

CO-ED INDOOR VOLLEYBALL

League Rules



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TABLE OF CONTENTS

1. EVENT COORDINATORS	PAGE 3
Roles of the EC	PAGE 3
Roles of the Team Captains	PAGE 3
2. DEFAULT MINIMUM SCORES	PAGE 4
3. FORMAT & EQUIPMENT	PAGE 4
Game Format	PAGE 4
Scoring	PAGE 4
Equipment	PAGE 4
4. SEASON LENGTH	PAGE 5
5. PLAYOFFS	PAGE 5
6. ROSTER	PAGE 5
7. GAME PLAY	PAGE 6
Service	PAGE 6
Playing the Ball	PAGE 6
Net Rules	PAGE 6
Violations + Faults	PAGE 7
7. DIVISION SPECIFIC RULES	PAGE 7
Recreational	PAGE 7

1. EVENT COORDINATORS

An Event Coordinator (EC) is a staff member of the Cavalry FC Regional Field House, who will coordinate games and manage the facility.

ROLES OF THE EC

- Arrive early, and act as the onsite contact for the facility
- Bring all required equipment and permits to the facility
- Update players with pre-game announcements
- Ensure that games start and end on time
- Record the scores and submit to the Field House office

ROLES OF THE TEAM CAPTAINS

TEAM CONTACT

- All correspondence from the Field House office will go through the team captains.
- Captains are asked to respond to all correspondence in a timely manner when dealing with schedule changes, defaults, sportsmanship issues, or other requests.
- Captains are expected to pass on all important information to their teammates.

MANAGING THE ROSTER

- Recruiting enough players to fill the roster prior to the start of the season.
- Avoiding defaults by confirming players prior to each game.
- Finding subs for games when short players.

SPORTSMANSHIP

- Managing the actions of their teammates.
- Bringing up concerns with the opponent in a respectful manner.
- Submitting a sportsmanship rating for the opposition to the Event Coordinator (EC) at the end of the game (n/a for Badminton, Pickleball or Volleyball).
- Liaising with the Field House office on any sportsmanship issues and follow-up.

REPORTING SCORES

- Record the game results on the score sheet after each game/match.
- Captains are expected to submit the score to the Coordinator at the end of the game.
- If score disputes arise, captains are expected to work together to decide the final score before reporting it to the Coordinator.
- Captains do not have to report the scores directly to the Field House, this is the duty of the Coordinator.

2. DEFAULT MINIMUM SCORES

League	Minimum Players to Avoid Default	Default Score
6's	4	0 - 25; 0-25

3. FORMAT & EQUIPMENT

GAME FORMAT

- Players should arrive 15 minutes prior to the scheduled game time
- Teams will play two matches per night against different opponents
- Each match will be a best-of-three games format

SCORING

- All games use a rally-point scoring system
- **Game 1** – first team to 25 points (do not have to win by 2 points)
- **Game 2** – first team to 25 points (do not have to win by 2 points)
- **Game 3** – first team to 15 points (do not have to win by 2 points), if close to time limit first team to 8 points
- A total of 5 combined points must be played in a game for the result to count
 - If the EC is required to call 'time' on a match, finish the current point
 - The score will stand as-is, unless the combined score in the current game has not reached a total of 5 points, in which case the game will not count
 - Regular Season: ties are allowed, sets capped at 27 points
 - Playoffs: ties are not allowed:
 - If each team has won a game, and a total of 5 points have not been played in the 3rd game, the team with the higher combined point differential in Game 1 and 2 is the winner
 - If still tied, one additional point must be played to determine the winner

EQUIPMENT

- Players must wear clean, non-marking, indoor shoes
 - No outdoor shoes are allowed
- Knee Pads are recommended
- Volleyballs and Scoreboards will be supplied by the Field House

4. SEASON LENGTH

JANUARY 28 - APRIL 8

- 9 Week Play (total matches 16)
- 1 Playoff Week (2 matches)

5. PLAYOFFS

- Playoff Format:
 - All teams are guaranteed 2 playoff matches.
 - Only the Top 4 teams will compete for the League Championship.
- League champs will receive t-shirts that can be picked up from the Season-end Party.
- There are no ties in playoffs.
 - A minimum of 5 total points must be played in any game for it to count.
 - If time is called, the team who has won the most games wins the match.
 - If both teams have won the same number of games:
 - The team with the higher point differential wins the match.
 - If teams are tied in point-differential, one additional tie-breaker point must be played.

6. ROSTER

Format	Ideal Roster Size	Total # of Players Required on the Court
6's	8	6

- When registering a full team, there is no limit to the maximum number of players that can be on the roster.
- Prior to the first game of the season, teams must have **6** players confirmed on the roster. This number is equal to the total number of players required on the court in the above chart.
 - If the minimum amount of confirmed roster players is not met, the team will receive a loss for every game played until the requirement is met.
 - Must have a minimum of 2 females on the court.
- Prior to the first playoff game, teams must have all players who are playing in the playoff game(s) displayed as part of the confirmed roster.
 - If this requirement is not met, teams will receive an automatic loss and will not be eligible for the championship.
- A team may bring in subs that are not listed on the roster.

7. GAME PLAY

SERVICE

- Teams can use any suitable means to determine who gets to serve first or pick a side
- Service alternates between teams for the start of each game
 - If a third game is played, teams need to re-determine who gets to serve first or pick a side
- Only one toss or release of the ball is allowed per serve
- If you catch the ball on your toss while serving, point goes to the other team and they get the serve
- If a serve touches the net on the way over, the ball is in play

PLAYING THE BALL

- A maximum of three touches or hit per side is allowed (excluding any blocks)
- A single player may not touch the ball twice in succession (unless the first touch is a block)
- Players may contact the ball with any part of their body, including below the waist
- A ball that rolls along a player's body is deemed an illegal hit
- Players cannot block or spike a served ball
- A double-hit off the serve, or a hard spike is allowed
 - Ex. The serve hits the defender's arms then chest
 - Includes a ball hitting the defender and then the net, the player could hit the ball again

NET RULES

- Players are permitted to penetrate into the opponent's space under the net, as long as they do not interfere with the opponent's play, including the opponent's feet
- Players may not pass their hand over the net to interfere with an opponent's attack
- Players are permitted to pass their hand over the plane of the net when:
 - Blocking
 - Following-through on a spike
- Players may contact the net as long as it does not interfere with play
- Net contact resulting in interference is defined as:
 - Touching the top band of the net or antennae while playing the ball, including a fake attack
 - Taking support from the net while playing the ball, or pulling down on the net
 - Hindering the opponent's ability to play the ball
 - Purposely touching the net to change the direction of the ball

VIOLATIONS + FAULTS

Players are to call their own faults. If an obvious fault is missed, a player on the opposing team may politely point this out, assuming that their opponent either does not know the rule or missed their own fault. Generally, teams should NOT call faults against their opponents.

- Players are to call balls in or out of bounds
 - If there is a dispute, resume play by re-serving the ball with no point awarded
- Other faults include:
 - Carries, double-hits, touching the net, going under the net, and contacting another player

8. DIVISION SPECIFIC RULES

RECREATIONAL

- There is a maximum of 5 consecutive points allowed per server
 - If the maximum is reached, the team will rotate to the next server and keep possession
- Jump serving is not permitted
- Back row attacks are not permitted
- Liberos are not permitted
- Hard-smashing is not permitted