RULES AND REGULATIONS FOR ELEMENTARY SCHOOL VOLLEYBALL

THE TEAM

1. A team must consist of six players on the court. The total team shall consist of no more than 15 players.
2. Coaches must ensure that all players participate equally throughout the tournament.
3. No libero players are permitted

THE GAME

1. Games shall use rally-point scoring. A point is awarded after every rally.
2. An official game will end when one team has accumulated 25 points and is ahead by two points. There will be a hard cap at 30 points.
3. A team is allowed one 30-second time-out per game.
4. Time-outs may be requested by the coach through the referee when the ball is out of play.

SERVING AND ROTATION

1. Players must serve from behind the end line.
2. Both underhand and overhand serves are permitted.
3. A serve that touches the net and crosses legally into the opposing team's court remains in play.
4. When the receiving team wins a rally, they gain the serve and rotate one position clockwise.
5. Players must serve in the correct rotation order.

GENERAL PLAYING RULES

1. Each team is permitted a maximum of three hits to return the ball over the net, excluding a legal block.
2. A player may not hit the ball twice in succession.

3. **Second Contact Rule:** On a team's second hit, contacting the ball more than once with the fingers (double contact) in a single attempt to play the ball is not a fault, provided the ball is next legally contacted by a teammate.

   This rule was newly introduced by volleyball Canada to encourage young athletes to develop the proper skills needed to play at higher levels.

4. Players are permitted to use an overhead finger pass (set) on the first contact, including when receiving a serve.

5. The ball may not be caught, held, carried, or thrown.

6. A ball landing on or touching a boundary line is considered in. A ball landing completely outside the boundary lines is considered out.

7. Players may not illegally contact the net or interfere with opposing players.

CEILING RULE

1. If the ball touches the ceiling or an overhead structure above the playing area following a team's first or second hit, play may continue, provided the ball remains on the same team's side of the net.

2. If the ball touches the ceiling or an overhead structure and crosses into the opposing team's court, it is considered out.

3. If the ball touches the ceiling or an overhead structure outside the designated playing area, it is considered out.

4. Any venue-specific obstructions or playing-area restrictions will be communicated before competition.

SUBSTITUTIONS

1. Substitution is made into one position only, as dictated by the rotation system being used by the coach.

2. In case of injury, the next rotating player on the bench may be substituted into the injured player's position.

3. Coaches shall make every effort to play all players equally in each game.

4. When a new game begins, players shall begin the game in the position at which they completed the previous game.