

Edmonton Catholic Junior High Athletics
2024 Volleyball Rules

League Coordinator: Catherine Smith
ECSD Junior High Athletics website: www.ecsdjuniorhighathletics.goalline.ca
Results: www.ecsdjuniorhighathletics.goalline.ca

- **NEW** - Match consists of best of 3 for SENIOR teams for regular season games (plus 2 exhibition sets if there is not a double header). Playoffs will be best of 5 (quarter/semi/final).
- Senior Boys will play Monday/Wednesday and Senior Girls will play Tuesday/Thursday (some games may need an alternate day of the week due to school conflicts)
- Junior Boys and Junior Girls will play on Thursday wherever possible. May have the occasional Friday game is required.
- Trying to schedule a few double headers for some senior games as a trial for this year (boys and girls at same location) This will probably only be able to take place on Thursdays to not interfere with Joint Use. If your school has a different free day during the week, please email Catherine Smith. Do not cancel or move joint use dates to accommodate league/playoff dates. If you would like double headers on Thursday and have your own official; if your principal allows; you can schedule games earlier if both teams agree. Please let me know as soon as possible if this is something your school is interested in.
- 12 sub rule in effect
 - **Substitutions rules are as follows:**
 - a. Team shall be allowed a maximum of 12 substitutions in any one game.
 - b. Player may leave the game and re-enter the game, but only for the same player. Players are “tied” together e.g. 7 for 12 – these two players are attached for that game, and a player must re-enter the same player. This may change between sets.
 - c. Unlimited substitutions are allowed up to 12 per game.
 - **Examples:**
 1. 7 for 12; 12 for 7 (2 subs) x 6 = 12 subs
 2. 7 for 12; 12 for 7 (2 subs) x 2 times = 4 subs
 - 8 for 6; 6 for 8 (2 subs) x 4 times = 8 subs
12 subs
- Net ball off a serve is playable
- Net height for both SENIOR and JUNIOR
 - Girls - 7’
 - Boys - 7’ 4”
- **NEW GAME BALL for SENIORS – Molten V5M5000.**
 - Examples:
 - <https://www.sportfactor.net/V5M5000-3N-p/v5m5000-3n.htm>
 - <https://www.sportfactor.net/V5M5000-p/v5m5000.htm>
- Match consists of best of 3 for JUNIOR teams (3 schools at one location. Half court setup)
- Juniors will run a developmental league which means scores will not be put on the website and there will be no championships
- **NEW** – Triple Ball for all JUNIORS
- Senior games will start at 4:15PM unless both teams have agreed upon an alternate start time. Visiting schools must be allowed a minimum of 15 minutes to warm up

- Junior games will start between 4:00-4:15PM (when the first team arrives at the host school) An example of times for these games to be completed at a reasonable time is as follows. If you do not have time to complete 3 sets that is completely fine, just play 2 sets against each school
 - 4:00-4:10 - Team A & B Warm-Up
 - 4:10-4:40 - Team A vs. Team B
 - 4:40-4:50 - Team A & C Warm-Up
 - 4:50-5:20 - Team A vs. Team C
 - 5:20-5:30 - Team B & C Warm-Up
 - 5:30-6:00 - Team B vs. Team C
- Host school is responsible for all officials during League Games. Catherine Smith will book a carded official for any schools requesting officials for each game through Edmonton Volleyball Officials Association (EVOA) if available; If an official is not available for your game you will be notified via email. In the case of an official not being available it is the responsibility of the host school to supply one. (can be a student from a feeder school, teacher or other staff member). If struggling to find an official contact the opposing team and work together.
- For playoff matches other than the finals, home team supplies minor officials; visiting team supplies umpire, and Catherine Smith will book a carded official. For City Championships all officials are supplied.
- The cost of a carded official is roughly \$38 for a 3-set match
- **Safety:** At no time are officials allowed to stand on tables or stools of any kind. This is a safety hazard and liability. If there is not a proper stand available, the official will stand on the floor to officiate the game.
- **Tie breaker procedures**
 - a. Matches won and lost between tied teams
 - b. Sets won/lost between the tied teams
 - c. If still tied, record against highest common opponent.
 - d. If still tied, coin toss will be used
- **City Championships for Seniors:**
 - Girls Division 3 (4:15pm) Boys Division 3 (approx. 6:00pm) – Tuesday December 10 @ Saville
 - Girls Division 2 (4:15pm) Boys Division 2 (approx. 6:00pm) – Tuesday December 10 @ Saville
 - Girls Division 1 (4:15pm) Boys Division 1 (approx. 6:00pm) – Tuesday December 10 @ Saville

Junior Volleyball – Triple Ball

Junior Volleyball - Tripleball is the official competition form for Canadian regions offering 13U age competitions. It is recommended that tripleball be played during the first half of the season in the 14U age category when a 13U age category does not exist. The goal of tripleball is to promote better skill development, participation, meaningful competition, and fun.

