"  R. 8.3	   Point the arm and fingers towards the floor	<b>14</b>   Étendre le bras et les doigts vers le sol	Ballon dedans (« in »)  R. 8.3
Ball "out"  R. 8.4.1, 8.4.2, 8.4.3, 8.4.4, 24.3.2.5, 24.3.2.7	   Raise the forearms vertically, hands open, palms towards the body	<b>15</b>   Lever les avant-bras verticalement les mains ouvertes et les paumes vers soi	Ballon dehors (« out »)  R. 8.4.1, 8.4.2, 8.4.3, 8.4.4, 24.3.2.5, 24.3.2.7

Situations to be indicated	Hand signals to be executed by		Gestes à exécuter par	Faits à signaler
	First referee	Second referee		
	F	S	le premier arbitre	
			le second arbitre	
Catch  R. 9.2.2, 9.3.3, 23.3.2.3b	F	16	 <p>Lever lentement l'avant-bras, la paume de la main vers le haut</p>	Tenu  R. 9.2.2, 9.3.3, 23.3.2.3b
Double contact  R. 9.3.4, 23.3.2.3b	F	17	 <p>Lever deux doigts écartés</p>	Double touche  R. 9.3.4, 23.3.2.3b
Four hits  R. 9.3.1, 23.3.2.3b	F S	18	 <p>Lever quatre doigts écartés</p>	Quatre touches  R. 9.3.1, 23.3.2.3b
Net touched by player R. 11.4.4  Served ball fails to pass to the opponent through crossing space R. 12.6.2.1	F S	19	 <p>Montrer le côté correspondant du filet</p>	Filet touché par un joueur R. 11.4.4  Le ballon servi n'est pas remis à l'adversaire au travers de l'espace de passage. R. 12.6.2.1
Reaching beyond the net  R. 11.4.1, 13.3.1, 14.3, 14.6.1, 23.3.2.3c	F	20	 <p>Placer une main au-dessus du filet, la paume vers le bas</p>	Franchissement au-delà le filet  R. 11.4.1, 13.3.1, 14.3, 14.6.1, 23.3.2.3c

Situations to be indicated	Hand signals to be executed by First referee Second referee	Gestes à exécuter par le premier arbitre le second arbitre	Faits à Signaler
<p>Attack-hit fault: by a back-row player, by a libero or on the opponent's service. R. 13.3.3, 13.3.4, 13.3.5, 23.3.2.3d,e, 24.3.2.4 on an overhead finger pass by the libero in his/her front zone or its extension R. 13.3.6</p>	<p><b>F S</b></p> <p>Make a downward motion with the forearm, hand open</p> 	<p><b>21</b></p> <p>Effectuer un mouvement de haut en bas avec l'avant-bras, la main ouverte</p>	<p>Faute d'attaque de: un arrière, un libéro ou sur le service adverse R.13.3.3, 13.3.4, 13.3.5, 23.3.2.3d,e, 24.3.2.4 sur passe en touche haute avec les doigts par un Libéro dans sa zone avant R. 13.3.6</p>
<p>Penetration into the opponent's court or the ball crossing the lower space or the server touches the court (end line) or the player steps outside his/ her court at the moment of service hit. R. 8.4.5, 11.2.2, 12.4.3, 23.3.2.3a,f, 24.3.2.1</p>	<p><b>F S</b></p> <p>Point to the centre line or to the relevant line</p> 	<p><b>22</b></p> <p>Montrer du doigt la ligne centrale ou la ligne concernée</p>	<p>Pénétration dans le camp adverse, ballon franchissant l'espace sous le filet ou le joueur au service touche le terrain (ligne de fond), ou le joueur sort de son camp au moment de la frappe du service. R. 8.4.5, 11.2.2, 12.4.3, 23.3.2.3a,f, 24.3.2.1</p>
<p>Double fault and replay  R. 6.1.2.2, 17.2, 22.2.3.4</p>	<p><b>F</b></p> <p>Raise both thumbs vertically</p> 	<p><b>23</b></p> <p>Lever verticalement les deux pouces</p>	<p>Double faute et échange à rejouer  R. 6.1.2.2, 17.2, 22.2.3.4</p>
<p>Ball touched  R. 23.3.2.3b, 24.2.2</p>	<p><b>F S</b></p> <p>Brush with the palm of one hand the fingers of the other, held vertically</p> 	<p><b>24</b></p> <p>Effleurer avec la paume d'une main les doigts de l'autre placée en position verticale</p>	<p>Ballon touché  R. 23.3.2.3b, 24.2.2</p>


Situations to be indicated	Hand signals to be executed by  First referee  Second referee	Gestes à exécuter par  le premier arbitre  le second arbitre	Faits à Signaler
Delay warning/ Delay penalty      R. 15.11.3, 16.2.2, 16.2.3, 23.3.2.2	<div data-bbox="256 264 274 297" style="border: 1px solid black; padding: 2px; display: inline-block;">F</div> <div data-bbox="497 256 526 289" style="background-color: black; color: white; padding: 2px; display: inline-block;">25</div> <div data-bbox="256 370 372 483">           Cover the wrist with a yellow card (warning), and with a red card (penalty)         </div> <div data-bbox="434 321 599 451">  </div>	<div data-bbox="657 329 795 492">           Couvrir le poignet avec une carte jaune (avertissement), ou avec une carte rouge (pénalisation).         </div>	<div data-bbox="830 280 937 354">           Avertissement ou pénalisation pour retard de jeu.         </div> <div data-bbox="830 443 948 492">           R. 15.11.3, 16.2.2, 16.2.3, 23.3.2.2         </div>

