**RHS Volleyball Rules**

**TIME:**

* **15 minutes before the match, referee is to call coin flip.**
* **Winning team of flip chooses serve or side**
* **Serving team receives the court for 5 minutes, followed by 1 minute of serving**
* **Receiving team is on the baseline for the same 5 minutes and then switches.**
* **Time outs are 1 minute in duration**
* **Time between sets is 3 minutes**

**NET HEIGHT:**

Bantam Girls 210 cm Juvenile Girls 220 cm

Junior Girls 220 cm Senior Girls 224 cm

Junior Boys 235 cm Senior Boys 243 cm

All RSSAA Juvenile, Junior and Senior League Matches are Best 3 out of 5

games on a regulation (full) court using the Rally Point Scoring,

Bantam Girls RSSAA League games are 3 Games (All to 25 no cap) Rally

Point Scoring. All 3 games must be played.

**Substitutions NOTE: All age divisions:**

a. There is no limit as to the number of times a player may leave or re-enter the

game as long as the maximum number of 12 substitutions (plus a libero) is

adhered to and as long as they leave or re-enter for the same player.

b. Once you have a designated partner, that is the only player that you may leave

or re-enter that game for (this may change between games).

c. These substitutions may occur at any point in the game.

d. All other substitution rules must be followed.

**RULES CLARIFICATION**

a. **Center line** – refer to volleyball Canada rules under net is not a violation, if

one part of body remains on your side and you don't interfere with the other

team it is not a violation.

b. **Net rule** – Touching any part of the net is a violation if you are in the vicinity

of the ball

c. **1st ball contact** (including service reception) – Overhead allowed, double hit

is legal but players cannot catch and throw.

d. **Roof Ball** will only be in effect for the girls’ league but not the boys’ leagues

(see below).

**QUICK SUB** rule to be implemented at all leagues.

Substitution Procedures are:

a. Substitution must be carried out within the substitution zone.

b. A substitution shall only last the time needed for recording the substitution on

the score sheet, and allowing entry and exit of the player

c. The actual request for substitution is the entrance of the substitute player(s)

into the substitution zone, ready to play, during a regular interruption.

d. If that is not the case, the substitution is not granted.

e. The request for substitution is acknowledged and announced by the scorer or

second referee, by use of the whistle.

f. If a team intends to make simultaneously more than one substitution, all

players being substituted must report to 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.

**ROOF BALL**

a. A ball, other than a served ball, a completed attack or any ball directed over

the net, shall remain in play if it contacts the ceiling or other overhead objects

directly above the playing surface (9m x 9m court and free space).

b. A ball is out of play if it contacts the ceiling or overhead objects over nonplaying

surfaces.

c. The ball may contact multiple surfaces as long as it remains above the playing

area.

d. A re-serve is awarded if the ball comes to a rest on an overhead object above

the team’s playing area and is still a playable ball.

**LIBERO PLAYER** (Rule 8.5 in the Volleyball Canada Rule Book)

Not used in Bantam.

**SCORESHEET**

* **Scoresheet – Team on left of table after coin flip is team A.**

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| --- | --- | --- |
| **IV** | **III** | **II** |
| **V** | **VI** | **I** |

**SCORE TABLE RESPONSIBILITIES**

**Before Game**

1. Ask sponsor teacher to open cabinet beside PE office so you can get score clock and game sheet.
2. Set up clock and set appropriate time
3. Carry table from beside PE office door and setup at midcourt
4. The chairs should be setup by the players – however, you need to ensure that the coach’s chair does not pass the attack line. There should be no chairs between the attack line of 1 team and the attack line of the other team.

**After Game**

1. Have both captains sign the score sheet. Tear score sheet off and give 1 copy to each coach. Slide the white copy under Mr. Winograd’s door.
2. Return clock and table to cabinet.
3. Lock Cabinet
4. Thank the sponsor

**Subscribe for games by texting @18scorerhs to (778) 654-5484**