

2018 CAN Volleyball Rules and Clarifications

1. General Rules

- 1.1. Unless modified below, CAN follows official FIVB and USA volleyball regulations (www.volleyballretraining.com/rules_interpretations_indoor.php).
- 1.2. The net will be set at the standard co-ed height that is not age specific: 2.43m or 7'11 5/8" as measured from the center of the playing court.

2. Formations

- 2.1. Each team has up to 6 players on the court: either 3 males and 3 females or 2 males and 4 females. Male players may not be positioned next to each other in the lineup.
 - 2.1.1. Teams may have 1 varsity alumni female and 1 varsity alumni male on the court at the same time. If teams have a non-alumni varsity player then only that varsity player can be on the court. See 1.2 of the CAN General Rules for more information.
- 2.2. A team may play with as few as four players. If this is the case, the team must identify to the referee before the start of play the location of the "hole(s)" for the missing player(s). The first "hole" must start in the middle of the back row. The second "hole" can be anywhere the opposite gender player would have started. When a hole rotates to the serving position, it is an automatic side out. You must declare when the hole rotates into the serving position.
 - 2.2.1. At least two females and at least one male are needed to have a legal formation.
- 2.3. The basic formation is 3 players in the front row and 3 players in the back row, alternating by gender. Two females may be positioned next to each other if playing with four but two male players cannot be positioned next to each other. Before the serve, each front row player must be closer to the net than the corresponding (left/center/right) back row player. Left and right players must be closer to their respective sidelines than the middle players in their row. Once the ball is served, players may switch to any location on their side of the court.
- 2.4. Back row players *as designated at the time of the serve* may only attack (i.e. jump and strike) a ball if it is from behind the strike line.

3. Substitutions

- 3.1. The basic rule is that substitutions must be consistent throughout an entire set. A team may choose to alter substitution strategy for each set in a match.
 - 3.1.1. A team may opt to rotate in a substitute at a specific position. If so, this must be done consistently at the same position throughout the entire set. Generally substitutions must be a gender-for-gender, unless you are switching from a 4 female and 2 male line-up to a 3 female and 3 male line-up or vice versa.
 - 3.1.2. A team may make individual or mass substitutions, consistent with rule 3.1.1.
 - 3.1.2.1. A player in the starting lineup may leave the set and reenter, but only in his/her previous spot in the lineup.
 - 3.1.2.2. A substitute may enter a set in the position of a teammate in the starting lineup.
 - 3.1.2.3. There is no limit on the number of substitutions per set so long as substitutions are made in a timely manner and do not delay the match.

4. Serving

- 4.1. Servers may not step on the end line or onto the court prior to striking the ball. It is legal to jump from behind the line and strike the ball in midair, landing in the court.
- 4.2. Serves may be overhead or underhand.
- 4.3. Only one toss is permitted. Once the ball is tossed, it must be put into play or it is a side out.

5. Ball in Play

- 5.1. Teams have three hits to return the ball over the net.
 - 5.1.1. A legal hit may contact any part of the body. Use of legs and feet is permitted.
 - 5.1.2. GENDER RULE: If only one hit is used, it may be by any player. If two or more hits are used, at least one must be by a woman.
 - 5.1.3. If a player attempts a block and contacts the ball but the ball comes down on the blocking player's side of the net, the block does not count as one of the three hits, or for purposes of the GENDER RULE.
- 5.2. A ball that contacts any part of the side or end line is in.
- 5.3. The ball must stay between the antennas (or the imagined extensions of them) while crossing over the net. If the ball touches an antenna, it is out.
- 5.4. Illegal Hits and Faults
 - 5.4.1. Lifts are illegal hits and are defined as follows:
 - 5.4.1.1. The ball comes to a stop while in contact with the hands or
 - 5.4.1.2. Hitting the ball with open palms swinging upward
 - 5.4.2. Double hits are illegal and are defined as follows:
 - 5.4.2.1. Contacting the ball with both hands but not simultaneously
 - 5.4.2.2. The ball may touch various parts of the body, provided that the contacts take place simultaneously, exceptions being
 - a. At blocking, consecutive contacts may be made by one or more players provided that the contacts occur during one action.
 - b. At the first hit of the team (service return), the ball may contact various parts of the body consecutively provided that the contacts occur during one action.
 - 5.4.3. Play at the net
 - 5.4.3.1. A ball that is heading under the net is still considered to be in play until it completely crosses the vertical plane of the net.

