



This document highlights Canada West / U SPORTS playing regulations that require special attention by the nominated referees:

New Rules and/or Applications:

1. Internal Pass (Double Contact) will continue to be implemented
2. Free Positioning of the Receiving Team will be implemented
3. Limitation of Substitutions:
 - a. Men's league will adopt the use of eight (8) limited substitutions per set
 - b. Women's league will continue to use eight (8) limited substitutions per set
4. Tip Attack (application)
 - a. Language specific to the push-carry-catch-throw tip attack will be implemented
5. Two-handed Attack (application)
 - a. Language specific to two-handed attacks will be implemented

Specific language with respect to each Rule or Application has been distributed by Volleyball Canada through the Regional Referee Chairs. It is contingent upon all Canada West referees to be familiar with this language for a consistent inclusion into the 2026-27 season of play.

General Regulations:

- Warm-up times all advertised match start times must be adhered to. Please ensure the match protocol timing countdown is strictly followed.
- The playing facility for Canada West volleyball matches shall be set up and available for practice one hour prior to the designated starting time of the first match (practice balls included).
- All institutions are required to have a complete centre line.
- The taped 3 x 3 warm-up area is to be used where possible and as allowed by the host institution.
- From 60-minutes to 45-minutes prior to the start of the first match, both teams are able to share the entire court for serve and pass. If the coaches agree, this can be extended by 10 additional minutes to 35 minutes prior to the match.
 - For safety reasons, servers are not allowed to enter the service reception court of the opponent when jump serving.
- During the warm-up, ball retrievers must be instructed to participate in the retrieval of volleyballs and to ensure they are paying attention to the safety concerns of the athletes (E.g. not rolling balls under the net).
- For the second match of the day, teams will be permitted to take the court and commence their warm-up once it is clear (**e.g. after all handshakes have concluded**).
 - The clock depicting the 20-minute warm-up period does not commence counting down until the net has been adjusted to the appropriate height and it has been accurately measured.

Canada West Volleyball Information - Referees 2026 – 27 Season of Play



- Substitution paddles are not required for any competition under Canada West jurisdiction.
- Coaches can protest on site, during a game, but the Canada West procedures per Policy 10 need to be followed during the regular season.
- Any expulsion or disqualification during a Canada West match must be reported by email following the conclusion of the match to Rocky Olfert (rocky.olfert@canadawest.org).
- Celebrations by the team benches are permissible providing they are respectful to both referees and the opposition team (e.g. celebrating a big play as opposed to celebrating a missed serve) and done in a way that does not disturb the normal resumption of the match.
 - Players are not permitted to enter onto the playing court **or into the service zone** and they must return to the warm-up area such that there is no delay in the normal resumption of the match.
- For all playoff matches, four (4) line judges are mandatory with all being Volleyball Canada certified at a minimum level 1 standard.

Men's and Women's Competition:

Pre-match Protocols:

- Warm-up timing for matches will be a minimum of 20 minutes:
 - 20 minutes commences when the net has been accurately adjusted and measured
 - 15 minutes: Referees will toss the coin
 - 10 minutes: Official warm-up at the net for the serving team
 - 5 minutes: Official warm-up at the net for the receiving team
- Only athletes list on the verified roster may participate in the warm-up
- During the official warm-up at the net, the free zone is to be kept clear understanding that the opposition team may warm-up with ball behind the team on court.
- While a match is in progress, no warm-up shall be permitted to take place in the same gym
- During the national anthem, athletes must be in uniform and are required to line up on their respective end line.

Team Composition and Leaders

- Team (bench) composition for all regular season and playoff matches:
 - Maximum total of 24
 - 14 rostered athletes
 - 10 support staff
 - Athletes who do not appear on the verified roster may not be in playing uniforms.
- During playoff series, the verified roster from the first match of the series is locked for all remaining matches within that series.
- **Team captain's** uniform does not require a captain's stripe underlining the number on the centre of the chest.
- **Libero:** may be the team captain
- **Liberos:** may be redesignated for each set.



- **Head Coach** is permitted to sit anywhere on the bench, but time-outs must be requested from the end of the bench near to the scorer.
- **Assistant Coaches** will be allowed to move freely on the bench:
 - Between rallies, the assistant coach may approach the sideline to provide coaching to the players on the court.
 - Between rallies, the assistant coach may move to the warm-up area to provide instruction to the substitute players.
 - In both instances, the assistant coach must return to the bench prior to the whistle authorizing the next serve.
 - Only one (1) assistant coach is permitted to stand at a time.
- Both home and visiting teams are permitted a maximum of eight (8) athletes in the warm-up area.

Substitutions, Time-outs, and Intervals:

- Eight (8) limited substitutions per set will be permitted for all men's and women's matches
- There are no technical time-outs
- Teams are permitted two (2) discretionary time-outs which will be 60 seconds in length.
 - Players are permitted to warm-up with balls in the free zone during a time-out
 - Players may re-enter the court at any time during the time-out
- Between sets:
 - The set interval will be 3 minutes
 - Between sets 2 and 3 the host institution can extend the set interval to a maximum of 5 minutes for a promotional break
 - The opposition team must be advised of this change prior to the match
 - The referees must be advised of this change prior to the match
 - The host institution must run a promotion during the extended break

Playing Actions:

- Setter: In the event that the setter, in the act of moving away from the net to play the second contact, crosses the centre line, no fault is called provided there is no interference on the play.

Post-Match Protocols

- Handshakes will take place post-match, in front of the Scorer's table.
- The Captain and Head Coach will shake hands with the referee team.

Men's Specific Regulations:

- In the event of perspiration on the court, if quick moppers are not made available:
 - Inside the attack line, a towel may be requested from the second referee
 - Behind the attack line, teams may utilize a towel carried by a player on the court
 - Behind the attack line, in the case of large spots of perspiration, the team may request a towel from the second referee