

RSSAA Volleyball Rules

	Girls				Boys			
	<i>Bantam</i>	<i>Juvenile</i>	<i>Junior</i>	<i>Senior</i>	<i>Bantam</i>	<i>Juvenile</i>	<i>Junior</i>	<i>Senior</i>
<i>Playing Format</i>	3 sets (all to 25)	3 sets (all to 25)	best of 5 sets	best of 5 sets	3 sets (all to 25)	3 sets (all to 25)	best of 5 sets	best of 5 sets
<i>Playoffs</i>	best of 3 sets (25-25- 15) except finals is best of 5	best of 3 sets (25-25- 15) except finals is best of 5	best of 5 sets	best of 5 sets	best of 3 sets (25-25- 15) except finals is best of 5	best of 3 sets (25-25- 15) except finals is best of 5	best of 5 sets	best of 5 sets
<i>Fair Play</i>	Refer to RSSAA Fair Play Rules (for regular season)	Refer to RSSAA Fair Play Rules (for regular season)	No fair play rules	No fair play rules	Refer to RSSAA Fair Play Rules (for regular season)	Refer to SF Fair Play Rules (for regular season)	No fair play rules	No fair play rules
<i>Change of Sides</i>	Change sides after each set, no coin toss for 3 rd , no switching mid 3 rd ***	Change sides after each set, no coin toss for 3 rd , no switching mid 3 rd ***	Change sides after each set, coin toss for 5 th , switch mid 5 th	Change sides after each set, coin toss for 5 th , switch mid 5 th	Change sides after each set, no coin toss for 3 rd , no switching mid 3 rd ***	Change sides after each set, no coin toss for 3 rd , no switching mid 3 rd ***	Change sides after each set, coin toss for 5 th , switch mid 5 th	Change sides after each set, coin toss for 5 th , switch mid 5 th
<i>Roof</i>	in**	in**	in**	in**	in**	in**	in**	in**
<i>Net Height</i>	2.15 m	2.20 m	2.20 m	2.24 m	2.20 m	2.35 m	2.35 m	2.43 m
<i>Libero</i>	no	discouraged	yes	yes	no	discouraged	yes	yes

RSSAA Fair Play Rules

Each player has to play 15 points (does not have to be consecutive) within the first 2 sets.

*first contact can be a set for all leagues, use VCOR balls (for 8-10s) & Molten (for Seniors)

**a ball which does not cross the vertical plane of the net shall remain in play if it contacts the ceiling or other overhead objects directly above the playing area

*** except for playoffs, coin toss in 3rd and switch sides