



**BRAMPTON
SPORTS LEAGUE**

VOLLEYBALL

RULE BOOK & REGULATIONS

Matches & Time

- Regular season matches are self-officiated.
- Each match is 55 minutes in length and consists of three rally point games/sets to 25 points (*win by 2*).
- If a match concludes early, teams may continue to play for fun; however, the score of any fourth game/set should not be recorded.
- All games/sets must end on time, regardless of the start time, to ensure the next match begins promptly.
- Teams switch sides after each set.

Players

- Teams consist of six (6) players on the court.
- A minimum of two (2) women and two (2) men must be on the court at all times.
- A team may begin play with a minimum of four (4) players.
- If a team cannot field the minimum players:
 - Game/Set 1 is defaulted 10 minutes after the official start time.
 - Game/Set 2 is defaulted 20 minutes after the start time.
 - Game/Set 3 is defaulted 30 minutes after the start time.
- Both teams may agree to play with fewer than six players and without gender restrictions. If agreed upon, the match will count in standings.

Equipment & Set-Up

- All equipment (nets, poles) will be provided and set up on-site.
- Teams or BSL staff are responsible for scorekeeping.
- Only one designated player should communicate with the scorekeeper about score-related issues.



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Game/Set Rules Summary

- Rally point scoring: A team can score a point whether or not they are serving.
- Blocking or spiking a serve is not allowed.
- Players may open-hand volley a serve.
- Serves may be made from anywhere along the baseline.
- Net serves are live: If the serve touches the net and goes over, it is not a fault.
- The ball may be played off any part of the body, including the feet.
- Players may not touch the net during play.
- Players must rotate servers after five consecutive points.
- Rotations must be clockwise through each position. Once the ball is in play, players may return to their preferred position (e.g., setter).
- If a ball hits the ceiling and crosses over the net, it is dead and a point for the opposing team.
- If a ball hits the ceiling and stays on the same side, it is still in play.
- All games/sets are to 25 points, win by 2, with a maximum score of 27.
- Teams may rotate new players in before serving.

Discrepancies & Disputes

- All disputes should be resolved by team captains respectfully.
- Teams are expected to call their own infractions (lift, net touches, etc.).
- If no agreement can be made, the point should be re-served.