



GRASS VOLLEYBALL LEAGUE RULES

Last Updated: August 7, 2009



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1. RECENT REVISIONS & UPDATES

Last Updated

August 7, 2009

- Rosters and Subs (Section 7): Updated section to include roster requirements for Grass 4's
- League Specific Rules (Section 13): Updated section to include specific rules for Grass 4's

April 8, 2009

- Rosters and Subs (Section 7): Clarified sub policies for playoffs.
- Facilities (Section 8): Clarified rules regarding treatment of facilities including alcohol consumption and ejection policy.

2. SPORTSMANSHIP

The SSC encourages a fun-first, winning-second attitude in all leagues. All players are expected to abide by the SSC sportsmanship policies, any player or team who does not will be subject to suspensions or league expulsion.

ZERO TOLERANCE POLICY

In order to promote a safe and sportsmanlike environment for its players, the SSC has clarified its stance on unsportsmanlike behaviour. All players must understand the expectations for playing in SSC leagues. The Coordinator and/or the Team Captain is required by the SSC to ask players to leave the gym/field if they are involved with any of the following acts:

- Swearing directly at another player or the Coordinator.
- Intentionally pushing, shoving or making physical contact with another player.
- Making comments to instigate an altercation with another player.

In addition to being dismissed from the game, a one week suspension (or more) may be assigned by the SSC to the involved player or team.

REPORTING SPORTSMANSHIP CONCERNS

- If during the game you have a concern with the other team, address the issue respectfully with the team captain at the appropriate time (during play on the sidelines or at halftime).

- If at the end of the game you do not feel that the issue has been resolved, report the details of the issue to the SSC by 5pm the next day by using the online complaint form - [Click here](#).

Click on the links below for full details on the following topics:

- [Full sportsmanship policy](#)
- [End of season sportsmanship rating review](#)
- [How the SSC handles complaints](#)
- [Nominate a Lady Bing Team](#)

3. WAIVERS

- All players must sign a [waiver](#) every season before playing their first game. The waiver can only be completed online.
- Any player that subs in (even if only for one game) must fill out a waiver prior to playing. Captains are responsible to ensure that this is done.
- The waiver outlines the SSC's liability and sportsmanship policies.

4. WEATHER POLICY

The SSC office is not open on weekends so all Saturday and Sunday games are subject to the rain or shine policy!

Weeknight games are played in most weather conditions and are rarely canceled. In the event that the SSC deems the fields unplayable, the weather update bulletin on the SSC website will be updated no later than 5:00pm on game day. If games are canceled, they will be re-scheduled. If the weather bulletin states that the games are "on", the rain or shine policy will apply.

RAIN OR SHINE POLICY

- Teams must report to their field regardless of weather conditions, or be subject to default rules.
- If it is raining or snowing at game time, the SSC requires teams to wait it out for at least 20 minutes before deciding to call the game.
 - If poor weather is still a factor after 20 minutes, you must discuss rescheduling options with your opponent prior to leaving the field.
 - The SSC will help with rescheduling but the teams must provide two potential dates that both teams can play on. Dates must be on a day other than your regular league night and must be minimum one week prior to the start of playoffs.
- On nights with poor weather, when games have not been canceled by the SSC, if less than half the teams in a division play their games then the SSC will automatically reschedule all games from that night via a double-header or a season extension. For games that were played, where both teams want their score to count, they will not need to re-play that game.
- If there are multiple rainouts in one season, the SSC may be required to shorten the season.
- The SSC may not always be able to reschedule the games (due to field availability and amount of notice time) so teams cancel at their own risk.

For complete details on the weather policy, please [click here](#). **It can be very difficult to reschedule games! Don't call games without good reason. Be prepared to play through some poor weather!**

GRASS VOLLEYBALL SPECIFIC WEATHER GUIDELINES

The cancellation of Grass Volleyball games is left to the discretion of the Volleyball Coordinator that is on site (with input from the team captains).

- Because all games are played at the same site, we will not cancel games until one of our field staff has visited the field to assess the conditions. In grass volleyball, excessively wet grass can be slippery for the players and result in damage to the field, so games will be canceled and rescheduled in this scenario.
- If the start of game 1 is delayed or if there is a stoppage of play during a game, teams are expected to wait at least 20 minutes for weather to pass.

- A minimum of 1 complete game must be played for a match to be considered official.
- If the teams are in the middle of game two or three in their match when time is called, the team leading will win the game. There must be a minimum of five total points played for the game to count.

