



COMMUNITY SERVICES VOLLEYBALL LEAGUE RULES AND GUIDELINES

NAME OF TEAM: _____

The following is a guideline of the minimal expectations Community Services requires of all league players. *Team leaders are responsible to make sure that all the players in their teams are informed of these expectations.*

- A. If a team is unable to make their game(s), they should use the contact list the coordinator provided to contact the opponent teams. It's also recommended that teams contact **volleyball coordinator** at 250-467-3971 to inform Community Services of the forfeit. If teams know well in advance (at least two days) please phone the volleyball coordinator at 250-784-3631 or email volleyball@dawsoncreek.ca **replacement games can possibly be rescheduled for the teams whose matches were cancelled**. No games will be re-scheduled for teams who forfeit.
- B. **All players should arrive early to set-up and warm-up for games.** Start the match at scheduled time by calling for the team captains. If either team is late by 15 minutes the first game (set, not match) will be won by forfeit/30 minutes late will result in a forfeit of the full match. If a team is incomplete, less than the minimum of 4 players, the opposing team has the option of claiming the win due to the default or to allow play for the win and provide team with players when available. A Borrowed player(s) from another team is considered a default and your team will forfeit the win from the set or match unless agreed upon by opposing team (before the game has begun). In the case a team has less than the minimum of 4 players but has other players arriving late, as long as game play begins on time and the minimum of 4 players is on the court before 15 minutes of first game (set) is up, games can continue without forfeit. Co-ed allows only a maximum of 3 males on the court at one time.
- C. Determine serving team via rock, paper, scissors.
- D. Select a game ball (each team is responsible for supplying their own volleyball) and check net height (Coed 7'11" or 2.43m/Ladies 7'4" or 2.24m).
- E. Establish lines, if a step in will be allowed at service.
(e.g. NLC serving line and SPSS' East Wall servers may step into court.)
- F. Teams are expected to keep their own score or find someone to help by keeping score and to inform teams of the score, especially near the end of each game (set). In a best of 3 match, the deciding set (the 3rd) is played Rally point to 15 points with a minimum lead of 2 points. There is no point limit. If there is less than 5 minutes left in the 45-minute given time slot teams must play to 7 points in the 3rd match with a minimum of 2 lead points.

- G. Call faults in play. Individual players and/or their team captains should play on an honor basis by calling your own violations (net, foot, etc.).
- H. Call the end of each rally when it may not be obvious. If time allows, teams may continue play on court upon completion of match.
- I. Teams are recommended to re-serve if in disagreement of a point.
- J. Determine what score is needed to finish match on time and inform teams. Without a Referee, team captains should consult and decide on a score to finish match if time is running out.

SAFETY/ REPORTING INJURIES: The safety of all members is important and is increased if net and body violations or balls on the court are called promptly. In the case of an injury, the coordinator should be informed as soon as possible and an Incident Form should be filled out and handed in to Community Services within 24 hrs. when seeking medical treatment and 48 hrs. when minor injury occurs. Forms can be printed off the Dawson Creek website or picked up at Community Services office. **Please remember to check the added pages on preparing your body for play to prevent injuries.**

FAULTS: Faults of any sort are called on an honor basis and the play should be stopped immediately. We encourage all league participants to take part in a volleyball clinic.

RULES:

A. PLAYING THE BALL

- a. At the first hit of the team, the ball may contact various parts of the body consecutively provided that the contacts occur during one action. This can occur off the opponent's service or the first hit of the ball after each return of the opponent's play.
- b. Faults: A caught, held, thrown or slam-dunked ball, double hits or 4 hits. A scoop action of the ball is not permitted and is considered a held ball. To make the play with a fist is legal along with a rebound off the hand and/or a quick snap of the wrist, but anything with a prolonged contact is not allowed.

B. PLAYER AT THE NET

- a. Fault: A player touches the ball or an opponent in opponent's space before or during the opponent's attack hit. (A player may block beyond the net after the attack hit or 3rd hit has taken place.)
- b. Fault: A player penetrates into the opponent's court. Players can not cross the center line (including hands, and feet).
- c. Fault: A player touches the net during the action of playing the ball or attempting to play it at the net. (When the ball is driven into the net and causes it to touch an opponent, no fault is committed.)