DIAGRAM 12:  
 LINE JUDGES' OFFICIAL HAND SIGNALS / GESTES OFFICIELS DES JUGES DE LIGNE
















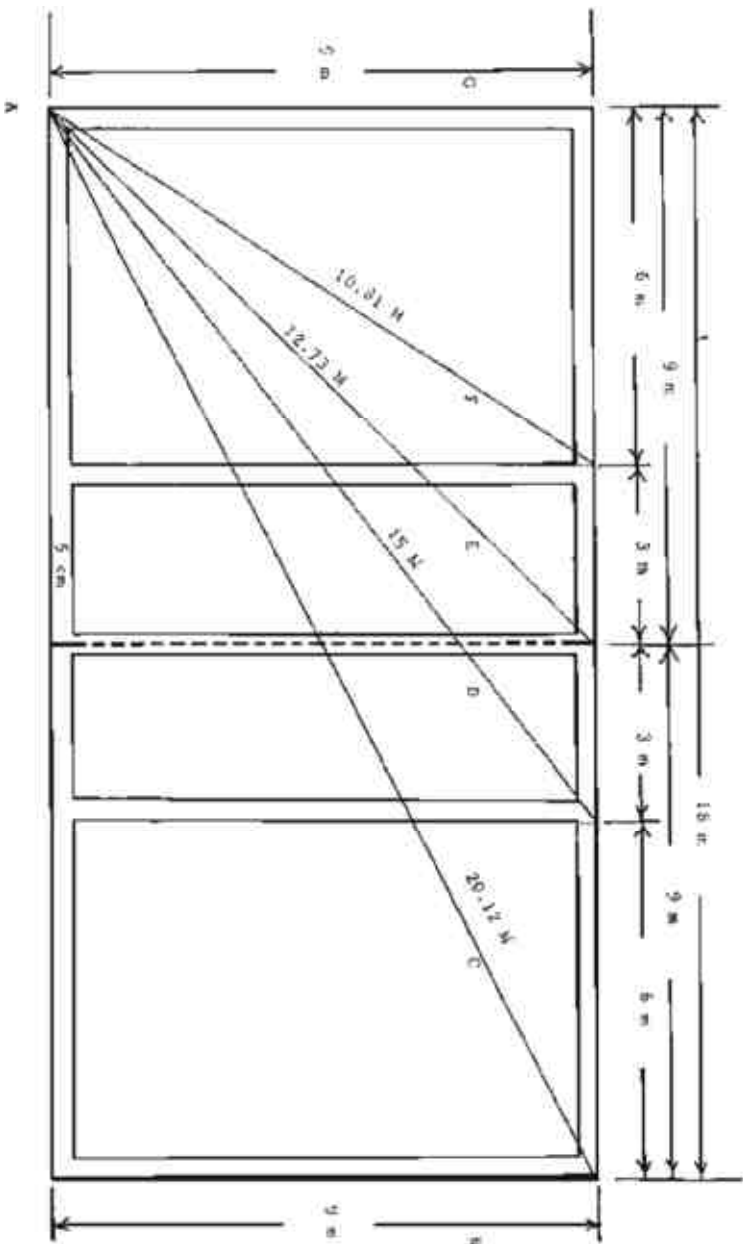
Situations to be indicated	Hand signals to be executed by Line Judge	Signaux à exécuter par Juge de ligne	Faits à Signaler
Ball "in"  R. 8.3, 27.2.1.1	  Point down with flag  	Abaisser le drapeau  	Ballon dedans (« in »)  R. 8.3, 27.2.1.1
Ball "out"  R. 8.4.1, 27.2.1.1	  Raise flag vertically  	Lever le drapeau  	Ballon dehors (« out »)  R. 8.4.1, 27.2.1.1
Ball touched  R. 27.2.1.2	  Raise flag and touch the top with the palm of the free hand  	Lever le drapeau et toucher le dessus avec la paume de la main libre  	Ballon touché  R. 27.2.1.2
Crossing space faults, ball touched an outside object or foot fault by any player during service  R.8.4.2, 8.4.3, 8.4.4, 12.4.3, 27.2.1.3, 27.2.1.4, 27.2.1.6, 27.2.1.7	  Wave flag over the head and point to the antenna or the respective line  	Agiter le drapeau au-dessus de la tête et montrer du doigt l'antenne ou la ligne concernée  	Fautes dans l'espace de passage, ballon touchant un objet extérieur ou faute de pied par n'importe quel joueur durant le service R. 8.4.2, 8.4.3, 8.4.4, 12.4.3, 27.2.1.3, 27.2.1.4, 27.2.1.6, 27.2.1.7
Judgement impossible	  Raise and cross both arms and hands in  	Lever et croiser les deux avant- bras et mains devant le torse  	Jugement impossible

DIAGRAM 13:

HOW TO CHECK THE DIMENSIONS OF THE COURT



## DEFINITIONS

**Competition Control Area:** The Competition Control Area is a corridor around the playing court and free zone, which includes all spaces up to the outer barriers or delimitation fence. (see diagram / fig 1a).

**Zones:** These are sections within the playing area (i.e. playing court and free zone) as defined for a specific purpose (or with special restrictions) within the rule text. These include Front Zone, Service Zone, Substitution Zone, Free Zone, Back Zone, and Libero Replacement Zone.

**Areas:** These are sections of the floor OUTSIDE the free zone, identified by the rules as having a specific function. These include Warm up Area and Penalty Area.

**Lower Space:** This is the space defined at its upper part by the bottom of the net and the cord joining it to the posts, at the sides by the posts, and at the bottom by the playing surface.

**Crossing Space:** The crossing space is defined by: - the horizontal band at the top of the net; - the antennae and their extension; - the ceiling. The ball must cross to the opponent's COURT through the crossing space.

**External Space:** The external space is in the vertical plane of the net outside of the crossing and lower spaces.

**Substitution Zone:** This is the part of the free zone through which substitutions are carried out.

**Unless by agreement of FIVB:** This statement recognizes that while there are regulations on the standards and specification of equipment and facilities, there are occasions when special arrangements can be made by FIVB in order to promote the game of volleyball or to test new conditions.

**FIVB Standards:** The technical specifications or limits as defined by FIVB to the manufacturers of equipment.

**Penalty Area:** In each half of the competition control area, there is a Penalty Area located behind the prolongation of the end line, outside the free zone and should to be placed a minimum of 1.5 metres behind the rear edge of the team bench.

**Fault:** (i) A playing action contrary to the rules. (ii) A rule violation other than a playing action.

**Dribbling:** Dribbling means bouncing the ball (usually as a preparation to tossing and serving). Other preparatory actions could include (amongst others) moving the ball from hand to hand.

**Technical Time Out:** This special mandatory time out is, in addition to time outs, to allow the promotion of volleyball by analysis of the play and to allow additional commercial opportunities. Technical Time Outs are mandatory for FIVB World and Official competitions.

**Ball Retrievers:** These are personnel whose job it is to maintain the flow of the game by rolling the ball to the server between rallies.

**Rally Point:** This is the system of scoring a point whenever a rally is won.

**Interval:** The time between sets. The change of courts in the fifth (deciding) set is not to be regarded as an interval.

**Re-designation:** This is the act by which a Libero, who cannot continue or is declared by the team "unable to play", has his/her role taken by any other player (except the regular replacement player) not on the court at the moment of the re-designation.

**Replacement:** This is the act by which a regular player leaves the court and either Libero (if more than one) takes his/her place. This can even include Libero for Libero exchanges. The regular player can then replace either Libero. There must be a completed rally between replacements involving any Libero.

**Interfering:** Any action which will create an advantage against the opponent team or any action which prevents an opponent from playing the ball.

**Outside Object:** An object or a person which while outside the playing court or close to the limit of the free playing space provides an obstruction to the flight of the ball. For example: overhead lights, the referee's chair, TV equipment, scorer's table, and net posts. Outside objects do not include the antennae since they are considered as the part of the net.

**Substitution:** This is the act by which one regular player leaves the court and another regular player takes his/her place.



