

GREATER VERNON RECREATION SERVICES VOLLEYBALL RULES & REGULATIONS

A. PLAYERS -

1. Rosters:

- Team representatives and players are now Associate Members of the BCVA. Team Representatives will receive four issues of Volleyball Canada Magazine and email updates on upcoming clinics and tournaments in the BCVA system.
- A team roster form (green) will be included in your team package and must be returned, fully completed, to your referee, no later than by the **second** night of play.
- This team roster must have the last names, mailing addresses and phone numbers of every player who will be participating on your team, including all spares. It is optional to include your email address.
- No players may be added to your team after the fourth night (except by special application to GVR).

2. Wannabe's:

Recreation Services maintains a list of players that "Want-to-Be" on teams. We usually have players of all calibres and genders looking to play. If you still need a player or two, check out the Notice Board for Players Looking for Teams and Teams Looking for Players on our web site www.vernonvolleyball.ca.

3. Players Eligibility:

- Players must be 17 years of age and *not* attending Secondary School. Teams violating this rule will forfeit all games in which a junior player has participated.
- Players may only participate on one team *per* night.
- Players must participate in a minimum of three nights to be eligible for playoffs.

4. # of Players:

- Each team must have a maximum of six total players on the floor.
- ** In Mixed Volleyball a minimum of three female players and a maximum of three male players on the floor.
- If a team is short a player, it may play with five players of which at least two players are female.
- Only the players present are to be written on the score sheet.

B. LEAGUE PLAY -

1. Match Starting Times:

- Please remember that gym time is extremely tight, matches must begin on time. Teams with less than the required number of players ready to play at the scheduled start time will forfeit a game every 15 minutes (i.e.: 6:00, 6:15, 6:30 & 6:45) until the forfeiting team can provide the minimum number of players.
- If both teams cannot provide the minimum number of players by the scheduled start time, both teams will forfeit games accordingly.

2. Match Duration & Points:

- ** 30 Minute matches will consist of two (2) games against your opponent played in a maximum of 30 minutes. Game #1, will be played to 25 rally points or 15 minutes, whichever comes first. Game #2 will be played to 25 rally points or until the end of your thirty-minute time limit, whichever comes first.
- ** 60 Minute matches will consist of four (4) games against your opponent played in a maximum of 60 minutes. Games #1, #2, #3, will be played to 25 rally points or 15 minutes, whichever comes first. Game #4 will be played to 25 rally points or until the end of your sixty-minute time limit, whichever comes first.
- There is a 25 point cap and games do not have to be won by two points. There are no tie games.
- If teams finish their official games before the end of their time limit, they can continue to play exhibition games until their time expires.

3. Time Outs:

Only one 30 second time out per game. No timeouts can be used in the last minute of any timed game.

C. REFEREES –

1. Referees:

- Vernon is one of the only communities that offer certified referees to its participants. Referees are allocated for each league to set up equipment, ensure fair play, and to encourage the use of proper skills through officiating.
- If a referee has not arrived by the start time of the first match, the teams are to set up their equipment and begin playing.
- A team member should contact Recreation Services at 545-6035 (ext 0) immediately. We will *attempt* to get a referee to the gym as soon as possible. Games will not be re-played or rescheduled.

D. RESPONSIBILITIES OF A PARTICIPANT –

1. Fair Play:

- Participants must accept referees decisions with sportsmanlike conduct, without disputing them. In case of doubt, clarification may be requested through the team captain and only through him or her. Participants must behave respect-fully and courteously in the spirit of FAIR PLAY, not only towards the referees, but also towards their opponent, team-mates and spectators.
- Participants must refrain from actions or attitudes aimed at influencing the decisions of the referees. Every one enjoys volleyball because it is a fun, positive, social team game; let's keep it that way by following these guidelines and playing for the fun of it!

2. Alcohol:

- The consumption of alcohol by players or teams before a match is not allowed and unacceptable.
- This situation posses a risk to the enjoyment of the match and a safety hazard not only to the player(s) in question, but potentially to their opponents.
- This puts the referee in the uncomfortable position of trying to assess the risk management of the situation and deal with players that have been drinking. Referees have been instructed to use rules at their disposal to remove players or teams that are acting in an unacceptable or unsportsmanlike manner.
- Referees are to report the situation immediately and players or teams may face suspension from league play.

3. Warnings, Penalties – Suspensions:

- Participants or teams not keeping within the spirit of the game and violating the Responsibilities of a Participant may face one or all of the following. (Please note they do not have to be issued in this order.)
- Referees are to report the incident and players or teams may also face suspension from league play.
 1. Warning by the Official
 2. Loss of or the Awarding of a point and the serve
 3. Removal from the game
 4. Removal from the match
 5. Removal from the gym

E. RULES –

1. Rules: Normal Canadian Volleyball Association Rules will apply, unless otherwise stated.

1. a Newer CVA Rules:

The following CVA rule changes were adopted beginning in the 2003-2004 season.

- (CVA Rule 4.5) **Forbidden Objects** - It is forbidden to wear objects which may cause injury, or give an artificial advantage to a player. The referee shall **not** permit the following:
 - 1. Finger, hand, wrist, elbow or forearm guards, casts, or braces, made of hard plastic, metal, wood or any other hard substance even if they are padded. Items made from soft materials that are padded and not a danger to others may be permitted.
 - 2. Headwear and jewellery and equipment that could cut or cause abrasions are not permitted.

2. Gender Equity:

** In Mixed Volleyball at least one female player must contact the ball in a series of three allowed contacts. Two men may return the ball in two contacts; however, a woman must be involved in any series of three contacts.

3. No Kicking the Ball:

The ball may make contact with the foot, however the ball may not be kicked i.e.: the foot making a forward kicking motion, either deliberately or as a reflex reaction. This will help the balls last longer and keep players safer on the court.

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F. **STANDINGS –**

1. Divisional Standings:

Standings will be kept for each division and will be posted on vernonvolleyball.ca and weekly in the Morning Star Newspaper. Each game won will be worth one (1) point in the standings.

2. Re-classifying Teams:

- Parks and Recreation reserves the right to re-classify teams during the season based on their divisional standings.
- Teams *will* be moved up or down a division in order to place them with teams that play at a similar level.
- Re-classification will take place following the third or fourth week of play.
- Teams moved between Tier 2 and 3 will be responsible for additional fees or will receive a rebate.

G. **PLAYOFFS –**

1. Playoffs:

- Teams will be seeded in the playoffs based on their final divisional standings.
- All quarterfinal and semi-final matches will be best 2 out of 3 games.
- The final match will be best 3 out of 5 games.
- Playoff games will be to 25 rally points, except tiebreaker games, which will be to 15 rally points.
- Time limits are tentative, as all matches must be played in full.

2. Awards:

- Greater Vernon Recreation Services and their award sponsors will be presenting gift certificates to the first & second place teams.
- **Checkers Bar & Grill** will present a \$100 equivalent food voucher to the Championship Team for playoffs.

H. **MISCELLANEOUS –**

1. Children in Gyms:

Parks and Recreation Volleyball Leagues are adult programs. We suggest that participants not bring their children to matches. Many of our participants are parents and we are aware of the difficulty and expense of babysitting. If you must bring your child to volleyball, please make sure that **they are under your supervision** and that they have an activity to keep them out of the players and harms way.

2. No Smoking:

There is no smoking allowed in or around the schools. The schools are no smoking zones and the principals have requested that players refrain from smoking anywhere on the school grounds.

Vernon volleyball.ca is your virtual home for volleyball in Vernon! Find extra players or a team. Check out one of our drop-in nights or skill clinics.

www.vernonvolleyball.ca