

Rules, Application & Interpretation

ACAC CONFERENCE GUIDE

A court-facing reference combining ACAC Operating Code reminders with Volleyball Canada rule applications and interpretations for ACAC referees and coaches.

AT A GLANCE

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ACAC-Specific Rule Reminders

Conference-specific Operating Code items gathered in one place.

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Internal Pass / Double Contact

VC application carried forward, with ACAC Operating Code 1.2.16 alignment.

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Ceiling Contact

First or second team contact may remain playable (**on the same side of the court**) after contacting the ceiling /attached overhead infrastructure above the field of play.

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Ball-Handling Interpretations

VC clarifies what makes a one-handed tip legal: also, clarifies how two-handed actions over the net are judged



HOW TO USE THIS GUIDE

ACAC-specific reminders are reproduced from the Operating Code. The rule-application pages retain the same Volleyball Canada wording and on-court application used in the provincial guide. Governing source documents remain authoritative.

ACAC-Specific Rule Reminders

ACAC OPERATING CODE - ARTICLE I, SECTION 13 - VOLLEYBALL

1.2.1.

The Officials will conduct the coin toss with 23:00 minutes left on the clock before the start of the game. Each team will have exclusive access to the full playing court for 4-minutes: starting at 21:00 minute mark for the serving team and starting at 17:00 minute mark for the receiving team. Opposing teams are not permitted to use free zone/balls during each team's full court access during this period. Teams will return to the benches for shared court access at the 13:00 minute mark. *(Amended August, 2024/December, 2024/April, 2025)*

1.2.7

During the warm-up, teams are permitted a maximum of 16 players (up to 14 from the official roster and 2 additional athletes). All 16 players may be in uniform, they may participate in the official warm-up, and they may sit on the bench. *(Amended May, 2012/May, 2022)*

1.2.9.

Bench and warm-up area personnel shall be limited to 22 participants, 8 of whom, substitute players, may actively participate in the warmup area. *(Amended June, 2013)*

1.2.11

Assistant Coaches will be allowed to stand and move about in the free zone, including the warmup zone. They will also be allowed to communicate with athletes on the bench and on the court while standing as long as they return to a seated position in a timely manner. If communication with the referees occurs while in motion, the coach will be sanctioned at the discretion of the officials. *(Added April, 2019)*

1.2.12.

For ACAC play, 12 substitutions are the maximum permitted per team per set. The 12 substitutions are limited. *(Added May, 2020)*

1.2.15.

Bench players can leave the warm-up box to cheer after a rally and can approach the court without stepping on the court and must retreat to the warm up box before the next whistle. *(Added April, 2023)*

1.2.14

Athletes may wear jewelry including earrings, nose rings, necklaces, eyebrow rings and non-metal rings. The officials have the discretion to ban items which may cause injury or provide an artificial advantage to the player. *(Added April, 2023)*

1.6.1

Teams may designate up to two liberos for each set and have the option to use either or both during play *(Added May, 2019/Amended February, 2026)*

Internal Pass / Double Contact



Rule text is unchanged; the application for the second team contact is clarified.



Volleyball Canada states:

During internal passes (second contact), double contacts made with an overhand finger action will not be punished, if made during one action and the ball remains on the same side of the court.

However, double contacts made during completed attack hits (completely crossing the plane of the net or contacting the opponent block) will be called as faults.

VC: Rule text specific to double contact is unchanged.

ACAC OPERATING CODE ALIGNMENT - ARTICLE I, SECTION 13 - VOLLEYBALL, 1.2.16

'Double Contact' when passing the ball between teammates, using an overhand action with fingers, will be allowed provided the double contact occurs as one action and the ball is not passed over the net. (Added April, 2026)

WHAT THIS MEANS ON COURT

- ✓ **First team contact** Existing first-contact rules remain unchanged.
- ✓ **Second team contact** An overhand finger double during one action is allowed when the ball remains on the same team's side.
- ✓ **Completed attack hit** If that double-contacted ball completely crosses the net plane or contacts the opponent block, it is a fault.