C. SERVICE

- a. A player must not touch or cross the service line before or during the release of the ball but after it is released. Player may serve anywhere along the service line.
- b. Fault: An attack hit or block off the service.
- c. Faults: Service touches the ceiling or lands outside of the court, not touching any part of the boundary lines unless the opponent touches it before it lands. THE BALL CAN TOUCH THE NET ON THE SERVICE-IT IS STILL IN PLAY.
- d. Faults: ON THE SERVICE, SERVER TOSSES THE BALL UP, BUT LETS IT DROP TO THE FLOOR WITHOUT SERVING, IS A LOSS OF SERVICE AND OPPONENT RECEIVES A POINT AND THE NEXT SERVICE. Only one serve attempt allowed whether complete or incomplete.
- e. THE COED LEAGUE HAS A 5-SERVE RULE IN PLACE. USUALLY, TIER 1 IS THE ONLY TIER TO NOT MAKE USE OF IT. MAJORITY VOTE AT MEETING DETERMINES ANY CHANGE. LADIES LEAGUE DOES NOT USE A 5-SERVE RULE.

D. ATTACK HIT

- a. Fault: Back row players attack hit take-off is on or in front of the attack line (3 meters from the net).
- b. Fault: Back row player attack hits from the front zone when the ball is higher than the top of the net. (If the ball is lower than the top of the net at contact the hit is allowed.)
- c. Fault: Invading the opponent's space.

E. BLOCK

- a. A player may block beyond the net after the opponent has executed an attack hit or the 3rd hit has taken place. Beforehand, the player must wait until the ball crosses the plane of the net.
- b. Three hits are allowed after a block contact.
- c. Fault: The ball is sent "out" off the block.

F. ADDITIONAL TIPS AND NOTES

- a. Players – Watch the ball at all times and know your position and your teammate's position on the court. Communication with your teammates is the key for safety and for teamwork.

RULINGS MADE BY COMMUNITY SERVICES:

- a. All players must be out of gyms no later than 9:30 pm. Please make sure all equipment is put neatly away, garbage is thrown away, and outer doors are closed. Where janitors are present, please take time to let them know you are leaving.
- b. Consumption of alcohol or smoking on school property is prohibited.
- c. Abusive behavior towards local residents, staff and other players is not acceptable. Community Services reserves the right to ban any player or team, without refund, who do not abide by the rules.

- d. NO FOOD, DRINKS, OR OUTDOOR SHOES are permitted in the gym's playing area and NO HEELIES OR PETS in schools. Please enter by way of the Gym entrance. **TEAM CAPTAINS** are responsible for cleaning up at end of night and to see that security locks up
- e. **NO BLACK-SOLED SHOES** In gymnasiums due to marking up the floors.
- f. **NO WANDERING** through the buildings.

***** PLEASE DO NOT WEAR OUTDOOR SHOES IN ANY GYMNASIUM! *****

CHILDREN

Note: CHILDREN UNDER THE AGE OF 15 ARE NOT ALLOWED IN ANY OF THE GYMS.

Note: Players 15 to 19 years old are permitted to play in the league with written consent from a parent/guardian.

PLAYERS ON A TEAM FOR TOURNAMENT

To play in the year-end tournament players should play approximately four times in the entire year to qualify as a team player. Exceptions, at the discretion of the Volleyball coordinator may be made when teams approach coordinator to explain circumstances at least four weeks prior to the tournament as to the reason their team needs an additional player. Exceptions would be made to teams struggling to field a team and those who have injured players, and other possibilities that may arise. We do not wish for any team to have to cancel for the tournament so other team players do not miss out.

PLAYER ON A TEAM ROSTER AND AS A SUBSTITUTE

A MAJORITY VOTE RULES:

Players should commit to one team per league for the season; with the exception of helping out other teams should oppose team agree to their playing on another team.

Substitute in this case refers to: A player filling in for a team who does not have enough players on the court, of similar level of skills as players on that team, as an irregular occurrence with the permission of the opposing team.

Team representatives of both teams should consult with one another in this regard before games begin. This will be done on an honor basis. Due to this ruling, opposing teams will need to be more receptive to the needs of the opposition. Matters of forfeiting or not forfeiting must

be resolved before games begin when determining the need of a team needing a substitute to fill in.

Things to consider: A substitute will want to consider the number of players on the court of the opposing team as well as that of those asking their assistance. A team that wants to offer players to their opposing team should they be missing players on the court, are welcome to do so and the opposing team may agree or not agree.

Team Representative's Name

Signature

Date