

# **Niverville Co-ed Indoor Volleyball League**

## **Rules & Regulations**

1) **Players/Roster:** A Roster of at least 6 players is required to begin the season.

2) **Ineligible Players:** Players must be 18 years of age or older, and must be able to provide proof of vaccination in order to use the facilities. Priority will be given to teams with players residing in the rural South end. Niverville, Ile Des Chenes, St.Adolphe, Grand Pointe, Landmark, Lorette and Linden.

3) **Attire:** Appropriate gym/athletic-wear is required. Please remove jewelry that may be a safety concern to yourself and others.

4) **Equipment:** The league will provide ONE game volleyball to each team. Teams are responsible to bring the volleyball to each game and notify in the event of any damage to the game ball so that it may be replaced prior to the next game. At the end of the season the Captain of your team will return the ball to the league manager - Andrew Maronese.

5) **Points/Scoring:** The best of five(5) games determine a win. **Games 1 through 4 of each match are to 25 points, then next point wins. Game 5 is to 15 pts then next point wins.** Game sheets with roster and scores will be provided for each game and must be filled out and submitted to the league manager, emailed to [nivervillebeachvolleyball@gmail.com](mailto:nivervillebeachvolleyball@gmail.com). You can take a picture if you don't have a scanner but must be legible. Score sheets must be in within 48 hours of the game,

6) **Calling the Play:** We do not have officials, we operate on **an honour system**. All players are expected to understand the rules and **call your mistakes**. If there is a concern, team Captians should take a time-out and discuss. **Fair play is held to the highest standard**. Our purpose is to **have fun and play good volleyball**. **RESPECTFUL SPORTSMANSHIP** is held to the highest expectation for all league players. Teams who do not call their own fouls will be considered to be conducting unsportsmanlike behavior, and will be subject to ejection from the league after three (3) complaints.

a. Contact with the Net by a player IS a fault when it occurs in the course of playing the ball or attempting to play the ball. Accidental contact with the net where the player is not playing or attempting to play the ball is not a fault unless it interferes with other players or the ball in play.

b. Only when returning the ball may a player follow through over the net. Playing the ball in the opponent's air space is not permitted except for when following through a legal block or attack. Only once the team in possession has contacted the ball on the third touch or it has crossed the net, does the ball become the possession of the opposing team. i. Ie: the defending team may not reach over the net to play the ball on the first or second play of the ball when if they do not have possession of the ball. The defending team may only block or receive the ball when it crosses into the receiving team's airspace above the net. ii. A block may be pushed back into the opposing team's airspace providing the initial contact occurred in neutral airspace, or is on the third legal touch of the ball. iii. After the third contact to the ball, the defending team may choose to attack or block the ball in the airspace above the net. Normal follow through over the net is permitted in a legal attack.

d. The serving team must call the serve into play to ensure the receiving team is prepared for the serve. Failure to do so may result in loss of serve.

e. No more than three touches may be made before the ball is returned, a block at the net is NOT considered a touch however a block of the serve is illegal.

f. **A ball is considered "IN" if it touches the court lines. Call Fairly, Re-Serve if needed.**

g. Teams must have 6 players on the court to win a game. Not-negotiable. In the event of a forfeit due to not meeting minimum players, scrimmage games may still be played with 4 or more players. In the event of a forfeit, the forfeiting team will be charged a fee of \$10.

i. In the event of an injury, teams may continue to play with five (5) players, providing games were started with 6 in attendance in physical condition to play.

j. Subs/additional players rotate into the serve position. Starting rotation requires alternating men/women positions.

7) Co-Ed Variations: Co-Ed game variations as per 2016-2017 Volleyball Canada with some exceptions and additions. (<https://www.volleyball.ca>)

a. Team Composition: A minimum of two (2) men and a minimum of two (2) women will be on the court at all times. In the event that a team does not meet the minimum number of women on the court, the game will be automatically recorded as a loss. Teams may still play their game upon mutual agreement of both teams, providing there are 6 people on the court.

b. When attacking, male players are only allowed to jump when hitting from behind the attack line. This includes front and back row male player. Jumping is allowed to block or tip hands straight up no angle the ball before that line. An attack is defined by a ball being returned over the net at any downward angle, the attacking player having left the ground. ii. A legal tip is returned over the net by a touch with the fingers of one hand, where the player does not hold or throw the ball. The arm motion is mainly restricted to the wrist.

c. Two men may not block side-by-side in any blocking combination.

d. Any attack play must include a woman in the play, with the exception of an attack on the first touch of the ball.

e. Net height set as per court conditions.

8) Home Team: A coin toss will determine the Home Team. Home Team are responsible for providing the game ball,

9) Away Team: Responsible for filling out the game sheet, initiating game start, scorekeeping, obtaining captain's signatures, and sending in game sheets.

10) Court Rental: It is extremely important that court and viewing area is kept clean. Please observe the facility rules. Please remove all garbage at the completion of the match to avoid fines.

11) Sportsmanlike Conduct/Fair Play: Participants and spectators must behave respectfully in the spirit of FAIR PLAY toward the players, team-mates, spectators and school employees. Rude conduct will be described as action contrary to good manners or moral principles, or any action expressing contempt. Offensive conduct, the use of defamatory or insulting words or gestures, or destruction of property will result in immediate and permanent ejection from the league and possible criminal charges.

12) Complaints: If your team has a complaint regarding the conduct of another team, please observe a waiting period of 48 hours prior to contacting the other team, or submitting a letter of complaint to the league. Upon receipt of THREE (3) complaints, the offending team will be ejected for the remainder of the season and may result in permanent ejection from the league.

14) Registration payment of \$150 per player must be received prior to the first league night, October 27th, 2021. Any late registrations will be subject to a \$25 administration fee. Payment may be made through Niverville Recreation Center registration.

**Thanks,**

**Andrew Maronese**

**Niverville Co-ed Indoor Volleyball - League Manager**