- 5.4.3.2. A player may touch the opponent's court with any part of their body, so long as it does not hinder play. If the touching is by a foot or feet, a portion of the foot or feet must remain in contact with the center line.
- 5.4.3.3. 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. (USAV Abridged Rule 11.3.1)
- 5.4.3.4. Players may touch the post, ropes, or any other objects outside of the antennae, including the net itself, provided that it does not interfere with play. (USAV Abridged Rule 11.3.2)
- 5.4.3.5. When the ball is driven into the net, causing it to touch an opponent, no fault is committed. (USAV Abridged Rule 11.3.3)
- 5.4.3.6. Faults occur when:
 - a. A player touches the ball in the opponent's space before or during the opponent's attack.
 - b. A player interferes with the opponent's play while penetrating into the opponent's space under the net.
 - c. A player interferes with opponent's play by:
 - i. Touching the top band of the net or antenna during play.
 - ii. Using the net for support while playing the ball.
 - iii. Otherwise interfering with the opponent's attempt to play the ball.
- 5.4.4. Players may not reach over the net to hit the ball, however, it is ok if hands pass over the net after contact with the ball and do not hinder opponent's play.
- 5.5. Facility Obstructions
 - 5.5.1. A pass may contact the ceiling or any hanging obstructions and be legally played so long as it does not cross over the net. If a ball contacts the ceiling and crosses the net, the other team is awarded the point. A ball may not be played off of the wall of the facility.

6. Scoring and Timing

- 6.1. Matches consist of 3 sets.
 - 6.1.1. The first two sets are played to 25 points. A team must win a set by 2 points, else the first team to 27, whichever comes first.
 - 6.1.2. The third and final set is played to 15 points. A team must win a set by 2 points, else the first team to 17, whichever comes first.
- 6.2. Regular season matches last 55 minutes.
- 6.3. The last match of the day may be allowed to complete if there is nothing scheduled afterward on the court.
- 6.4. Forfeit Rule
 - 6.4.1. If a team does not have sufficient players to field a team present by 10 minutes past the start time of the match, the match will be considered as forfeited. When a forfeit is declared, the score shall be recorded as 1-•-0, 1-•-0, 1-•-0.

7. Tournament Seeding

- 7.1. Division winners are ranked as the top seeds for the tournament. To determine division winners:
 - 7.1.1. Division match winning ratio (+1/2 per win, +1/2 per loss)
 - 7.1.2. Head-to-head results (highest set winning ratio against each team involved in tie)

- 7.1.3. Highest set winning ratio in division matches
- 7.1.4. Best win
 - 7.1.4.1. Based solely on each opposing team's overall records
 - 7.1.4.2. Excludes teams involved in the tie
 - 7.1.4.3. If still tied after first "best win", continue to next "best win" until there is one team selected above all others.
- 7.1.5. Strength of schedule
- 7.1.6. Coin toss
- 7.2. To determine order of division winners:
 - 7.2.1. Total match winning ratio (+1/2 per win, +1/2 per loss)
 - 7.2.2. Head-to-head results (highest set winning ratio against each team involved in the tie)
 - 7.2.3. If a 3-way tie, and one team has wins over both of the other teams, the winning team will be seeded higher even if the other 2 teams did not play
 - 7.2.4. Highest set winning ratio against common opponents for all teams involved in tie
 - 7.2.5. Highest set winning ratio in all matches
 - 7.2.6. Best win
 - 7.2.6.1. Based solely on each opposing team's overall records
 - 7.2.6.2. Excludes teams involved in tie
 - 7.2.6.3. If still tied after first "best win", continue to next "best win" until there is one team selected above all others
 - 7.2.7. Strength of schedule (if possible to determine)
 - 7.2.8. Coin toss
- 7.3. Seeding of remaining teams (non-division winners)
 - 7.3.1. Teams that did not win their division are grouped together based on overall winning match ratio (+1/2 per win, -1/2 per loss), and then ordered based on:
 - 7.3.1.1. Head-to-head results
 - 7.3.1.2. Highest match winning ratio against each team involved in tie
 - a. If 3-way tie, and one team has match wins over both the other teams, the winning team will be seeded higher even if the other 2 teams did not play
 - 7.3.1.3. Highest set winning ratio in all matches
 - a. Amongst teams with identical set ratios,
 - i. Head-to-head
 - ii. Highest set ratio against each team involved in tie
 - iii. Lottery, whereby each team remaining in tie receives a single allocation.

Refereeing Guidelines

1. Head Referee

- 1.1. Should be the most experienced/qualified referee
- 1.2. Stand on the tower (or step ladder) on the side of the net
- 1.3. Blow whistle at ready for play before each serve
- 1.4. Blow whistle at end of each point and indicate winning side
- 1.5. Watch for illegal hits and faults. Do not hesitate enforce rules
- 1.6. Watch and enforce gender rule

2. Line Judges (2)

- 2.1. Stand at opposite corners of the court
- 2.2. Judge “in” or “out” for balls reaching the ground. A ball hitting any part of the line is considered to be “in”
- 2.3. Judge if ball is between antennas as it crosses the net
- 2.4. Watch for foot faults on service
- 2.5. Assist in enforcing gender rule
- 2.6. One line judge will be responsible for scorekeeping (scoreboard)

3. General Items

- 3.1. Referees should call the captains to meet prior to match.
 - 3.1.1. Winner of “toss” can choose to serve or select side.
 - 3.1.2. The other captain can make the other selection
- 3.2. There will be a second captain’s meeting prior to the start of the third set. Remind captains that the third set is only to 15 points.
- 3.3. Make sure that games start on time and continue in a timely manner. The league has a tight schedule and cannot accommodate delays in the schedule.
- 3.4. Have teams place players that are not in the game in locations to help avoid balls entering the other court. This will help minimize points that have to be redone.