



RULES AND REGULATIONS
FOR ELEMENTARY SCHOOL
JUNIOR AND INTERMEDIATE VOLLEYBALL

THE TEAM

A team must consist of at least six players on the court. The total team shall consist of no more than 15 players. Coaches must ensure that all players participate equally throughout the tournament.

THE GAME

An official game will end:

- ☆ when one team has accumulated 25 points and is ahead by two points
- or
- ☆ when 20 minutes have elapsed. The team ahead at this time shall be the winner. Official time shall be kept by the referee unless otherwise determined by the convenor. If the game is tied at this time, it will be deemed *a tie*.

A team is allowed one 30-second time-outs per game.

Time-outs may be called by either team when the ball is dead. The ball shall be given to the umpire (or referee) at this time. Time-outs shall be called by the coach through the umpire. Players may not leave the court during a time-out, but may receive advice from the coach, who may not enter the court.

SUBSTITUTIONS

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

Substitution is made into one position only, as dictated by the rotation system, which is mid-back entry. All teams are asked to use the mid back entry system, starting at mid back and exiting after serving.

Coaches shall make every effort to play all players equally in each game. When a new game begins, players shall begin the game in the position at which they completed the previous game.