Overview of the Tripleball Sequence:

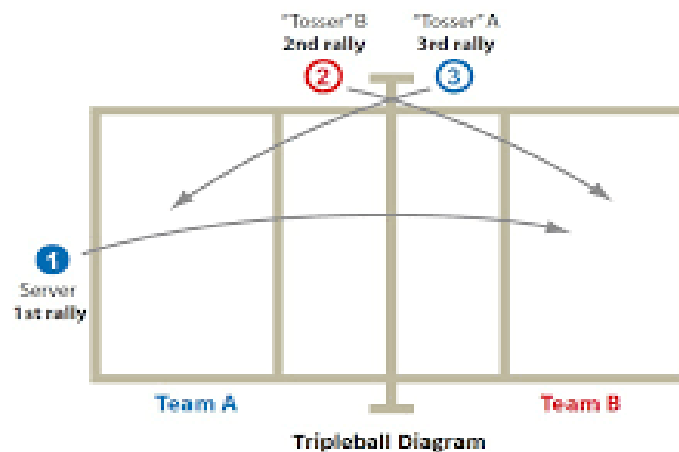
- a) The game follows a sequence of three rallies (service, tossed ball 1, tossed ball 2).
 - *1st rally – introduced by the server
 - *2nd rally – tossed ball given to the receiving team
 - *3rd rally – tossed ball given to the serving team
- b) The service rotates between teams after each three-ball sequence.

c) A team must rotate and introduce a new server when it is their turn to serve

d) Every ball is worth one point.

Tripleball Rules:

- Switching to a different position from your service order during a rally is NOT ALLOWED.
- Each rotation will have a different designated setter. The player in position #3 or #2 in service reception will be the designated setter; this position must be noted on the score sheet by the coach.
- Fair Play substitution rule applies: Players not starting in the 1st set must start in the 2nd set. If there is a 3rd set, the coach has the choice of starting any players. Substitutions are allowed during a match, although Volleyball Canada would like to emphasize that the rule is intended to provide every athlete with the ability to participate equally in every game. It is VC's hope that coaches only substitute when an injury occurs. Implementation of the rule: Official or scorekeeper checks the score sheet between sets to confirm players not starting in the 1st set are on the score sheet at the beginning of the 2nd set.
- Time-outs cannot occur during a 3-ball sequence.
- Athletes must play the tossed ball with a forearm pass, otherwise a replay will occur.
- Athletes cannot send the tossed ball over the net, otherwise a replay will occur.
- All other standard volleyball rules not listed above continue to apply.



The following rules will apply for 2024:

- In 2020 Volleyball Canada/Volleyball Alberta rules changed to state that playing pepper behind team on the court is not allowed. As we have very limited warmup time available, teams are still allowed to play pepper in free area during warmup.
 - After coin Toss, the serving team warms up first.
 - 5 Minutes (4 minutes at the net attacking + 1 minute serving) / Opponents 4 minutes passing warm-up - switch for second 5-minute warm-up period.
 - **At the Net**
 - After attacking the ball, athletes should land properly on their own side of the net and WALK AROUND THE POST. The athlete would then either remain outside of the court to either a) collect the ball prior to returning it to the coach or b) become a ball retriever for the next attacker.
 - A ball retriever (parents or players) should start on the opposite side of the net as the attackers. They may stand on or behind the baseline and face towards the attackers.
 - If team members introduce balls to the attacking side, they must be located outside the court prior to the athletes hitting. Ball retrievers will be situated in this location to collect balls safely from the ball retrievers at the back of the line.
 - During the official warm-up at the net, if a team chooses to utilize a warm-up using both sides of the court (E.g. wash drill), only one ball can be in play at any given time.
 - Team members introducing balls should still be located outside the court.
 - Hitting should be directed away from courts with active games and from spectator seating areas if possible
- **SERVE** – Setting off a serve is allowed.
- 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 they do 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 they do not interfere with the opponents' play.
- **NEW - Libero player not allowed.**
- Officials are instructed to call coaches (warning first, followed by a red card) if they come past attack line to score table. Red card infraction is now point plus loss of serve.
- **Rule 5.2 – Coach** - The Coach may give instructions to the players on the court while standing or walking within the free zone in front of his/her teams bench from the attack line to the warm-up area without disturbing or delaying the match
- **Rule 6.1 – To Score a Point** - The rally point system will be in effect
- **Rule 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. There is no point limit.
- **Rule 6.3 – To Win a Match** - The deciding set in a match (3rd or 5th) is played to 15 points with a minimum lead of two points. There is no point limit.
- **Rule 11.2 – Ball Touching the Net** - While crossing the net (within the crossing space), the ball may touch the net

Note: The ball may now touch the net during service. This is called the Net Service Rule

- **Rule 11.3 – Contact with the Net**

Rule 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.

- **Rule 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
- **Rule 13.3.3** – When the ball is driven into the net and causes it to touch an opponent, no fault is committed.
- **Rule 13 – Service** - The Service must hit the ball within 8 seconds after the first referee whistles to authorize the service. Please Note:
 - a. The server is allowed only one toss to serve within the 8 seconds
 - b. Dribbling or moving the ball in the hands is not considered part of the service execution
- **Rule 16.4 – Time Out** - All time outs last for 60 seconds
Each team will be entitled to two timeouts of 60 seconds per set