# SECTION IV



## FIVB Specific Rules

## Chapter One FACILITIES AND EQUIPMENT

### 1.1 **DIMENSIONS**

*For FIVB, World and Official Competitions, the free zone shall measure a minimum of 5 m from the side lines and 6.5 m from the end lines. The free playing space shall measure a minimum of 12.5 m in height from the playing surface.*

### 1.2 **PLAYING SURFACE**

1.2.1 *For FIVB, World and Official Competitions, only a wooden or synthetic surface is allowed. Any surface must be previously approved by the FIVB.*

1.2.2 *For FIVB, World and Official Competitions, white colours are required for the lines. Other colours, different from each other, are required for the playing court and the free zone.*

### 1.3 **LINES ON THE COURT**

#### 1.3.4 **Attack line**

*For FIVB, World and Official Competitions, the attack line is extended by the addition of broken lines from the sidelines, with five 15 cm short lines 5 cm wide, drawn 20 cm from each other to a total length of 1.75 m. The "coach's restriction line" (a broken line which extends from the attack line to the end line of the court, parallel to the sideline and 1.75 metres from it) is composed of 15 cm short lines drawn 20 cm apart to mark the limit of the coach's area of operation.*

### 1.4 **ZONES AND AREAS**

#### 1.4.5 **Warm-up area**

*For FIVB, World and Official Competitions, the warm-up areas, sized approximately 3 X 3 m, are located in both of the bench-side corners, outside the free zone (Diagram 1a, 1b).*

### 1.5 **TEMPERATURE**

*For FIVB, World and Official Competitions, the maximum temperature shall not be higher than 25° C (77° F) and the minimum not lower than 16° C (61° F).*

### 1.6 **LIGHTING**

*For FIVB, World and Official Competitions, the lighting on the playing area should be 1000 to 1500 lux measured at 1 m above the surface of the playing area.*

### 2.2 **STRUCTURE**

*For FIVB, World and Official Competitions, in conjunction with specific competition regulations, the mesh may be modified to facilitate advertising according to marketing agreements.*

## **2.5 POSTS**

*For FIVB, World and Official Competitions, the posts supporting the net are placed at a distance of 1 m outside the sidelines and must be padded.*

## **3.1 STANDARDS**

*Its inside pressure shall be 0.30 to 0.325 kg/cm<sup>2</sup> (4.26 to 4.61 psi) (294.3 – 318.82 mbar or hPa).*

## **3.2 UNIFORMITY OF BALLS**

*For FIVB, World and Official Competitions, as well as National or League Championships must be played with FIVB approved balls, unless by agreement of FIVB.*

## **3.3 FIVE-BALL SYSTEM**

*For FIVB, World and Official Competitions, five balls shall be used. In this case, six ball retrievers are stationed, one at each corner of the free zone and one behind each referee (Diagram 10).*

# **Chapter Two PARTICIPANTS**

## **4.1 TEAM COMPOSITION**

- 4.1.1 *For FIVB, World and Official competitions for Seniors, up to 14 players may be recorded on the score sheet and play in a match. The maximum five staff members on the bench (including the coach) are chosen by the coach him/herself but must be listed on the score sheet and be registered on the O-2 (bis). The Team Manager or Team Journalist may not sit on or behind the bench in the Control Area.*

*Any medical doctor or team therapist used in FIVB, World and Official Competitions must be part of the official Delegation and accredited beforehand by the FIVB. However, for FIVB, World and Official Competitions for Seniors, if they are not included as members on the team bench, they must sit against the delimitation fence, inside the Competition-Control Area and may only intervene if invited by the referees to deal with an emergency to the players. The team therapist (even if not on the bench) may assist with the warmup until the start of the official net warm up session.*

*The Official Regulations for each event will be found in the Specific Competition Handbook.*

## **4.2 LOCATION OF THE TEAM**

- 4.2.3 *Players not in play may warm-up without balls as follows:*  
4.2.3.2 *during time-outs and technical time-outs: in the free zone behind their court.*

### **4.3 EQUIPMENT**

*A player's equipment consists of a jersey, shorts, socks (the uniform) and sport shoes.*

*4.3.1 The colour and the design for the jerseys and shorts must be uniform for the team (except for the Libero). The uniforms must be clean.*

*4.3.3 For FIVB, World and Official Competitions, players' jerseys must be numbered from 1 to 20. In FIVB, World and Official Competitions for Seniors, where larger playing squads are used, numbers may be extended.*

### **4.5 FORBIDDEN OBJECTS**

*4.5.3 For FIVB, World and Official competitions for seniors, these devices must be of the same colour as the corresponding part of the uniform. Black, white or neutral colours may also be used.*

### **5.2 COACH**

*5.2.3 For FIVB, World and Official Competitions, the coach is restricted to performing his/her function behind the coach's restriction line throughout the entire match.*

## **Chapter Three PLAYING FORMAT**

### **7.2 OFFICIAL WARM-UP SESSION**

*7.2.1 For FIVB, World and Official competitions, teams will be entitled to a 10-minute warm up period together at the net.*

## **Chapter Five INTERRUPTIONS, DELAYS, AND INTERVALS**

### **15.1 NUMBER OF REGULAR GAME INTERRUPTIONS**

*For FIVB, World and Official competitions for Seniors, the FIVB may reduce, by one, the number of team and/ or Technical Time Outs in accordance with sponsorship, marketing and broadcast agreements.*

### **15.4 TIME-OUTS AND TECHNICAL TIME-OUTS**

*15.4.1 For FIVB, World and Official Competitions it is obligatory to use the buzzer and then the hand signal to request time-out.*

*15.4.2 For FIVB, World and Official Competitions, in sets 1-4, two additional 60-second "Technical Time-Outs" are applied automatically when the leading team reaches the 8th and 16th point.*

### **15.10 SUBSTITUTION PROCEDURE**

*15.10.3 For FIVB, World and Official Competitions, numbered paddles are used to facilitate the substitution (including when electronic devices are used).*

## *Chapter Six*

### **THE LIBERO PLAYER**

#### **19.1     DESIGNATION OF THE LIBERO**

- 19.1.1     *In FIVB, World and Official competitions for Seniors, if a team has more than 12 players recorded in the score sheet, TWO Liberos are mandatory in the team list.*

#### **19.2     EQUIPMENT**

*For FIVB, World and Official competitions, the re-designated Libero should, if possible, wear the same style and colour of jersey as the original Libero, but should keep his/her own number.*

## *Chapter Eight*

### **REFEREES**

#### **22.1     COMPOSITION**

*For FIVB, World or Official Competitions, an assistant scorer is compulsory.*

#### **24.2     AUTHORITY**

*For FIVB, World and Official Competitions, the duties recorded under 24.2.5 and 24.2.10 are carried out by the Reserve Referee.*

#### **26.2     AUTHORITY**

*For FIVB, World and Official Competitions which use an e-scoresheet, the Assistant Scorer acts with the Scorer to announce the substitutions, to direct the 2nd Referee to the team requesting an interruption and identify the Libero replacements.*

#### **27.1     LOCATION**

*For FIVB World and Official Competitions, it is compulsory to have four line judges. They stand in the free zone at 1 to 3 m from each corner of the court, on the imaginary extension of the line that they control (Diagram 10).*

# SECTION V



## Procedures

### A. **BEFORE THE START OF THE MATCH**

1. The referees check the net and the court.
2. The first referee calls the Captains and conducts the toss.
3. The first referee controls the team warm-up.
4. The second referee ensures that team rosters and lineups are submitted to the scorer. The number of the Libero (if used by the team) is to be recorded on the line-up sheet.
5. The first referee indicates the end of the team warm-ups. All players leave the court.
6. The referees and line judges take up their positions.
7. The first referee requests the teams (the six starting players) to line up on the baseline. The first referee uses his whistle and a hand signal to direct the team members to enter the court and take up their positions. This applies to set one only. For all other sets, the teams will go directly onto the playing court.
8. The second referee will check the rotational order of both teams.
9. The second referee will hand the ball to the first server. If the three ball system is used, the second referee will give two balls to the ball retrievers and then give a ball to the first server. Using the three ball system, the second referee will only give the ball to the first server in set one and the deciding set.
10. The second referee will indicate to the first referee that he/she and the scorer are ready to start the match.
11. The first referee will authorize the first service (whistle and signal).

