



September 21, 2016

1A-1084 Rue Kenaston  
Street  
Ottawa, Ontario  
K1B 3P5

Tel: 613-748-5681  
Fax: 613-748.5727

[info@volleyball.ca](mailto:info@volleyball.ca)  
[www.volleyball.ca](http://www.volleyball.ca)

Canada



Memo: 2016-17 Indoor Rules & Policies Update

To: Provincial / Territorial Associations, Referees, Coaches, Athletes, Administrators  
From: Volleyball Canada

Please review below the updates for the 2016-17 Indoor Volleyball Season. **Red** indicates new or revised wording.

#### 4.3.3 EQUIPMENT

**Volleyball Canada** - The uniform relates to only the shirt and shorts. Players' jerseys must be numbered from 1 to 99.

#### 4.5.1 FORBIDDEN OBJECTS

A: The referee shall not permit the following:

A 3. Headwear is not permitted except those worn for religious and/or cultural beliefs. Headbands can be worn, at a maximum 5cm in width, made of non-abrasive, single colour cloth, pliable plastic, or rubber.

B: The referee shall permit the following:

B 5. Prosthetics so long as the prosthetic is covered/padded and does not pose any danger to himself/herself or other players.

#### 15.1 NUMBER OF REGULAR GAME INTERRUPTIONS

Volleyball Canada - For Volleyball Canada competitions in the 14U, 15U (boys and girls) as well as for 16U boys', 12 substitutions is the maximum permitted per team per set. **The 12 substitutions are limited. Refer to substitutions rules for Age Class on Page 43.**

#### **AGE CLASS VARIATIONS** (pages 43-46)

The Age Class Variations section of the rulebook summarizes the unique rules of the game for each age class from 10U through to 18U. The rules are adapted to be developmentally appropriate based on the available LTAD research and principles. Volleyball Canada encourages all organized play to be governed by the guidelines and rules within.

#### **Note the removal of the following item for teams using a Tripleball sequence:**

~~Athletes cannot intentionally send the tossed ball over the net, otherwise a replay will occur.~~

#### 13 & 14U SUBSTITUTION RULES (page 46)

All players listed on the score sheet must start the first or second set.

- Substitutions are not permitted 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.

- 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. Substitution requests can only occur between a three-ball sequence.

- 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.

CORRECTION – AGE CLASS VARIATIONS (page 46)

16U Volleyball

Standard volleyball rules with the following exceptions:

- No Libero (**boys only**). *The reference to boys only was mistakenly omitted from the rule book. The Libero is not permitted for 16U boys, but is permitted for 16U girls.*
- No overhand pass on the serve

CONCUSSION POLICY AT NATIONAL CHAMPIONSHIPS

The revised National Championships concussion policy seen [HERE](#) is strongly recommended for Provincial/Territorial Association sanctioned tournaments.

2017 NATIONAL CHAMPIONSHIPS AGE CATEGORIES

See [HERE](#). Note the removal of the caveat requiring athletes be in their first year of grade 12 for the 18U category.

2017 COACH CERTIFICATION POLICY

See **DRAFT** version [HERE](#).

For any questions regarding the above updates please contact your location Provincial/Territorial Volleyball Association, or Volleyball Canada.

Kind Regards,

A handwritten signature in blue ink, appearing to read 'James Sneddon', with a long horizontal flourish extending to the right.

James Sneddon  
Domestic Development Director  
Volleyball Canada