

Team Information for Volleyball Leagues

Your team rep is the spokesperson for your team. All communication between the league and the teams needs to be done through the team rep or a team rep designate in case of their absence.

Team Rep Responsibilities

- When registering, ensure all contact details, especially email addresses are correct in your Perfect Mind account. The person who registers will be the one who receives all correspondence regarding the league.
- Roster forms, current team information, and schedules will be sent to the team representative via email.
- Checking the Vernon Volleyball facebook page <https://www.facebook.com/VernonVolleyball/> for stats and news updates to do with our volleyball leagues. You do not have to be a facebook person to access the content off of the page as it can be viewed by anyone with internet access as a regular webpage.
- Informing your teammates of the above
- If your team is looking for players, please post to our facebook page

Fair Play

- Players must accept referee decisions with sportsmanlike conduct and without dispute. If there is doubt, only the team captain may ask for clarification.
- Players must treat referees, teammates, opponents, spectators, and facility staff respectfully and courteously
- Players must refrain from actions or attitudes aimed at influencing a referees decision.

Warnings/Penalties/Suspensions

Players or teams not participating within the spirit of the game will be facing consequences based on a three strike system.

- o Strike One is a warning by the referee followed by an email from the Programmer/Coordinator
- o Strike Two is a one-week suspension with a phone call and email from the Programmer/Coordinator
- o Strike Three is a suspension from the league for the remainder of the season with an email from the Programmer/Coordinator and a note put on the player's file.

Gender Equity

- In MIXED leagues at least one female must contact the ball if the ball is hit 3 times.
- In MIXED leagues, two men may return the ball if the ball is only hit 2 times.

of Players

- Each team must have a maximum of 6 total players on the floor.
- In MIXED Volleyball, a MINIMUM of two females and a MINIMUM of one male are permitted on the floor.
- In MIXED volleyball, a MAXIMUM of 3 men are permitted on the floor.

- If a team is short a player, it may play with 5 players of which at least 2 are female, and at least 1 male.

Player Eligibility

- Players must be 17yrs or older and not attending Secondary School to be eligible to play in our leagues. Teams violating this rule will forfeit all games in which a junior player participated. You may ask the ref to confirm ID if you suspect an underage player or defer to the Recreation Programmer to make an inquiry
- Players may only participate on only **one team per night**.

Players or Teams Looking

- If teams are looking for players or if you know of players looking for teams, please encourage them to use and post to the visitor section of our facebook page <https://www.facebook.com/VernonVolleyball/>

Referees

Vernon is one of the only communities that offers certified referees to its participants. Referees/gym supervisors are allocated for each league to set up equipment, ensure fair play, and to encourage the use of proper skills through officiating.

- If a referee hasn't arrived by the start time of the first match, teams are to set up the equipment and begin play
- A team member should contact Recreation Services at 250-545-6035 ext 0 immediately. We will attempt to get a referee to the gym as soon as possible. Games will not be re-played or rescheduled
- Any games in leagues where referees are promised but don't show up, teams will receive a credit shared between them for the cost of the referee
- Queen of the Court and King of the Court is not refereed. There is a coordinator on site to organize, time the games, and ensure fair play.

Rosters

- **Turn in team rosters to the referee or coordinator on Night One.**
- All rosters will be checked by the coordinator prior to the third night to ensure completion.
- It must have last names, addresses, and phone numbers of every player who will play for the team, including spares.
- Maximum of 12 names total on your roster.
- No players are to be added to the roster after the league begins (except by special application to the coordinator and/or recreation programmer).

Stats

- Facebook page will be updated with league stats once per week

Match Start Times and Defaults

- Teams with less than the required number of players will forfeit games in the following manner: 5 mins after the scheduled start time of the match and then 5 mins after that for every set. So, if your match starts at 6pm, you'd default your first game at 605, second game at 610, third

game at 615, etc. The default will occur until 5 players are present or at the referee's discretion if some players show up stating the rest will be there shortly.

- Default games are recorded as 25-0 and an exhibition game is overseen by the ref until the first 15 mins has expired.
- Refs are NOT permitted to play in an exhibition game as they are working and being paid to ref, not to play
- If both teams can't provide the minimum number of players within the grace period, both teams will forfeit each game accordingly but may play unofficially as they have paid for use of the court.
- If a team is a no show the other team they were scheduled to play against can use the court for practice/drills.

VBall Game Play Rules

- 1) Normal CVA rules apply, unless otherwise stated
- 2) Contact with the net or antenna is not a fault, except when a player touches them during his/her action of playing the ball or it interferes with the play
- 3) It is forbidden to wear objects which may cause injury, or give an artificial advantage to a player. The referee shall not permit the following:
 - a. Finger, hand, wrist or forearm guards, casts, or braces made of hard plastic, metal, wood or any other hard substance even if it is padded. Items made from soft materials that are padded may be permitted if there is no danger to other players
 - b. Headwear and jewelry and equipment that could cut or cause abrasions are not permitted
- 4) In Coed volleyball one female player must contact the ball anytime the ball is played 3 times. Two men may return the ball in two contacts
- 5) The ball may touch any part of the body
- 6) If the ball hits the ceiling on any side of the court it is out of play

All Leagues

- One 30 second timeout per game is permitted
- There is a 25 point cap on each game and games DO NOT have to be won by 2 points. There are NO tie games
- If teams finish their games before the end of their time limit, they can continue to play exhibition games until their time expires (55 min).

Recreational & Competitive 60 min Leagues

- Each match consists of 3 games that count towards stats.
- Games are played 25 rally points
- 4th game is exhibition (does not count toward stats) and is played to time remaining (55 min total).

Playoffs

- All players must have played in 2 regular season matches. If a team would like to call out an opponent for an unqualified player, the information will be forwarded from the ref to the

Coordinator after the game who will go through the score sheets. If a team has used an unqualified player they will be disqualified from the match.

- Playoff games are 2 out of 3. The first two are to 25 points, won by two, capped at 28. The third one is to 15, won by 2, capped at 18.

Levels of Play

- The Recreation Programming department reserves the right to move a team between pools depending on skill level and performance in order to facilitate a better experience for all teams.

Questions/Comments/Criticisms

The Vball Coordinator and Recreation Programmer want feedback from the participants and referees regarding our leagues.

- If there is a question, concern or criticism that you or your team has, please contact the coordinator or programmer and someone will contact you immediately.

Important Numbers

Rec Account Inquiries: Recreation Services Front Office o- (250) 545-6035 (ext 0) – greception@vernon.ca

Scheduling: Tima Coad, Recreation Programmer o- (250) 550-3669 email - TCoad@vernon.ca

Forfeiting a match: Nancy Agassiz – Vball Coordinator c - (250) 503-6631