### B. **DURING THE MATCH**

1. At the end of each set, the six players from each team line up on the end line of their respective courts.
2. As soon as both teams are ready, the first referee uses his/her whistle and a hand signal for the teams to change court.
3. Once the players cross outside of the poles they may go directly to their bench without lining up on the end line and without being dismissed by the referee. Players may now gather at their bench and speak with their coach.

4. The interval between sets is 3 minutes. After two minutes and thirty seconds the second referee blows his whistle to direct the teams on to the court. For set one the teams line up on the baseline. For all other sets, the players go directly on to the court.

The second referee will then check that the six players for each team are the same as those registered on the line-up sheet. The second referee will also check that the number of the Libero (if used by the team) is recorded on the line-up sheet. After checking the team line-up, the second referee will authorize the Libero to enter the court.

When using the three ball system, the ball retriever will then give the server the ball. For the start of the deciding set the ball will be given to the server by the second referee. (In matches not using a three ball system, the second referee will give the server the ball at the start of all sets).

At the three-minute mark the first referee will authorize the service.

5. At the end of the fourth set (second set for a best of three match) the players line up on the baseline of their respective courts. At the direction of the first referee, the teams go directly to their team bench.

The Referees report to the scorer's table to conduct the toss.

The Captains report to the scorer's table for the toss.

The procedures for the interval between sets listed above (point 4) remains the same.

When using the three ball system, the ball will be given to the server by the second referee for the start of the deciding set.

6. During time outs the second referee asks the players to move close to the bench.

#### C. **AT THE END OF THE MATCH**

1. At the end of the match the first referee signals the players of each team to go to their respective end line.
2. At the first referee's signal, the two teams greet one another near the net, leave the playing court, and walk to their respective player's bench.
3. Both referees (and line people) are to position themselves on the sideline corresponding to the first referee and, after the greetings, report to the score table for administrative purposes.



#### D. **THREE BALL SYSTEM**

The second referee will give the ball to the first server at the start of set one and the deciding set. During the other intervals between sets, time outs, or delays, the referee does not handle the ball. This procedure is used only when the three ball system is used. When the three ball system is not used, the second referee handles the ball for the intervals between sets, time-outs, and delays.

### TOURNAMENT RULES FOR COMPETITION

The following may be duplicated for all VC sanctioned and/or National Championship tournaments.

1. This tournament is sanctioned by Volleyball Canada.
2. All participants must be registered with Volleyball Canada and be able to show proof of registration.
3. **Playing rules of the tournament will be those of the current year's Volleyball Canada rulebook.**
4. **TIE-BREAKING PROCEDURES**

If two or more teams are tied at the end of the preliminary round, the following criteria will be applied, in order:

- a) the team having the best ratio of won/lost matches, considering matches between the tied teams, will be ranked higher;
- b) The team having the best ratio of won/lost sets, considering matches played between the tied teams, will be ranked higher;
- c) The team having the best ratio of won/lost sets, considering all matches of the round, will be ranked higher;
- d) The team having the best ratio of points for/against, considering sets played between the tied teams, will be ranked higher;
- e) The team having the best ratio of points for/against, considering all sets played during the round, will be ranked higher;
- f) As determined by the Organizing Committee (e.g. extra set, toss of coin, etc.)

When you apply this rule to break a tie you should follow this sequence:

- 1) When two teams are tied, the tie-breaking criteria are applied one after the other until the tie has been broken.

- 2) When three or more teams are tied, the tie-breaking criteria are applied one after the other until all the tied teams have been ranked.

NOTE: This means that if there is a tie among teams X, Y and Z and criteria "b" is able to determine X as first, Y as second and Z as third, then no further criteria are to be used. The tie is broken.

However, if criteria 'b' determines the seeding/ranking of any of the tied teams, then the remaining teams which are still tied will use criteria 'c' and so on to determine their seeding/ranking. Do not start at 'a' again. Continue through the sequence of criteria using the results of teams x, y, and z for criteria 'd'.

## 5. FORFEIT

All matches shall start on time as scheduled. Failure of a team to be ready to play at the scheduled game time will be penalized by the loss of the first set by forfeit. A further 15 minutes will be allowed before forfeiture of the second set. Forfeiture of the third set (if necessary) will occur after an additional 15 minutes. It is expected that every effort will be made to reschedule a match which might be forfeited because of unusual circumstances (i.e. transportation breakdown, etc.). In the event of a delay caused by a long previous match, teams will be allowed 10 minutes on the court for warming up.

6. The rule on uniforms will be strictly enforced. All team members must have identical playing shirts and shorts in good condition and according to the regulations.

Comment: Refer to Referees Guidelines or the Team Registration booklet for the procedure to be followed at Volleyball Canada National Championships.

7. VC's approved ball will be the official tournament ball and will be supplied by the Organizing Committee.

Air-horns operated with CO<sub>2</sub> cartridges or any other mechanical means are prohibited to be used at all Volleyball Canada events.

8. Any protest must be submitted to the Jury (protest committee - e.g. Tournament Committee, Referee Supervisor, Volleyball Canada Representative) by the referees immediately and its decision will be final.
9. Any additional tournament regulations as deemed necessary by the tournament Organizing Committee will be distributed to the teams on the site.

## PROTEST PROCEDURES

Most tournaments are organized to allow the settling of a protest immediately, and the procedure is usually outlined in the tournament rules.

If the protest occurs during league play, or any other time a protest committee is not on the site, the referee must know how to handle the situation.

THE REFEREE'S DECISIONS REGARDING BALL HANDLING FAULTS ARE NOT OPEN TO PROTEST.

A captain may legally protest only AN ERROR IN APPLYING A RULE OR RULE INTERPRETATION. The captain must lodge the protest immediately to the first referee who will then indicate to the scorekeeper that a protest has been lodged. Once the match has ended, the captain must describe the incident on the scoresheet or on a paper to be attached to the scoresheet before he signs off the scoresheet. This record includes game number, score, ball possession and player position on floor at time of protested decision, and reason for protest. The protest is then referred to the appropriate higher authority (i.e. league executive, jury) for acceptance or refusal. Refusal means that the game or match result stands as played. Acceptance involves replaying of the event in whole or in part depending on the judgment and in the next available gym space as allocated by the DCC Jury member.

## JUDGES' CONFERENCE

At Canadian Championships, the procedure for a judges' conference can be used to rule on protests.

The judges' conference holds official authority to solve problems occurring during the game in order to correct an improper situation in accordance with Volleyball Canada rules and regulations.

Only the following circumstances are protestable:

- a) an improper decision by the referee who did not apply the rules or regulations;
- b) an improper decision of the scorer who made a mistake on the rotational order or on the score.

A referee's decision regarding a playing action (i.e. ball handling or a misconduct) cannot be protested.

The protest will be accepted or rejected prior to the resumption of play by the tournament jury.

## DISCIPLINARY ACTION

Violations of VC's Code of Conduct/Protest and/or competition rules and regulations may subject the offending player(s), coach(es), official(s), manager(s), administrator(s) or team(s) to disciplinary action as outlined under "Penalties".

### **PROCEDURES**

All violations of the Code of Conduct/Protest which occur during or as a result of a VC National Championship shall be reported immediately to the onsite National Indoor Committee (NIC) representative by the tournament director and shall be confirmed in writing. All violations will be investigated by the tournament jury.

**NOTE:** Code of Conduct violations incurred at provincially sanctioned events and involving persons from the jurisdiction in which the infraction took place should be handled in an identical manner by the region. VC's Executive Committee would act solely in the role of appeal.