5. DEFAULTS

- All teams are to be at the facility 15 minutes before their scheduled game time.
- Teams not meeting the player requirements at game time will default game one of the match. After 15 minutes, if they still do not meet the requirements, they will default the match.
- Defaults are recorded as 25-0, 25-0.
- If a team defaults, the fee is \$25 per match that is defaulted.
- Teams must provide the fee before their next match night.
- If a team fails to pay on time their next matches will be played, but will be recorded as a loss to them with a score equal to the default score. The actual score of the matches will be applied to their opponent; they will not be awarded a default win. The score of these matches will not be changed once the team pays their default fee.
- Each team defaulted against will be refunded \$25 to the credit card that was used to register the team.
- If a team defaults on a second night, their status in the league will be under review.
- **Singles players are not charged a default fee if their team defaults. If a singles team is defaulted against, they will receive a gift certificate to the Season Ending Party.**

6. SCHEDULES

- Schedules are posted online 48 hours prior to the first game.
- If the schedules are not posted you may assume the schedule has not been completed. Please do not contact the SSC regarding your schedule until after it has been posted.
- Games can be played anytime between 6:00pm-11:00pm on weeknights and 8:30am-11:00pm on weekends.
- Singles team names are assigned by the SSC office staff. All individuals' names will appear on the schedule with their team name.

7. ROSTERS & SUBS

- When registering a full team, there is no maximum limit to the number of players that you can have on the roster.
- A full team on the court consists of:
 - Grass 4's: 4 players with a minimum of 1 female.
 - Grass 6's: 6 players with a minimum of 2 females.
- The minimum amount of players required in order to not default is:
 - Grass 4's: 3 players including at least 1 female.
 - Grass 6's: 4 players including at least 1 female.
- A sub-list can be requested from the office. If you recruit a sub, it is your responsibility to ensure they are ready to play (know the rules, will play at the proper level and have submitted a waiver).
- A team may bring in subs that are not listed on the roster. They must fill out a waiver prior to playing.
- In the spirit of sportsmanship, captains are expected to replace players with a person of a similar skill level. Bringing in "ringers" for regular season and particularly playoff games is discouraged.
- If you are playing in a league where there are other SSC teams playing before you, your team may borrow players under this condition: to increase your team to a minimum full line-up. The SSC considers it to be an unfair advantage if a team borrows players to bolster their line-up.
- Individual team rosters will be e-mailed out 48 hours prior to game one.
- Subs in Playoffs:
 - Subs are expected to play at the same skill level of the player that they are replacing.
 - The top 4 teams can only bring in subs that have played at least one game in the regular season.
 - To help avoid defaults in the **playoffs**, teams, excluding the top 4 (teams ranking 1-4 in the standings after regular season games), are welcome to bring in subs who have not played at least one regular season game with the team.

8. FACILITIES

AS OF 2009, THE SSC HAS BEEN PUT ON PROBATION FROM THE CITY RENTALS OFFICE DUE TO SEVERAL COMPLAINTS FROM VARIOUS SOURCES REGARDING INNAPPROPRIATE BEHAVIOUR AT THE FIELDS. ANY PLAYERS RESPONSIBLE FOR FURTHER COMPLAINTS WILL BE SUBJECT TO FINES AND EJECTION FROM ALL SSC LEAGUES.

- The SSC rents facilities from Parks and Recreation or private establishments. As tenants, players must respect the standards and rules of each facility.
- Consumption of alcohol is not allowed at the fields; players caught violating this by-law are subject to fines from the City and/or the SSC.
- Most fields do not have a port-a-potti or washroom. Players must not urinate on public property.
- Any player who causes the SSC to receive a complaint regarding a field rented by the SSC will face a \$100 fine and may be ejected from the league. For full details on the Facility Complaint Policy, please [click here](#).
- Players are expected to clean up after themselves, please do not leave any garbage behind.
- Any player who causes the SSC to receive a complaint regarding a facility may be ejected from the league.
- Facilities are chosen based on quality and location. Some leagues utilize many facilities; the SSC always tries to ensure a fair distribution of locations throughout the city in each division.
- The SSC asks all players to arrive 15 minutes prior to the game start time. This 15 minutes should be used to change shoes, stretch, set up nets, and any other pre-game preparations.
- Players are not permitted to wear metal cleats.
- Players are responsible for property damage.

9. EQUIPMENT

- The SSC provides Wilson AVP official game balls, lines and nets.
- The courts will be set-up by a SSC Coordinator prior to game time.
- Players are not permitted to bring their own volleyballs for game play as Wilson is the official SSC Volleyball sponsor

10. REPORTING RESULTS

- After each game/match both captains must submit the game scores directly to the Coordinator or the score sheet that the coordinator provides.
- Teams that do not report scores are subject to a default loss.
- No mercy score will apply, teams play until one team reaches 25 points.

11. STANDINGS

For all SSC sports, scores are to be reported by the Coordinator to the office by 5:00pm the day after the game. The SSC admin staff will process scores and post the updated standings to the website within 72 hours of the games. Each set of SSC standings will display notes at the bottom outlining how the standings are calculated.

HOW TEAMS ARE RANKED

- 1st criteria: Winning % of matches.
- 2nd criteria: Differential of games won vs. games lost.
- 3rd criteria: Differential of points scored vs. points allowed.

