



VM Competition Regulations

Net Heights, Rules & Official Balls

Competition Category	Net Height	Libero	Set on Serve Receive	Official Ball
13U Boys	2.20	No	No	Mikasa VQ200W-CAN
13U Girls	2.15	No	No	Mikasa VQ200W-CAN
14U Boys	2.20	No	Yes	Mikasa VQ200W-CAN
14U Girls	2.15	No	Yes	Mikasa VQ200W-CAN
15U Boys	2.35	No	Yes	Mikasa VQ200W-CAN
15U Girls	2.20	No	Yes	Mikasa VQ200W-CAN
16U Boys	2.35	Yes	Yes	Mikasa VQ200W-CAN
16U Girls	2.24	Yes	Yes	Mikasa VQ200W-CAN
17U Boys	2.43	Yes	Yes	Mikasa V200W
17U Girls	2.24	Yes	Yes	Mikasa V200W
18U Boys	2.43	Yes	Yes	Mikasa V200W
18U Girls	2.24	Yes	Yes	Mikasa V200W

Teams are required to abide by the Volleyball Canada Uniform Guidelines, and are encouraged to use the VC Uniform Approval Request Form

- Teams must follow VC Uniform Guidelines (approval form available).
- VM follows the VC Rule Book, with exceptions outlined here.

Roster Size:

- **15U–18U:** up to 14 players may be listed and play.
- **13U–14U:** maximum of 12 players on the game sheet.

Substitution Rules

VM 15U – 18U (Unlimited Substitutions – Trial Rule)

- 12 substitutions allowed, unlimited in/out.
- Starter can re-enter only their original position.
- Substitutes can only replace the same starter.
- Goal: increase playing opportunities.

13U–14U (Fair Play)

- Minimum 9 players must be on the score sheet.
- Players may play in max 2 of 3 sets.
- No substitutions in sets 1 & 2 (except for injury).
- 3rd set allows 12 unlimited substitutions for eligible players.
- Exemptions must be requested from VM if fewer than 9 players are available (not permitted at Provincials).

Exceptional Substitutions (NEW):

- Allowed for athletes in significant emotional or mental distress after all time-outs used.
- Athlete removed cannot return that set but may play later.



Serving Space Rule:

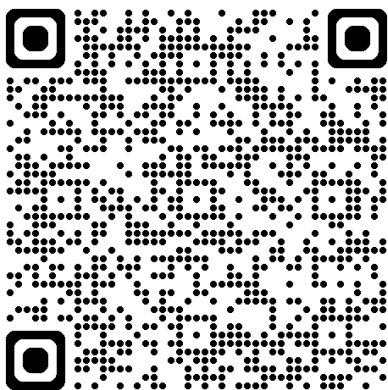
- Courts with less than 3m serving space: one step on the end line allowed.
- Stepping into the court = fault.
- If only one side has <3m, rule applies to that side only.

Curtain Rule:

- Players may not push curtains to create serving space or prevent a ball hitting the curtain.
- Contacting the curtain after a legal play = no fault.
- Violations: ball called "out," point to opponent.

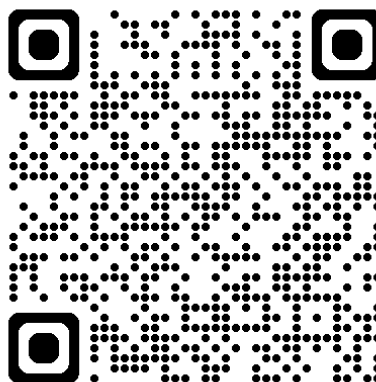
Volleyball Canada Rule Book

The Volleyball Canada Rule Book can be found on the VC website [HERE](#):



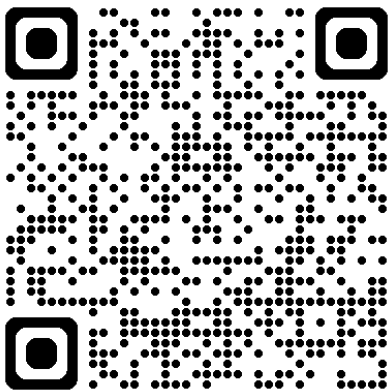
Game Sheet Tutorial Video

A video tutorial on how to complete the game sheet can be found [HERE](#):



Tripleball Rules

Information on the Tripleball format can be found on the VM Website [HERE](#):



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Information on the [HERE](#):