All VC National Championships will be overseen by a jury which will be composed of:

- a) a member of the NIC or an approved designate who will act as chairperson of the jury;
- b) a representative of the National Championship Host Committee;
- c) a member of the National Referee Committee (NRC) or the Referee Supervisor.

The jury is the highest authority in all aspects of the competition. Its decisions take precedence and cannot be appealed on site.

The jury makes the final decision regarding complaints about tournament organization, results, technical matters, and breaches of the Code of Conduct, or any other related matter.

Any person having knowledge of, or making allegation in respect to, a violation of the Code of Conduct during or as a result of a VC National Championships, shall report verbally and in writing, the alleged violation to the Tournament Director and Site Coordinator or any member of the jury.

Upon receipts of the reports, the NIC representative will convene the jury to investigate the violation of the Code of Conduct.

- a) The tournament director or site coordinator shall determine the names and addresses of the alleged violator(s);
- b) The tournament director or site coordinator shall determine the circumstances of the alleged violation.

The NIC representative shall notify the alleged violator(s) that the jury will be convened immediately to conduct a hearing into the alleged violation and would take action accordingly.

The following steps will be taken:

- a) Notify both teams that there is a protest and hold both teams in the gym until the procedure is established.
- b) Chairperson of jury convenes the jury.
- c) The jury will interview and secure a statement from any witnesses to the alleged violation.
- d) If the violation occurred during a match, interviews will be held with the officials who conducted the match and with the coaches and captains of each team where necessary and appropriate.
- e) The jury will also interview and secure a statement from the person(s) accused of the violation.
- f) The jury would render a decision and possible penalty.
- g) The Chairperson of the jury would inform all parties concerned regarding the decision made. A full written report on the incident and the jury's decision would be completed at that time.

The NIC representative shall immediately transmit the written report to the NCC Chairperson who shall confirm in writing the receipt of the written report.

The NIC Chair shall examine the report of the Jury committee and may conduct further investigation as he/she deems necessary and prepare a record of the matter.

The NIC Chairperson shall forward to VC's National Office the report from the jury Committee and any supplementary report containing the details and recommendations of his/her own investigation.

**HEARING**

All persons accused of a Code of Conduct violation must be given an opportunity for a hearing in the jurisdiction where the violation took place.

- At a national championship, this hearing will be held on site with the NIC designate conducting the hearing.
- In VC sanctioned events, the chairperson of the jury conducts the hearing. If an immediate hearing is not possible, the tournament director should collect all pertinent information and forward it to the NIC Chairperson for action.

## **NOTIFICATION**

Any person accused of a Code of Conduct violation must be notified in writing of the time, place and date of the hearing. Such person is entitled to an alternate date if for a good cause the original date is unacceptable. Should the accused person fail to attend the hearing, the person conducting the hearing may proceed and take the evidence of those in attendance. The hearing may accept or reject sworn statements provided by the witnesses.

## **RULINGS**

After hearing all of the evidence, the person presiding at the hearing may take whatever action he/she deems appropriate or may refer the matter to VC's President or Executive.

The accused person must then be advised in writing by VC's President and Chief Executive Officer of the "Notice of Ruling" taken and any penalties imposed, if it hasn't already been handled on site.

## **RIGHT OF APPEAL**

Any person who has been penalized may appeal to VC's Board of Directors who shall determine if a fair hearing was held and an equitable solution reached. The decision of the Board of Directors shall be final. Any person desiring to appeal must notify the VC President and Chief Executive Officer in writing outlining his/her intention. Such appeal must be received in Ottawa within 60 days after mailing of the "Notice of Ruling" mentioned in "RULINGS" above. It is understood that any such appeal will be reviewed by the Board of Directors at their next meeting.

## **PENALTIES**

Penalties shall be at the discretion of the special commissioner or Executive Committee as outlined below.

- 1) Penalties imposed by VC may be in the form of a letter of censure, suspension, expulsion, fines, or a combination of these, or any other penalty considered more suitable depending on the offence.
- 2) VC may impose penalties directly, notifying the regional association of the actions, or may have the regional association impose a penalty.
- 3) An active member being considered for penalization shall receive 30 days notice of same, including reasons before any penalty is enacted.

## CODE OF ETHICS

This code is not intended as a moralistic prescription of desirable behaviour that would restrict the liberty of individual referees. Instead, it represents a list of positive recommendations based on a plan of conduct accepted by officials as a whole.

It, therefore, consists of statements resembling rules of behaviour or maxims which those involved with the rules of the game will find immediately acceptable and with which tacit compliance is expected.

The philosophy of refereeing is based on the reason for having a body of rules that may in turn be summed up in the following words:

**"THE PURPOSE OF THE RULES IS TOADMINISTER THE GAME AND PENALIZE A PLAYER(S) WHO GAINS AN UNFAIR ADVANTAGE OVER HIS/HER OPPONENT AS THE RESULT OF AN ILLEGAL ACTION."**

This realistic concept can serve as a basis for a uniform but intelligent application of the rules of the game, derived from the following main principles.

### FIRST PRINCIPLE

Coaches, instructors and players shall accept official interpretations of the rules governing their sport as published by the Canadian Rules of the Game Commission.

### SECOND PRINCIPLE

Officials are responsible for applying the rules of the game in accordance with the official interpretations and shall comply with the refereeing code adopted by the national refereeing commission.

### THIRD PRINCIPLE

Officials shall intervene in respect to actions that have in fact occurred and have been observed by them, and not on the basis of information received through third parties.

### FOURTH PRINCIPLE

The fairness of the official's decisions is based on an overall view of the situation and his/her past experience of similar occurrences.

### FIFTH PRINCIPLE

Except for situations in which a referee's specific authority is stated in the rules of play or in the refereeing code, all the officials shall make decisions on every punishable offence or fault observed by them in competitive play.

### SIXTH PRINCIPLE

Officials shall cooperate in developing discipline in the sport and in creating conditions for optimal player performance, without misinterpreting the rules of play and in an impartial manner.

Since refereeing is to be regarded as an opportunity for self-development and not as a means of working off individual frustrations, and since an individual acting as a referee should constantly be striving to perform to the best of his/her abilities, officials will, therefore, see their role in light of the spirit of the rules and will not attempt to use it to satisfy a craving for authority.

The official will be aware of and will accept that the only reason for his/her existence is to help the players have a good match.

With a view to entrenching this notion, the Board of Referees and its members have adopted the following principles.

**A. IN RELATION TO THE PLAYER**

1. The official shall ensure that the player has a reasonable opportunity to perform to the best of his/her ability, within the limits of the rules.
2. The official's main concern shall be the player's safety. Any situation affecting this prime consideration of competition shall be avoided and/or terminated.
3. During the game, the official is required to supervise; he/she must take all reasonable steps to maintain a spirit of healthy competition. Accordingly:
  - a) He/she shall not permit intimidation of a player by other players or by team staff either by word or action;
  - b) He/she shall not tolerate unacceptable conduct to officials, other players or spectators;
  - c) He/she shall avoid pointless discussions with players in a match situation; only team captains are authorized to address him/her.
4. In the heat of play the official, in his/her relations with players and team staff, shall make every effort to retain a presence of mind enabling him/her to direct the same with complete objectivity and the dignity required by his/her position.
5. When working in tournaments including novice players, the official shall accept the educational role expected of him/her and shall adapt his/her conduct to this particular aspect of the competition.
6. Away from the immediate environment of play, the official shall be open to discussion and contact with players, avoid any conduct suggesting self-importance, arrogance or sarcasm, show himself/herself receptive to constructive criticism and demonstrate due respect and consideration for different points of view and judgements.
7. Outside the court, the official shall conduct himself/herself in such a way that his/her relationship with players does not prejudice his/her subsequent work and the impartiality that must be obvious in it.



