

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 and current team information will be sent to the team representative via email.
- Checking the Vernon Volleyball facebook page <https://www.facebook.com/VernonVolleyball/> for schedules, stats, changes and everything else 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 rep 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 may face one or all of the following (Please note they do not have to be issued in this order)

- o Warning by referee
- o Loss of or the awarding of a point and the serve
- o Removal from the game, gym, or match

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.
- 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/>

Net Heights

- Mixed Volleyball – 2.35 m (Midget Men or second hole on poles) PV GYM is W + 4 fingers
- Women’s Volleyball – 2.24 m (Women’s or third hole on poles) PV GYM is W + 4 fingers
- King of Court – M + 4 fingers.

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
- Players must accept referees decisions with sportsmanlike conduct and without dispute. In case of doubt, clarification may be requested only through the team rep.

Rosters

- Ensure team rosters are turned in on the first night of play. The reason for this is that vaccine passports must be checked against this information on the first night.
- It must have last names, addresses, and phone numbers of every player who will play for the team, including spares.
- Maximum of 8 players 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 matter 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) While crossing net (within the crossing space), the ball may touch the net and still be in play
- 3) 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
- 4) 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
- 5) One female player must contact the ball anytime the ball is played 3 times. Two men may return the ball in two contacts
- 6) Using your foot in any capacity to play the ball is permitted

All Leagues

- One 30 second timeout per set 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.

Recreational & Competitive 60 min Leagues

- Each match is 55 minutes and consists of 4 games
- Games are played 25 rally points.
- 4th game is played to time remaining.
- If all games are completed before time ends teams may continue to play for fun

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

Nancy Agassiz – Vball Coordinator c - (250) 503-6631 email – neagassiz@telus.net

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

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