

VOLLEYBALL GUIDELINES

The CTAA Volleyball League follows all of the rules set out by [Volleyball Canada](#) which include (or with the exception of) the following:

- Match: Best 3 of 5 games.
- Games to 25 points, must win by 2 points to a cap of 27 points. A tie at 2 games each is settled by a fifth game to 15 points with no cap.
- Net Height: Between 215 (girls) and 220 cm(boys).
- Regulation volleyballs are to be used in this league- not yellow "volleylite" (those are for gym class).
- Court Dimensions: Vary by site.
- Service Line: One step inside the back line, all the way across the backcourt. Service line may vary by site.
- Attack Line: 3m from the center line.
- Substitution: A B A (unlimited) Libero is not permitted.
- Timeouts: Two per game.
- Serving: A team must rotate after a server serves successfully five times in a row. (If a substitution is made for the server, the new player assumes the number of serves for the previous player)
- Double Hits: First ball (serve) received over the net may be played with an unintentional double hit (eg. Overhead pass that is not perfectly clean.) They are not permitted at any other time, intentional or unintentional.
LIFTS are not double hits.
- Spiking: Back row players must be behind the attack line when contact is made.
- Contact with Ball: Contact with the ball may only be made ABOVE the waist. (LEG OR FOOT CONTACT IS NOT ALLOWED)
- If the ball hits obstacles such as basketball nets, lights etc., that cannot be avoided, the ref should call a re-serve. The ref and coaches should discuss this prior to play. If the ball hits the roof during play, it is a loss of point or serve (as it is considered out of bounds).

- Players may make light contact with the net as long as it does not interfere with the play or pose a safety concern.
- Players may not cross the center line onto the opposing team's side with their body or foot.
- Volleyball Poles: Volleyball poles must be padded for safety.
- Appropriate clothing and footwear must be worn.
- Coaches should be vigilant and have students remove any piece of jewelry they feel may pose a safety hazard to the wearer or other participants.
- Please review the [Ophea Safety Guidelines - Volleyball](#).