**B. IN RELATION TO THE COACH**

1. The official's conduct toward the coach and any other team staff shall be governed by respect and courtesy.
2. In a match situation the official shall intervene as required in order to facilitate the work of coaches within the framework of regular procedures and the limitations of the rules.
3. The official shall prohibit any unacceptable conduct by team staff in their relations with officials, players, other team staff and spectators, and shall take action against any offence of this nature in accordance with the procedures provided in the rules.
4. Outside the match context, the official shall adopt an attitude conducive to positive dialogue and calm communication with team staff. He/she will make a special effort to listen to constructive criticism, having due regard to the uninhibited spirit of competition prevailing in these circumstances, and shall demonstrate the necessary sense of proportion if subjected to the personal abuse that may result from such a situation.

**C. IN RELATION TO OTHER REFEREES**

1. Every official, in his/her relations with one or more other officials, shall consciously strive to create and/or cooperate in creating a friendly or at least pleasant working atmosphere governed by mutual respect, understanding, cordiality and, in particular, mutual encouragement.
2. In performing their work, the members of a team of referees coming together to officiate in a match shall strive to create this working atmosphere conducive to confidence, cooperation and communication, with a view to optimal performance as a group.
3. Every qualified minor or major official shall be accepted as a full member in a team of referees assigned to a match; the first referee shall ensure that this principle is complied with.
4. The first referee of a match shall take the action required to involve each member of the team or referees in the action and shall thank them at the end of the match.
5. When a particular situation is a difficult one for a referee to resolve and he/she is uncertain about his/her proposed solution, the official in question shall consult with the other officials with a view to finding a clearer solution.
6. The official shall accept the duties attached to the specific role he/she is required to play in a match and shall not attempt to transfer his/her responsibilities to other officials.
7. In a spirit of mutual help and development, each official shall accept the evaluation of other officials in the form of a review of a game. Such criticism shall be made in a spirit of honesty and received with all the attention due to it.

8. Experienced officials shall concern themselves with the development of less experienced officials by tactfully and clearly advising them as to how they may improve.
9. Every official shall refrain from public discussion of decisions of other officials and shall avoid criticizing or judging them impulsively at all times and in every situation, but particularly when wearing an official's uniform.

**D. IN RELATION TO HIS/HER WORK AND RESPONSIBILITIES AND HIS/HER GENERAL CONDUCT**

1. The official shall make the necessary efforts to reach a high standard of competence, encourage the atmosphere conducive to the conscientious performance of his/her duties and contribute to preventing inadequate refereeing standards. The official shall accordingly:
  - a) Not perform any refereeing duties under false pretenses concerning his/her skills and qualifications, especially as regards the regularity of his/her registration with VC's Board of Referees.
  - b) Not accept any present, benefit or favour that might subvert or appear to influence his/her subsequent decisions or actions in the performance of his/her duties.
2. Every referee shall perform his/her duties at acceptable physical and functional levels. This includes the requirements that he/she:
  - a) Take the necessary action to maintain physical condition sufficient to meet the organic and physical requirements of his/her duties;
  - b) Avoid performing duties if his/her faculties are significantly impaired by illness.
  - c) Rest sufficiently to be able to perform adequately.
  - d) Refrain from officiating while under the influence of drugs or alcohol.
3. When performing his/her duties, the official shall adopt an assured, dignified demeanor, in the knowledge that his/her actions as a referee should convey the sense of decorum inherent in the rules and procedures.

**REQUIREMENTS CONCERNING PERFORMANCE OF THE REFEREE'S DUTIES:**

4. Every official shall, while officiating, wear the uniform specified by Volleyball Canada and shall present a clean, well-groomed appearance personally and in his/her dress.
5. Each official shall seek to gradually acquire relevant experience and improve his/her skills, without attempting to progress too fast, by studying the rules, confirming any doubtful interpretation with the competent authority and by participating in training courses available to him/her, in a spirit of continuous learning.

**PARTICIPATION IN COMPETITIONS:**

6. The official must demonstrate complete reliability in relation to his/her commitments, fulfill them without exception and faithfully keep formal oral promises to officiate.

7. In accepting assignments to matches in a tournament, the official shall demonstrate goodwill with a view to a division of work that is fair to all parties. The official will therefore:
- a) Be available throughout the tournament period.
  - b) Devote his/her full attention to each match in which he/she is involved.
  - c) Avoid making any conditions tending to limit his/her participation.

The above considerations apply to all situations not involving circumstances beyond the control of the individual in question.

#### INVOLVEMENT IN A MATCH:

8. An official's first concern shall be to maintain the unshakable and absolute integrity of the refereeing function, which should be especially evident in his/her most difficult decisions. In accordance with this consideration, the official shall:
- a) Not allow himself/herself to be advised or influenced by any player, team staff or spectator;
  - b) In his/her actions be free of all partiality or prejudice toward either of the teams involved;
  - c) Not make decisions with the intention of compensating for them in a decision concerning a subsequent unrelated situation.
9. The official shall demonstrate total commitment in the match situation and adopt an appropriate attitude in his/her considered and discrete actions. He/she shall, for example, AVOID:
- a) Excessive fussiness in his/her judgements and stopping the game for insufficient reason;
  - b) Dramatizing the seriousness of the events he/she is supervising.
  - c) Making himself/herself the centre of attention in the game, since his/her only reason for being there is because of the players and to assist them.
  - d) Noting the smallest details of a situation with a view to punishment.
  - e) Allowing the game to continue without intervening when necessary, or pretending not to see;
  - f) Taking the game lightly and not treating it seriously enough.
10. Through actions devoid of self-importance or arrogance, the official shall make a conscious effort to supervise play in a calm manner and make decisions without hesitation; this applies especially to difficult decisions, which he/she should announce decisively, without being inhibited by the importance of the situation.
11. The official should not, in an attempt to increase his/her standing or restore his/her reputation with a third person, seek to justify himself/herself or apologize in relation to difficult decisions made by him/her.

12. At the end of a match, after checking and signing the score sheet, the official shall quietly leave the court area without unnecessary delay.
13. A referee shall, while officiating, refrain from any public statement concerning matches in which he/she is involved, especially a prediction of the outcome of one of these matches.

E. **IN RELATION TO DISCIPLINE, GAME ADMINISTRATORS, AND SPECTATORS**

1. All officials who are members of the Board of Referees of VC shall be expected to act as fitting representatives of volleyball and of VC.
2. An official shall honour his/her word in regard to agreements made with VC and its representatives and fulfill his/her commitments in the agreed capacity as a referee, clinician, official, in charge of a specific task or any other duty specified.
3. Officials shall cooperate in developing volleyball and shall participate through their practical and moral support, to the extent that their skills, interests and availability allow, in building a solid and forward-looking organization.

