



COMMUNITY SERVICES VOLLEYBALL LEAGUE RULES AND GUIDELINES

The following is a guideline of the minimal expectations Community Services requires of all league players. Please make sure to inform your team of these expectations.

1. If a team is unable to make their game(s), they should use the contact list the Recreation Facilitator provided to contact the opponent teams. It is also recommended that teams contact Recreation Facilitator at (250).467.3971 or email volleyball@dawsoncreek.ca to inform Community Services of the forfeit. There is no rescheduling of games when a team forfeits.
2. **All players should arrive NO more than 10 minutes 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) the team on time will win by forfeit/30 minutes late will result in a forfeit of the full match. Your team must have a minimum of four players on the court if not; the opposing team has the option of claiming the win due to default or allowing play for the win (this must be pre-determined to start of game). In the case a team has less than the minimum of four players but has other players arriving late, as long as game play begins on time and the minimum of four players is on the court before 15 minutes of first game (set) is up, games can continue without forfeit. Co-ed must have a minimum of two females on the court at all times.
3. Determine serving team via rock, paper, and scissors.
4. 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) as per Volleyball Canada guidelines.
5. Establish lines, if a step in is allowed at service.
(i.e. NLC serving line and SPSS' East Wall servers may step into court.)
6. Teams are to keep their own score and inform teams of the score, especially near the end of each game (set). In a best of three in a match, the deciding set (the 3rd) you play to Rally point of 15 points with a minimum lead of 2 points. No matter what point you are at come the 45-minute mark you will end whether you made it to rally point. No

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7. 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).
 - I. There will be no blocking in any leagues as per “Volleyball BC Return to Play” section 13.
 - II. CO-ED- men will have to hit behind the attack line; a violation is made upon stepping on the line.
 - III. Tipping from any individual in any league is not permitted.
8. 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.
9. Teams are to re-serve if in disagreement of a point.
10. 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

All Rules refer to “Volleyball Canada Official Rules” (2019-2020). For further rules please visit: https://volleyball.ca/uploads/Development/Referee/Rules/Rulebook_Files/Current_Year/2019-20_VC_Rulebook_En_FINAL_v3.pdf

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. COED- male players must hit behind the 3 meter line
 - I. Fault: Back row players attack hit take-off is on or in front of the attack line
- b. Fault: Back row players attack hit take-off is on or in front of the attack line (3 meters from the net).
- c. 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.)
- d. Fault: Invading the opponent's space.

E. BLOCK

- a. There will be NO blocking until further notice to comply with COVID-19 return to play rules as per “Volleyball BC Return to Play guidelines”(pg. 14).

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: Based on agreement with School District 59/ viaSport Guidelines and BC Volleyball Guidelines for COVID-19 play

- a. All players must be exit the gym following each game except the team playing the next game to ensure cleaning all touch point. All Players must be out of the gyms out of gyms no later than 9:00 pm. Please make sure all equipment is put neatly away, garbage is thrown away, and outer doors are closed.
- b. IMPAIRMENT
 - i. Consumption of alcohol, narcotics or smoking on school or city property is prohibited.
 - ii. Intoxication at our programs is prohibited
 - iii. Zero tolerance concerning these rules. The following will occur if rules are not honored:
 - 1. Will be asked to leave the premises immediately
 - 2. Letter of conduct will be sent
 - 3. Second occurrence will result in the removal from the League
- 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 permitted in the gym 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. Please come dressed prior to entering the gym as the dressing rooms will not be available
- g. Limit the items you bring in the facility; leave all personal items behind except water bottle and inside shoes

- h. Upon entering the gym every game please use the Pre-screening Questionnaire provided but will also be posted on the gyms to be mentally completed
- i. There will a clear bin placed in each gym with Microban, paper towel, gloves, hand sanitizer, masks, and any necessary cleaning supplies along with MSD sheets. The first game of the night Recreation Facilitator will have wiped everything down including nets and any touch points! Following the game the team playing again will be responsible for wiping all touch points in the gym including net if touched. Recreation Facilitator will be arriving to wipe down bathrooms and help with touch points that have yet to be done in-between games at both facilities. Between all games teams not playing right away need to leave the facility! Please do not enter a facility until 10 minutes prior to the game start
- j. Bathrooms will cleaned before and after each use by player with provided cleaning supplies
- k. **NO WANDERING** through the buildings.
- l. There will be **absolutely NO** spectators in the buildings which includes children/infants.
- m. Social Distancing must be maintained pre and post games
 - i. Do not congregate in the parking lot or in facilities
- n. Players:
 - i. All team members must live in **Dawson Creek, Pouce Coupe, Area D and E residents only (no Alberta players or teams at this time).**
 - ii. All players must be free of symptoms and complete a Pre-screening Questionnaire prior to entering the facility
 - iii. CO-ED- must have minimum of 2 females on court at all times
- o. Spares
 - i. Spares must **NOT** to show for games
 - ii. Spares can **NOT** be swapped during a nights game, including from one game to another.
- p. Maximum of **6** team members per night in the gym.
 - i. Maximum roster is set at 8 players per team.
 - ii. Zero tolerance rule; you will be asked to leave immediately
 - iii. Reoccurrence can result in team elimination from league
- q. The recreation facilitator will be rotating throughout the night to each gym to ensure the cleaning is kept up and rules are followed

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

CHILDREN

Note: Due to COVID there will be NO children, infants or spectators allowed in any facility. This rule will be heavily enforced leading to the parent and child being asked to leave immediately.

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 opposing 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.