



CVSSC Indoor Volleyball Rules

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1. Weather Policy: If the schools are closed due to snowfall, then any school gyms will be closed for the evenings as well. Also, if it is too dangerous for you to drive, do not drive. While it is quite difficult to re-schedule games, especially with a crunch on gym time and the unpredictability of snowfall, the CVSSC tries to book extra time for the possibility of a gym cancellation or snow closure. The CVSSC cannot guarantee a full schedule of games, but will try its best. ***We will also do our best to post cancellations ahead of time on our Facebook page when we know, as it is not always possible to contact everyone ahead of time. Please check there first if you are iffy about a game.** If you have any questions, please call Scott at 250.898.7286.

2. Equipment:

- a) Team captains and any assisting players should put up the nets upon arrival, if they are not already up, and help take them down post-game if they're the final group. Teams should either leave the nets at the height they've been set at, or if both teams agree, they can adjust the height to something more suitable. Typically the height setting is one of the middle choices.
- b) Balls and scoreboards will be provided by the league. However, if no league balls are available, the CVSSC has applied to use balls from the school.

3. Match Play and Format:

- a) Matches start as scheduled (check sked for exact start times), so please arrive on time, or up to 10 minutes early to the gym to change, warm up and stretch.
- b) Each match is a best-of-three format. The first two games go to 25 points and the third is a tie-breaker, if needed, and goes to 15 points. The first team to the capped point totals wins, so teams do not need to win by two points to claim victory. A point can be scored by either team on every serve.

- c) Teams will typically play two matches in an evening (75-90 minute timeslot). Time constraints may force some games to end prematurely, which is why it's important to start on time. In these cases, the team in the lead when the game is ended wins that game. At least five points must be scored in a game for it to count.
- d) Teams are comprised of six players on the floor, with at least two being women. Players can rotate off the court for subs, but at least two women must remain on the floor at all times. There is no limit to a roster size and teams can add players at any point during the season to avoid a default, however, it is the team captain's responsibility to make sure those players know the rules, respect property and sign the waiver.
- e) Teams can play with a minimum of three players, though at least one has to be a woman. Teams playing with just one woman will start each game with a five-point deficit, and three-point deficit in the tie-breaker.
- f) If a team cannot field at least three players, with one of those being female, within 10 minutes of the start time, they forfeit the first game. If they cannot field that many players within 20 minutes of the start time, they forfeit the second game and the match. Same rules apply for second match. Defaults are recorded as a 2-0 sets loss in the standings. However, please split up bodies and play for fun.
- g) Teams that default twice will be put under review and may be suspended. (Please call around and try to find subs and show up with as many players as you can, even if you think you're short).

4. General Rules of the Game:

- a) Teams play "rock, paper, scissors" to determine which side gets first serve. After that, the team that lost the previous game always gets first serve.
- b) Each serve represents a point that can be won by either team. A player can only have five consecutive successful serves before rotating to the next player on his/her team to serve.
- c) If there is a dispute over a point (as in, whether the ball was in or out of bounds, or a carry was committed, or whether someone grazed the net) and the two sides can't come to an agreement on the outcome, please re-serve the point and bring up any problems after the match to the CVSSC rep.
- d) Generally, teams call their own fouls and whether the ball was in or out on their side of the net. An opposing team may politely point something out if they think something was missed, as some times both sides don't know all of the rules.
- e) Teams have up to three touches to volley the ball back to the other side of the net, and please do your best to use all of them to keep everyone involved.
- f) Players must rotate one position clockwise after every change of serve, allowing everyone to play front and back row positions.
- g) If a serve touches the net on the way over, it is still in play.
- h) Serves cannot be blocked or spiked.
- i) The list of fouls includes carries, double hits, touching the net, going under the net and contacting an opponent. These result in a point for the opposition.
- j) Players can contact the ball with any part of the body, including below the waist.

- k) When an attack is partially blocked and the ball ends up on the blocker's side of the net, the block does not count as one of the three allowable hits.
- l) Players may only break the plane of the net with their hands in the attempt to block an attack, or to make an attack.
- m) Only off a serve or attack can a ball be double-hit (off arms and then chest), as long as it is in one smooth, continuous motion.

5. Hitting:

- a) Until the league can grow enough to separate into different skill level groups, please come to an agreement with your opponent before the match on the level of hitting that should be involved. It is up to the two captains to decide this and communicate it to their teammates. In general, games follow a no hard-hitting rule (tips, softer hits and directed hits are allowed), but if both teams want to play with spikes, they can. Please take care not to spike at inexperienced players, as it is important that no one gets hurt and that you respect the other team.
- b) If one team feels the other is hitting too hard, please have the two team captains talk and work out a solution on what is acceptable.
- c) Back row players cannot leave their feet to spike a ball over the net. Please leave the spiking to the front row. However, any player at any position can keep their feet planted and use the spiking motion to send the ball over the net.
- d) Try not to contact the net when hitting and playing and call your own net infractions, particularly when they're obvious. A net infraction is a loss of that point.

6. Scores, Standings and Playoffs:

- a) Scores should be recorded on the scoreboards as the games go on and relayed to a CVSSC rep by the team captains. If a CVSSC rep is not at the gym, both teams should email scores to info@comoxvalleysports.ca by the next afternoon so that they can be added to the standings. If only one team reports a score, that score will be used. Standings are online at www.comoxvalleysports.ca.
- b) The standings will be determined by number of games won. The first tie-breaker will be the team with the fewer losses followed by sets won.
- c) The CVSSC retains the right to move teams up or down in league skill levels at any point in order to keep games competitive and fun.
- d) The playoffs could comprise of as many as the final two weeks of the season. Matches will be set by the CVSSC based on the standings at that point.

7. Alcohol/Smoking Policy, Waivers and Facilities:

- a) The facilities used by the CVSSC are rented from SD71 and/or the local parks and recreation facilitators. Players must follow the rules and guidelines set out for each facility and are responsible for any damage.
- b) Alcohol, drugs and smoking of any kind is strictly forbidden in the school gyms or in parking lots.
- c) Players are expected to clean up after games and not leave any garbage behind.
- d) Any player causing the CVSSC to receive a complaint about the facilities may be suspended.

- e) All players must sign a waiver before starting play, including new players added during the season.
- f) Players are asked to show up 10-15 minutes before game time to be ready to start at game time. Some facilities may not let players in ahead of time, so please be patient and respectful.
- g) Please wear clean, non-marking runners. This may mean bringing a change of shoes. Please change shoes before entering the gym and leave them outside the gym. This is important to prevent wetness on the gym floors, which can be dangerous. You may not be allowed to play if you do not have a clean, dry pair of non-marking shoes.

*Volleyball is a fun sport and we'll do our best to keep it that way for all skill levels, so please try to play safe and play to the level of play on the court. Be fair in calling your own fouls and make sure you have a blast out there. That's what's most important.

Got questions or suggestions? Please contact us at info@comoxvalleysports.ca and visit www.comoxvalleysports.ca.