



Super Red Volleyball Tournament Rules

Senior High tournament shall conform to ASAA regulations.

Junior High Divisions: The city league in GP and those leagues in the surrounding peace country may differ in rule interpretation and structure. The intention of our structure was Grade 9 divisions are teams made up of primarily grade 9 athletes – this is why we have determined to use U15 rules for 9A and 9B divisions and U14 rules for both 7/8A and 7/8B.

Sr & Grade 10 Division Rules

- a) Net Height Boy - 243cm
- b) Net Height Girls 224cm
- c) Ball: Mikasa MVA 200
- d) Substitutions – 12 Unlimited

9A/9B Rules

- e) Net Height Boy - 235cm
- f) Net Height Girls 220cm
- g) Ball: Mikasa MVA200

15U VOLLEYBALL - Standard Volleyball Rules with the following exceptions:

- a) No Libero
- b) All players listed on the score sheet must start the first or second set.
- c) **Substitutions are not permitted prior to 15 points in the first or second set.** In the case of injury, an Exceptional Substitution may be made. The injured/ill player may not return to the same set, but may return to play in subsequent sets.
- d) Any line up can be used at the start of the third set. Teams are strongly encouraged to distribute playing time among all players on the team.

7/8A & B Rules

- a) Net Height Boys - 220cm
- b) Net Height Girls 215cm
- c) Ball: Mikasa Vq2000+

14U VOLLEYBALL - Standard Volleyball Rules with the following exceptions:

- a) Tripleball sequence is used (See Next page)
- b) Athletes must play the tossed ball with a forearm pass, otherwise a replay will occur.
- c) Setter specialization is not recommended. Volleyball Canada strongly recommends using a 4-2, 6-3, or 6-2 offensive system to encourage greater skill development of all players.
- d) No Libero

14U Substitution Rules:

- a) All players listed on the score sheet must start the first or second set.
- b) **Substitutions are not permitted prior to 15 points in the first or second set.** In the case of injury, an Exceptional Substitution may be made. The injured/ill player may not return to the same set, but may return to play in subsequent sets.
- c) Any line up can be used at the start of the third set. Teams are strongly encouraged to distribute playing time among all players on the team.
- d) Substitution requests can only occur between a three-ball sequences.
- e) Teams switch sides in the third set once a team reaches 8 points. If this occurs during a three-ball sequence then the switch will be made after the sequence is complete.



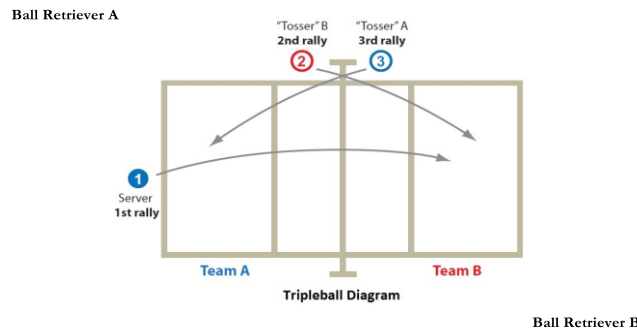


14U Tripleball Rules

The goal of tripleball is to promote better skill development, participation, meaningful competition, and fun.

Overview of the Tripleball Sequence:

- 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
- The service rotates between teams after each three-ball sequence.
- A team must rotate and introduce a new server when it is their turn to serve.
- Every ball introduced is worth one point.



Tripleball Rules:

- Players can switch positions. GPRC recommends teams specialize with any offensive system that uses multiple setters (NO 5-1 system).
- Athletes must play the tossed ball with a forearm pass. As teams can specialize, there is no need to have players switch prior to the tossed ball.
- The following developmental substitution rule applies:
 - All players listed on the scoresheet must start the first or second set.
 - In the first two sets no substitutions may take place before one team has scored 15 points.
 - An athlete may be substituted out of a set due to injury. Injury substitutions would occur at the time of the injury.
 - All other substitution requests can only occur between a three-ball sequence
 - Any line up can be used at the start of the third set. Teams are strongly encouraged to distribute playing time among all players on the team.
- Teams switch sides in the third set once a team reaches 8 points. If this occurs during a three-ball sequence, then the switch will be made after the sequence is complete
- Time-outs cannot occur during a three-ball sequence.
- All other standard volleyball rules not listed above continue to apply.

To improve the flow of the game, each team must provide a ball retriever who collects the balls from athletes at the end of a rally. Please remain a safe distance from the court during play.

Guidelines for Tossers:

- The Head Coach, Assistant Coach or a competent volunteer may be the Tosser and introduce balls to their own team.
- Balls are tossed underhand with two hands, with little to no spin and above the height of the antennae to allow athletes time to play the ball.
- The Tosser can step into the court to introduce the ball but must immediately move a safe distance away from the court after the toss.
- The free ball will be introduced directly to the athlete in position 6, otherwise a reply will occur.
- The free ball will be introduced when the front row players are at the net and ready to transition; the Tosser verbally cues the athletes by calling "Free Ball". Tossers encourage a fast paced transition between an end of a rally and the next toss.

