

The Center

Volleyball League Rules and Regulations

Co-Ed

League Format

- Co-Ed leagues will be run on Sunday, Monday and Thursday
- There will be three seasons of play consisting of approximately 16 weeks of play per season, September-December, January-April, and May-August
- Monday and Thursday will consist of 2 time slots 7:00-9:00 PM and 9:00-11:00 PM
- Sunday consists of 3 time slots - 5:00 - 7:00, 7:00-9:00 PM and 9:00-11:00 PM
- The league organizer will attempt to book teams in a rotating schedule, so all teams will play in alternating timeslots.
- Each night teams will play 2 best matches, best 2 of 3. First 2 sets will be 25, cap at 27. Third set is to 15, cap at 17.
- Matches will be to be completed in their respective timeslot, eg. 5:00-6:00 PM. Should a match not be completed at the end of its scheduled time, the set will be awarded to the team with the most points at the end of the timeslot. Should teams be tied in their set when this occurs, teams will play one more deciding point.
- An audible signal will be given upon the ending of a designated time slot.
- If teams are playing their third set when the signal sounds, a team must have a minimum of 5 points to be considered the winner. If a team does not have a minimum of 5 points in the third set upon the signal sounding, the match will be considered a tie.
- At the end of the tiering period, the 2 teams with the most points in each division will move up in tier, and the two teams with the least points will move down in tier.
- Captains will be responsible for recording their scores before leaving for the night.
- Any matches not recorded will result in the match being labeled a tie.
- All matches will be self officiated, should teams disagree on the call of a given play, a reserve will be used.

Rules

- All Volleyball Canada Rules will apply unless otherwise stated
- Teams will be permitted, should they choose, to have a rotation where all individuals rotate in/out after serving in a sequential order. Teams who choose to run this format must have at least 2 females on the court at all times. They must also format the rotation to abide by the spirit of a 4-2 format where 2 females rotate through the front row for every 4 males.
- Teams must have a minimum of 2 from each sex on the court at all times.
- Should a team wish to use a libero, 2 females must rotate through the front row.
- Teams may play with 5 players, in this format if a team has 3 males and 2 females, teams will rotate normally with three players in the front row. Should a team have 4 males and 1 female, a "ghost" player must be used. This player will

rotate with the team, meaning when they should be in the front row the team will only be permitted 2 other players in the front row. When it's the ghosts' turn to serve, the team with 5 players will lose that point and the opponent will serve.

- Teams with 4 players will forfeit their match. Should this occur, teams are permitted to play the match, however any set wins will not be counted.
- Teams with 4 players present 15 minutes after the designated start time will forfeit the first set. 30 minutes after the designated start time a team with 4 players will forfeit the match.
- If a team starts a match with 5 or 6 players and an injury reduces the number of players to the forfeit threshold this team will be permitted to continue their match without forfeiting. Teams will however follow the "ghost" rule if reduced to 4 males and 1 female.
- Teams will not be required to have uniforms.
- The official Volleyball will be the Molten V5M5000; this ball shall be used unless both teams agree to use a different ball.
- All schedules and results will be posted online. The league organizer will attempt to place these results online ASAP; however, delays may occur.
- **Players are not allowed to enter the adjacent court's playing area to play a ball. If the ball crosses into a neighboring court, the rally ends, and the point is awarded to the opposing team.**

Men's/Women's

League Format

- Women's League will be run on Tuesdays
- Men's League will be run on Wednesdays
- There will be three seasons of play consisting of approximately 16 weeks of play per season, September-December, January-April, and May-August
- Leagues will consist of two time slots, 7:00-9:00 P.M and 9:00-11:00 P.M.
- The league organizer will attempt to book teams in alternating timeslots.
- Leagues will consist of "Tiers" ; each Tier will have 4 teams (depending on the number of players in the league).
- Teams will have a maximum of 2 hours to complete 5 sets with their opponent, no matter the outcome of the first set teams will attempt to play all 5 sets within their designated time.
- The winner of each set will be awarded a point. For a maximum of 5 points each week.
- At the end of a 3 week period the team with the highest points in their tier will move up and the teams with the lowest points in each tier will move down.
*Please note the amount of teams moving up and down is dependent on the total number of teams in each tier.

Rules and Regulations

- All Volleyball Canada Rules will apply unless otherwise stated.
- Teams may play with 5 players with a normal rotation, with 3 players in the front row.
- Teams unable to supply 5 players will forfeit their match.
- If a team is unable to field 5 players 15 minutes after their scheduled start time, they will forfeit the first set. 30 Minutes after their start time, a team unable to field 5 players will forfeit this match.
- If a team starts a match with 5 or 6 players and an injury reduces the number of players to the forfeit threshold this team will be permitted to continue the match without forfeiting.
- Teams will not be required to supply uniforms for their players.
- The official volleyball will be the Molten V5M5000; this ball shall be used unless both teams agree to use a different volleyball.
- Teams are permitted to use players from other teams in an effort to avoid forfeiting.
- -All Matches are based on the HONOR System. Please call your own fouls. If teams disagree on a ruling, a reserve will be called.
- All schedules and results will be posted online. The league organizer will attempt to place these results online ASAP; however, delays may occur.
- Team Captains will be responsible for recording team scores on the schedule whiteboard upon their match completion.
- Should no scores be recorded for a given match each team will be awarded 2 points.
- All sets will be win by 2 with no cap
- Players are not allowed to enter the adjacent court's playing area to play a ball. If the ball crosses into a neighboring court, the rally ends, and the point is awarded to the opposing team. .

The Center Default Policy

- Teams that default once will be charged \$80.00 (this charge will be present when the team goes to register for the next season of play).
- Teams that default twice will be charged \$100.00 and will not be included on the list of teams that get the first chance to re-register for the next season of play they are hoping to register in.
- Teams that default a third time will be removed from the league immediately with no refunds.

If an injury occurs during a league match and causes a team to have less than minimum number of required players, the match will be completed with the current number of players present and there will be no forfeits given out due to an injury occurring of someone who originally showed up to play like they were supposed to.

It is the responsibility of the team captain to ensure each week their team is present for their league night in whatever capacity that means (subs, no subs etc). Captains are responsible for finding out game times and communicating any important information with their players. All schedules and standings are available on our website under "Adult Volleyball Leagues" and the schedules are updated as quickly as possible for teams to be able to plan ahead. All league-related communication with the organizer must go through the team captain exclusively.

Team captains, please note that on our website, there is a link called "Meet Up Form" where there is a number of players interested in subbing that have included their names and contact information for teams in need of subs. When in need, this list is a great place to hunt for subs.