



## **2026 CMLSAA Volleyball Rule Modifications**

### **ENSURE THAT THE REFS REVIEW THIS PRIOR TO EACH MATCH**

1. No overhand or sidearm serve in JUNIOR – must use a pendulum swing (shoulders/ hips facing forward).
  2. Seniors may sidearm/overhand serve but no jump serves (one foot on the floor at time of ball contact)
  3. The ball must be hit after the toss on serve or it is a fault.
  4. You may receive a serve with an overhand pass (Discussed at the meeting)
  5. No calling “balls up” or intentionally making sound to distract the server, during a serve
  6. You are allowed unlimited subs but you must sub off the same person
  7. Net height for Sr. Boys – 7’6”; Net Height for all other teams – 7’0” (Measure from the middle of the net)
  8. All players that are dressed must play a MEANINGFUL amount in each match
  9. Players are NOT allowed to touch the net at all during play!
  10. Players are NOT allowed to cross under the net during play (full foot over the line or body parts)
  11. Players ARE allowed to set the serve
  12. Any jewelry that could result in injury (get caught in the net, etc) must be removed
  13. All poles (including the ref stand) must be padded. **If a school does not have their posts padded, then the game will not be played and the host school will forfeit the game**
  14. **There must be time for a warm up. Serving and passing SHOULD be done at same time, but hitting should be done separately (you can rally behind the hitting team). No players are allowed on the side of the court where the hitters are hitting the ball.**
- Warm up will be 10 minutes (4/4/2). 4 minutes of hitting per team and 2 minutes of serving together**  
**Remind the VA refs of this rule**
15. School suspended students MAY NOT play during suspension
  16. Dispute - contact the division chair first. If things aren’t resolved, then the city chair and principal in charge of CMLSAA will intervene
  17. **SERVING – a player may only serve 5 times in a row then they must rotate. The team will keep the serve, but the next player in the rotation will become the server. Coaches, you may need to assist the refs in tracking the 5 serves. If a coach subs the server off before the 5 serves are up, the second server will only get the remaining serves.**
  18. **Student spectators are allowed to watch games with their OWN parent/guardian present.**

**\*\*\*\* Outside of our “special rules” we follow the rules as published by Volleyball Canada. Here is a link to those rules:**

**<https://volleyball.ca/en/development/referee/rules-amp-guidelines>**

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