PLAY CONTINUES

- Second team contact.
- Overhand finger action.
- One playing action.
- Ball remains on the same side.



WHISTLE A FAULT

- Second-contact double becomes a completed attack hit.
- Ball completely crosses the net plane, or
- Ball contacts a **legal** opponent block.



Key distinction

The change is not that double contacts have disappeared. VC has clarified when a second-contact overhand finger double is not punished, and when that same action becomes a fault.



Ceiling Contact

The rule text changed, and VC now provides a full application / interpretation.

WHAT CHANGED IN RULE 8.4.2?

2025

8.4.2 included “the ceiling” as an automatic ball-out contact.

2026

8.4.2 removes “the ceiling” from the list of automatic ball-out contacts.

VOLLEYBALL CANADA WORDAGE

Ball Contacting the Ceiling

If the first or second hit of the team contacts / touches the ceiling or venue infrastructure directly attached to the ceiling (E.g. rafters, ceiling joists, etc.) above the field of play and remains available for continuation of the rally (**on the same side of the court**) allowing a second or third contact for the same team, the rally is legal, and the play is permitted to continue.

In the case where the ball contacts / touches the ceiling or venue infrastructure directly attached to the ceiling (E.g. rafters, ceiling joists, etc.) above the field of play and rebounds into the opponent’s court this is ruled a fault..

HOW TO APPLY IT

PLAY CONTINUES

First or second team hit contacts the ceiling or infrastructure directly attached to the ceiling above the Playing Area, and the ball remains available for the same team’s next contact (**on the same side of the court**).

OUT - OPPONENT COURT

After contacting the ceiling / directly ceiling-attached infrastructure above the Playing Area, the ball rebounds into the opponent’s court **or into the opponents free zone**.

OUT - OUTSIDE PLAYING AREA

The ball contacts the ceiling / ceiling-attached infrastructure at a point that is not vertically above the Playing Area.

OUT - WALL / WALL-MOUNTED

The VC ceiling exception applies to the ceiling and infrastructure directly attached to it. For this guide, contact with a wall or wall-mounted structure is treated as out.

SCHOOL-GYM EXAMPLE

A basketball backboard / support mounted to a wall remains a wall-mounted object, even if the structure raises upward close to the ceiling. BUT if it is attached to the ceiling above the Playing Area, then it is considered in play.

Ball-Handling Interpretations

VC provides additional interpretation for tip attacks and two-handed actions.

'PUSH-CARRY-CATCH-THROW' TIP

TIP

Rule 9.2.2

The ball must not be caught and/or thrown. It can rebound in any direction.

VC explains that a legal tip is a one-handed attack where the ball is not caught or thrown, the direction changes only once during the action, and contact is short in time and distance.

NO

Push / Carry / Catch / Throw

1

ONE HAND

SHORT

SHORT CONTACT

LINE

STRAIGHT LINE

Fault indicators: the ball does not instantly rebound; the hand accompanies the ball; the ball is thrown from the palm; or its direction changes more than once.

TWO HANDED ATTACKS

2H

THE KEY QUESTION: WHERE DID THE BALL COME FROM?

This distinction determines whether the action may be judged as a legal block or as an attack hit.

FROM THE OPPONENT'S SIDE

A ball coming from the opponent's side may be legally blocked.
This includes a ball rebounding off the opponent's block.

FROM YOUR TEAM'S OWN SIDE

A ball coming from a team's own side - including a rebound off its own block - is considered an attack hit when directed toward the opponent's court.

Rule 14.1.1 - Blocking

"Blocking is the action of players close to the net to intercept the ball coming from the opponent by reaching higher than the top of the net..."

Plain-language takeaway: A legal blocking action requires the ball to be coming from the opponent. A ball from your own team's side directed toward the opponent's court is an attack hit - not a block.

SEPARATE TWO-HANDED ACTION

A deliberate two-handed attack hit is a fault. A two-handed overhead pass (setting action) sent over the net may be legal; a fault depends on the quality of the contact.