

SPORT. ÉDUCATION. FIERTÉ.

IRSEQ®

LAVAL

**SPECIFIC RULES
2026-2027**



**MULTISPORTS MINI-LEAGUE
MINI-VOLLEY (ADAPTED)**



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ACTIVITY PROCEDURE

ARTICLE 1 Official rules

1.1 Game rules

- 1.1.1 For all rules not specified in this document, you must refer to the game rules approved by Volleyball Québec.
- 1.1.2 However, RSEQ Laval's specific rules have priority on the rules of the federation.
- 1.1.3 The administrative rules of Sports Laval must be respected by all the participating schools.

ARTICLE 2 Identification of categories

2.1 Category

2.1.1

Category	Grade
Mosquito	5 th and 6 th grade

2.1.2 Upgrades are permitted.

ARTICLE 3 Team composition

3.1 Composition

- 3.1.1 Each team is mixed.
- 3.1.2 Each team must have a minimum of six (6) players.

3.2 Substitutions

- 3.2.1 There are no free substitutions. They take place each time when a player reaches the server's position (the player on the bench go on the field and the other leaves).

ARTICLE 4 Installations and equipment

4.1 Sports installations

- 4.1.1 The dimension of the court used are the regular court dimension either 18 m x 9 m. Exceptionally, the back line is the black one and the side line is the red one.
- 4.1.2 The height of nets is 2,15 m.
- 4.1.3 No antenna is used.

4.2 Equipment

- 4.2.1 The official ball is the Mikasa VS123W-SL. (A ball with a circumference between 60-65 cm is accepted)
- 4.2.2 Balls will be provided by Sports Laval.
- 4.2.3 Participating schools must have a t-shirt or pinnies of the same color for each player.

4.3 Security

- 4.3.1 Before each game, the coach must make sure that no player is wearing jewelry (necklaces, bracelet, earrings, facial piercing, etc.)

ARTICLE 5 Games

5.1 Game format

- 5.1.1 The games are played with six (6) players on the field.
- 5.1.2 There must be a girl on the field at all times. If a team does not have a girl, they must play with one less player on the field.
- 5.1.3 The game format is competitive. There will be a round robin period where each team will be played. After, there will be an elimination round with the quarter-finals, semi-finals and the final.
- 5.1.4 For the round robin period, each set won is one (1) point. If there is a tie (each team have won 1 set), there will not be a third set.
- 5.1.5 If there is tiebreak after the round robin period, the procedure to apply is :
 - (a) Total points : how many sets won each team. The team who won more sets moves on;
 - (b) If two (2) teams are involve in a tiebreaker, the team who won more sets against the other moves on;
 - (c) Calculate the point differential in the game between the two (2) teams involve in a tiebreaker (sets won – sets conceded = differential). The team with the biggest differential moves on;
 - (d) Calculate the point differential of all the games.
- 5.1.6 For the elimination round, tie games will go in overtime. There will be a third set to determine which team will win.

5.2 Playing time

- 5.2.1 A period of 30 minutes is planned for each game.
- 5.2.2 No time-outs are allowed.

5.3 Refereeing

- 5.3.1 The referees will be students from high school.
- 5.3.2 The referee signals the start (serve) and end (interruption or fault) of each rally using a whistle.
- 5.3.3 If a ball from an adjacent game enters in the court, the referee will call for a restart of the rally.
- 5.3.4 A coin toss determines which team will have the ball at the start of the game. After the half-time break, it will be the other team.

5.4 Score

- 5.4.1 Continuous scoring : One (1) point is awarded to the winner of each rally.
- 5.4.2 For the round robin period, the games will consist of two (2) sets of twenty-five (25) points.
- 5.4.3 For the elimination round, the games will also consist of two (2) sets of twenty-five (25) points. In case of a tie after two (2) sets, a third set of fifteen (15) points will be played.

5.5 Score differential

- 5.5.1 For each set, two (2) point difference is needed in order to win a set.

ARTICLE 6 Awards

6.1 Banners

- 6.1.1 Each team will receive a participation banner. The teams in final will receive a finalist banner and champion banner.

HOW SPORT WORKS

ARTICLE 7 Specific rules

7.1 Player positions and rotation

- 7.1.1 It is forbidden to make permutations with the aim of specializing players in a specific role.
- 7.1.2 The rotation of players is done clockwise, by the team that regains possession of the serve.
- 7.1.3 The coach must define a rotation order for the entire team (including substitutes) to be respected throughout the game.