These goals include an obligation on officials to:

- a) Contribute to the development or dissemination of training and development programs.
  - b) Become involved with the work of the various administrative authorities or accept and encourage their work.
  - c) Help with or take an interest in the physical arrangements for sporting or administrative events.
4. Officials shall act in their manners and language display a reserved and dignified attitude to spectators of volleyball, but shall also show due courtesy and respect.
  5. In all situations not specifically covered in this document, officials shall act in accordance with the spirit of the Code of Ethics and the philosophy and guiding principles of refereeing.

*Written by Claude Huot*

*Adopted by VC-NOC*

*September 1986*

*The Volleyball Canada Referee Committee would like to thank all those  
who have collaborated in the writing of the code of conduct.*

Volleyball, because of its regulations and its tradition, offers a philosophy of competition guided by the highest standards of good sportsmanship.

For that reason, all participants (teams, players, coaches, officials, managers and administrators) in tournaments and meetings under the authority of VC, have a duty to conduct themselves in a reasonable and acceptable manner. They must avoid all unsportsmanlike conduct, acts or practices which are, in the opinion of VC, detrimental to the sport. Whenever a penalty occurs, a fine will be given and/or performance Bond will be lost. Such acts include but are not limited to:

- a) committing any act which is considered an offence under any duly promulgated law:  
**Penalty** - Suspension for one year plus.
- b)
  - i. accepting money or other consideration for losing a match or winning by a particular margin;
  - ii. being a party to any payment of money or other consideration to another person to lose a match or win by a particular margin.**Penalty** - Suspension for one year plus.
- c)
  - i. betting or acting as a "bookmaker" on matches or tournaments;
  - ii. associating with professional gamblers**Penalty** - Suspension from one month to one year.
- d) willfully damaging property:  
**Penalty** - Replacement and suspension from one month to one year.
- e) cheating:
  - i. entering a competition and then failing to appear without valid reason and adequate notice;
  - ii. defaulting a game or match in a competition except as a result of injuries or other valid reason;
  - iii. withdrawing a team from a match except as a result of injuries or other valid reason;
  - iv. playing in a competition under an assumed name, falsifying a team entry form or giving false information to a tournament official.**Penalty** - Forfeit for the tournament plus fine equal to registration fee and suspension from two weeks to one year for team or individual.
- f) violence:
  - i. showing outward displays of temper;
  - ii. deliberately throwing or hitting a ball in the direction of an official, spectator, or opponent;
  - iii. threatening bodily injury to anyone.**Penalty** - Suspension from three months to life.

- g) poor attitude:
  - i. swearing at an official, lines judge, scorekeeper, spectator, or opponent;
  - ii. using profanity or obscene language or gestures.**Penalty** - Suspension from two weeks to one year.
- h) illegal use of banned substances:  
**Penalty** - Replacement and suspension from one month to one year.

## ANTI-DOPING POLICY

1. Volleyball Canada has adopted the 2015 Canadian Anti-Doping Program (CADP) as its primary domestic anti-doping policy. Administered on behalf of Volleyball Canada by the Canadian Centre for Ethics in Sport (CCES), the 2015 CADP is fully compliant with the 2015 World Anti-Doping Code, International Standards and Guidelines as they may exist from time to time. To view or download the 2015 CADP, please visit [www.cces.ca/canadian-anti-doping-program](http://www.cces.ca/canadian-anti-doping-program).
2. In addition, Volleyball Canada, as a member federation of the FIVB, must also be fully compliant with the FIVB anti-doping rules. The FIVB anti-doping rules may apply to certain members of Volleyball Canada in certain situations. The FIVB anti-doping rules are fully compliant with the 2015 World Anti-Doping Code, International Standards and Guidelines as they may exist from time to time. To view or download the FIVB anti-doping rules, please visit: In accordance with Volleyball Canada's adoption of the Canadian Anti-Doping Program (CADP), the following prohibited substances and methods exist: <http://www.fivb.org/en/Medical/AntiDopingProgramme.asp>
3. In the event of a conflict between other anti-doping policies established by Volleyball Canada and the 2015 CADP and/or the FIVB anti-doping rules, the rules of the 2015 CADP or the FIVB shall prevail, as applicable.

### Code of Conduct

Every athlete and other person participating in the sport shall reasonably cooperate with the Canadian Centre for Ethics in Sport (CCES) or another anti-doping organization investigating anti-doping rule violations and a failure to do so may be the basis for disciplinary action within the sport.

For information on sanctions please visit: <http://cces.ca/anti-doping-sanctions>

Please familiarize yourself with the rules of the CADP and be aware of your rights and responsibilities. For further information please contact the CCES at (800) 672-7775 or [info@cces.ca](mailto:info@cces.ca).

## HOW TO BECOME A REFEREE

Volleyball referees in Canada are governed by policies set forth by VC through the National Referee Committee which in turn works in close co-operation with Regional Officials' Chairpersons in each Region of the Association.

In order to become a "LOCAL" volleyball referee, an individual proceeds as follows:

- a) Studies and learns the rules of the game;
- b) Avails himself/herself to call practice games and matches between school, club or other teams, in order to gain some practical experience;
- c) Attends a referees' clinic sponsored by the Regional Association;
- d) Submits to written and practical examinations set up by the Regional Officials' Chairperson.

If successful, the referee is rated as a "LOCAL" Referee and should make himself/herself available to officiate different types of volleyball matches as frequently as possible.

The next level of officiating is "PROVINCIAL". This usually requires at least one year of experience at the "LOCAL" level and a demonstrated advanced knowledge of the rules.

The next stage of qualification of an official is a "REGIONAL" Referee, which entails the following:

- a) Being active as a Provincial Referee for at least one full season;
- b) Attending a Regional Referees' Clinic;
- c) Written and practical examination for a Regional referee's certificate;
- d) Approval by National Officials' Committee.

The next level is qualification as a "NATIONAL" Referee, which requires:

- a) Being active as a Regional Referee for at least two years;
- b) Recommendations of the Regional Officials' Chairperson for upgrading, based on activity, qualification and personal abilities;
- c) Keeping the National Referee Committee advised of assignments at major tournaments as specified;
- d) Attending the National Theory Clinic by the VC Referees Committee;
- e) Submitting to a written and practical examination administered by the National Referee Committee at the National Evaluation Clinic;
- f) Approval by National Referee Committee.

If successful, the official is rated as a "NATIONAL" Referee of VC. To maintain this status, the official must remain active and submit for re-evaluation at regular intervals, as prescribed by VC's National Referee Committee.

Additional information and details on procedures and requirements for becoming a certified volleyball official may be secured from the Regional Officials' Chairperson or from the National Referee Committee Chairperson.

The highest qualification for a referee is the "INTERNATIONAL" rating. The requirements are currently under review. For more information regarding the International Referee Program, please contact Ryan Bunyan at [rbunyan@volleyball.ca](mailto:rbunyan@volleyball.ca).