7.2 The serve and the server

- 7.2.1 The server can serve from anywhere behind the backline without touching the line.
- 7.2.2 The serve can be made below or above the shoulder, provided the server strikes the ball with one hand.
- 7.2.3 The serve can touch the net while crossing to the other side of the court.
- 7.2.4 The serving team have the serve until it loses the rally.
- 7.2.5 A server can make **a maximum of three (3) consecutives**. After, the opponent regains possession of the ball without scoring a point and have to make a rotation before the next server serves.
- 7.2.6 The server can replay the toss (but not the serve) if it is missed within the eight (8) seconds allowed.
- 7.2.7 The server is considered a backline player and cannot play the ball over the net (attack) in the front zone.

7.3 Ball contacts

- 7.3.1 Permitted contacts are the bump pass, the touch, the smash, the one-hand placement, the block and any other voluntary or involuntary contact with any part of the body.
- 7.3.2 The team is not obligatory to make three (3) contacts before sending the ball to the opponent. (See the block rules, because it does not count as contact)
- 7.3.3 The first and the third contacts have to be made using the permitted contacts.
- 7.3.4 The second contact with the ball can be a « catch-and-throw pass » in addition to the other permitted contacts. (See the rules for the « catch-and-throw pass » for more details)
- 7.3.5 The ball cannot be held (carried).
- 7.3.6 A two-hand touch can be making all the times with an upward trajectory.
- 7.3.7 For all contacts, if the ball hits the ceiling and/or any object* above the playing area and does not cross the net, the play can continue. If the ball hits the ceiling and crosses the nets or crosses the nets and hits the ceiling, it is a fault.

** For more details, the term « ceiling » and « any object » refers to all structures supporting the ceiling (beams, joists, etc.) and any object suspended from the ceiling (ventilation, basketball hoop, canvas, etc.)*

7.4 The « catch-and-throw pass »

- 7.4.1 The « catch-and-throw pass » must always be caught and thrown with both hands without hesitation in a continuous, upward motion passing below waist level along the sagittal axis** of the body at the moment the ball leaves the player's hands.

*** Sagittal axis : a vertical plane oriented antero-posteriorly along the midline of the body (as if a large pane of glass were running through the body from back to front, dividing it into the two (2) equal parts). It is parallel to the midline.*

- 7.4.2 The distance between the feet (lunging) is not a yardstick for determining whether a throw is valid. If both feet point in the same direction as the throw, it should respect the sagittal plane, even if there is a large distance between the feet.
- 7.4.3 A player who « juggles » with the ball before throwing it is not considered to have made a continuous motion.
- 7.4.4 A player cannot move, pivot their feet or change their weight while in possession of the ball. Therefore :
- (a) A player cannot slide on their knees to make a pass;
 - (b) A player lying on the ground cannot rise and place their knee on the ground to make a « catch-and-throw pass »;
 - (c) A player lying on the ground cannot make a « catch-and-throw pass »;
 - (d) Only the feet can touch the ground during « catch-and-throw pass »;
 - (e) A ball caught while in motion have to be thrown again before the body stabilizes.

7.5 Block

- 7.5.1 To be considered blocker, a player must be at a maximum distance of one arm's length from the net and have their hands above their head.
- 7.5.2 Only the third contact can be blocked by the defending team. A blocker cannot intercept a pass or a serve from the opposing team.

7.6 Net game

- 7.6.1 A player cannot touch the net while the ball is in play.
- 7.6.2 No part of the body can cross the vertical plane under the net. A player's foot can touch the center line under the net, but not cross it completely.
- 7.6.3 Only during a block, the hands can cross the vertical plane above the net.

- 7.6.4 The server (back court) cannot play a ball over the net when they are in the front court.

7.7 Fouls

- 7.7.1 A foul committed by a team awards one (1) point to the opponent.
- 7.7.2 A team commits a foul if :
- (a) The ball does not pass over the net and between the posts;
 - (b) The ball lands in the net or outside the opponent's court lines;
 - (c) There is an error in the rotation of the player during the serve;
 - (d) The team fails about the rules in this document and the common rules of volleyball used, but not mentioned.