REFEREE DEVELOPMENT MATRIX		
PROGRAMS	CLINIC EMPHASIS	THEMES
<u>LEVEL 1</u> (LOCAL)	TECHNICAL ABILITY	<ul style="list-style-type: none"> <li>- Knowledge of rules</li> <li>- Instruction in operating mechanisms</li> </ul>
<u>LEVEL 2</u> (PROVINCIAL)	TECHNICAL ABILITY	<ul style="list-style-type: none"> <li>- Application and interpretation of rules</li> <li>- Mastery of operating mechanisms</li> </ul>
	HUMAN ABILITY (awareness)	<ul style="list-style-type: none"> <li>- Code of ethics</li> <li>- Introduction to evaluation</li> <li>- Profile of the official</li> </ul>
<u>LEVEL 3</u> (REGIONAL)	TECHNICAL ABILITY (complement)	<ul style="list-style-type: none"> <li>- Mastery of interpretation of rules</li> <li>- Ability to adjust to higher calibre</li> </ul>
	HUMAN ABILITY	<ul style="list-style-type: none"> <li>- Personality and interaction</li> <li>- Evaluation and self-evaluation</li> </ul>
	CONCEPTUAL ABILITY (introduction)	<ul style="list-style-type: none"> <li>- Officiating structures and programs in own province</li> <li>- Key factors of performance</li> </ul>
<u>LEVEL 4</u> (NATIONAL)	TECHNICAL ABILITY (mastery)	<ul style="list-style-type: none"> <li>- Excellence in performance</li> </ul>
	HUMAN ABILITY (development)	<ul style="list-style-type: none"> <li>- Psychology of Officiating</li> </ul>
	CONCEPTUAL ABILITY	<ul style="list-style-type: none"> <li>- Officiating structures and programs in Canada</li> <li>- Study of performance in refereeing</li> <li>- Principles for analysis of examination results (decimology)</li> </ul>

## 2020 NATIONAL CHAMPIONSHIPS

### VOLLEYBALL CANADA - INDOOR

Category	Location
14U Events	TBD
15U, 16U, 17U, 18U	Edmonton, AB

**For more information on Indoor National Championships and Beach National Championships, please contact:**

nationals@volleyball.ca, Tel. (613) 748-5681 ext. 227, [www.volleyball.ca](http://www.volleyball.ca)

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### 2020 CCAA CHAMPIONSHIPS

<u>Women</u>	Cégep Garneau
March 12-14, 2020	Québec City, QC

<u>Men</u>	St. Thomas University
March 12-14, 2020	Fredericton, NB

**Contact CCAA for more details:**

Tel. (613) 937-1508, [www.ccaa.ca](http://www.ccaa.ca)

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### 2020 USports CHAMPIONSHIPS

<u>Women</u>	University of Calgary
March 13-15, 2020	Calgary, AB

<u>Men</u>	University of Manitoba
March 13-15, 2020	Winnipeg, MB

**Contact USports for more details:**

Tel. (905) 508-3000, [www.usports.ca](http://www.usports.ca)

# SECTION VI



## Volleyball Canada Information

## COACHING CERTIFICATION

Launched in 1974, the National Coaching Certification Program (NCCP) is the Coaching Association of Canada's (CAC) flagship program and has been identified as a world leader in coach education. It is currently the largest adult continuing education program in Canada. The NCCP gives coaches the confidence to succeed and is designed & delivered in partnership with Volleyball Canada, provincial/territorial volleyball associations, and provincial/territorial coaching organizations.

Below is an overview of the courses offered within Volleyball's NCCP program. Each course is designed for a specific context. For example, the Development Coach course is designed for coaches working with athletes in the Train to Train LTAD stage or 13U-16U categories.

For detailed information on how to complete the certification process for each of the above NCCP courses, consult the PATHWAYS section of the volleyball.ca website.

For detailed information on the requirements to coach at a Provincial/Territorial Championships or National Championships, consult the REQUIREMENTS section of the volleyball.ca website.

NCCP Course	LTAD Stage	Age Range
Elementary Volleyball Leader	Fundamentals & Learn to Train	6-12
Development Coach	Train to Train	13-16
Advanced Development Coach	Learn to Compete	16-18
Performance Coach	Train to Compete	18-22
Advanced Performance Coach	Learn to Win	18+
High Performance Coach	Train to Win	18+

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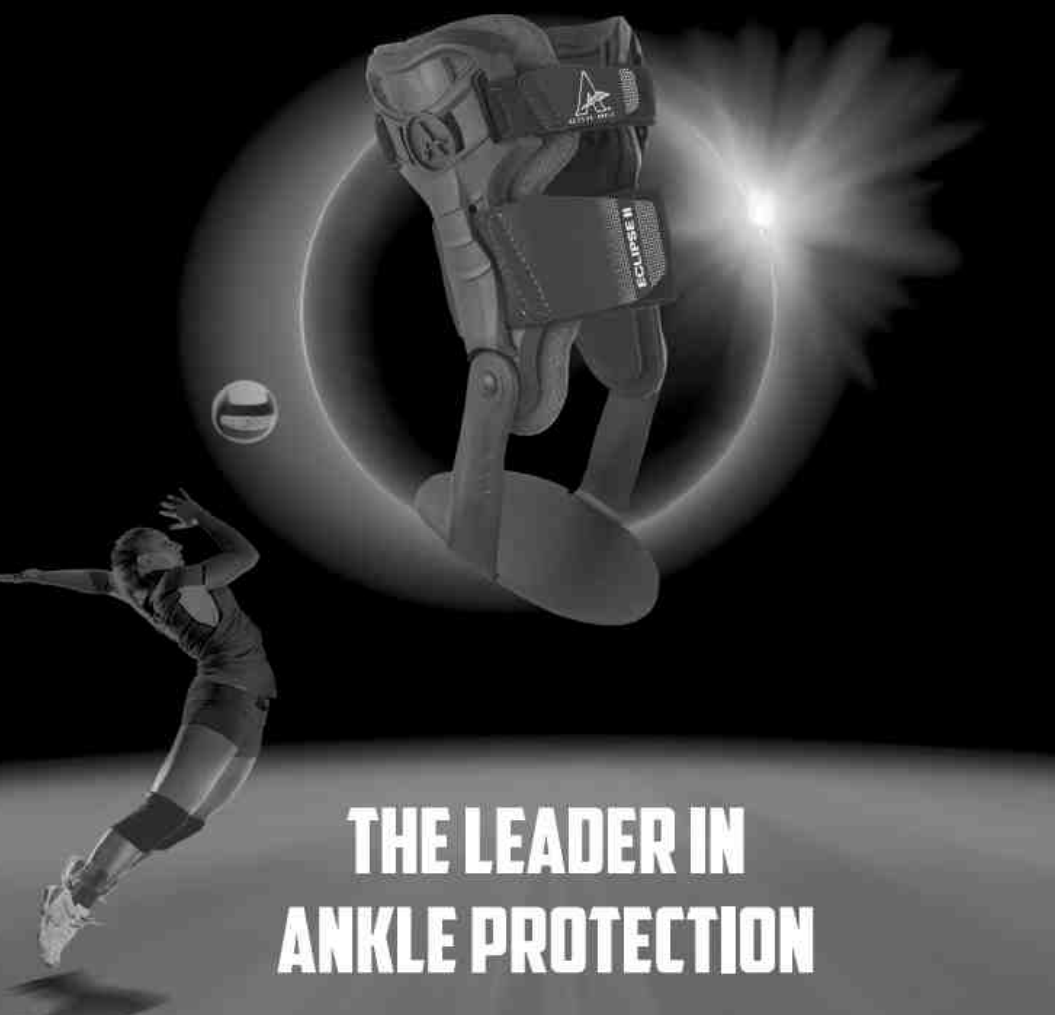
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AN ECLIPSE IS COMING  
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PERFORMANCE  
HEALTH

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