12. PLAYOFFS

- All teams are guaranteed 2 playoff games. The top 4 teams will play for the league championship.
- League champs receive t-shirts and need to attend the Season Ending Party to pick them up.
- Sportsmanship during the playoffs is very important – a team that wins their playoff game but has sportsmanship issues may have their win overturned and may not be allowed to play their final game or participate in future seasons.
- For rules regarding subs in playoffs, please see Section 7: Rosters and Subs.

- There are no ties in playoffs.
- Best-of-3 games match as per usual. In most cases, there should be enough time for all matches to be completed. However; IF TIME IS CALLED AND THE MATCH HAS NOT BEEN COMPLETED, the following scenarios can occur:
 - If time is called during the 2nd game or after two games have been completed: If the 2nd game is tied, the team who won the first game will be the match winner. If each team has won a game, the team with the highest points differential is the winner. In the event that both teams have the same total points, one additional point must be played to determine the match winner.
 - Teams may not start a 3rd game unless more than 5 minutes remain in the match time.
 - In a 3rd game, 5 total points must be played for the game to count.
 - If time is called in a third game, the team who is ahead when time is called is the match winner. If the game is tied when time is called, one more point would be played to determine the match winner. Serve would remain with the team who had the serve when time was called.

13. LEAGUE SPECIFIC RULES

- On all courts, **nets should be set to the highest setting**. Teams may lower the nets if it is agreed amongst ALL players in that match to do so. Using time to change the net height does NOT increase the length of time teams get for each match. If you are concerned about the net height, please talk to the Coordinator at the courts.
- Teams may 'rock, paper, scissors' or use any other suitable means to determine who gets first serve. First service alternates between teams for the start of each game.
- If a serve touches the net on the way over, the ball is in play.
- A player can set a serve, but cannot block a serve. The ball must come into play.
- 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.
- Players are to call their own fouls. If an obvious foul is missed, a player on the opposing team may politely point this out. Generally, teams should NOT call fouls against their opponents. Obvious fouls are carries, double hits, touching the net, going under the net and contacting another player, etc.
- If a player touches the net or crosses under the plane of the net at any time this is considered a foul and will result in a point for the opposing team.
- A double hit on the first bump after a serve is allowed (e.g. The serve hits the defender's arms and then chest). A double-hit is also permitted on a hard-driven spike/hit. Please note that a ball that ROLLS along a player's body is illegal.
- Area of Contact: Players may contact the ball with any part of the body, including areas below the waist.
- Reaching beyond the net:
 - In blocking, a blocker may touch the ball beyond the net, provided that he/she does not interfere with the opponents' play. A player is permitted to pass his/her hand beyond the net after an attack hit, provided that the contact has been made within his/her own playing space. You can penetrate the plane of the net to block a spike. However; if a setter is trying to set his player, you can't reach over the net and block that set. If you are spiking the ball, your hand can cross the net as long as you start the contact on your own side.
- Serving: If while serving you miss and it hits the ground, it counts as a serve so will be loss of possession and a point for the other team.
- A Sky-Ball serve is allowed.
- Jump serves are permitted in Intermediate Plus and higher divisions.
- 3 hits are allowed per possession
 - A block does not count towards the 3 hits.
 - Any contact, intentional or unintentional, counts (all body parts are live).
 - All contact with the ball must be 'clean' - Players are NOT allowed to catch, throw, push, scoop, lift, double hit or carry the ball.
- The SSC does not have antennae but players should use the court line to estimate where the antennae would extend vertically from the plane of the net. Any balls that pass over the net clearly beyond the imaginary boundary would be out.

DIVISION/LEVEL SPECIFIC RULES

Grass Volleyball 4s

- No Open Handed Tipping: Players who contact the ball with one hand and are putting the ball over the net must cleanly hit with:
 - The heel or palm of hand (a roll shot)
 - A straight, locked fingers and a locked wrist (a cobra)
 - Curled fingers (a camel toe)
 - The back of the hand (locked wrist and locked fingers/knuckles).
 - Please note that one handed placement or redirection of the ball with the fingers (dink or open-handed tip) is a fault.
- There are NO court position restrictions or requirements in 4's grass volleyball, but service rotation must remain the same throughout a single game. For example, players can stay in the same court position an entire game (at the net/back row etc.), but each player MUST serve in the same service rotation for the entire game.
- If a player is going to 'set' into the opponent's court, the player must contact the ball with 2 hands above the shoulders and it must be set directly forward or backward in relation to the player's body. 'Dumping' is not allowed.

Grass Volleyball 6s

- If one player serves 5 consecutive points, the team retains service possession but must rotate to another server.
- Player rotation is established at the start of each game. Players must be in their correct rotation prior to each serve. After the ball has been contacted by the serve, players may assume whatever positions they wish for the remainder of the point.
- Hard hitting is not allowed in the Recreational division.
- HITTING IN INTERMEDIATE: Some harder hitting should be expected in the Intermediate division, but please be respectful of your opponent by following these guidelines:
 - If you can not control your harder hits, don't hit hard.
 - Do not hit hard at players that you know can not return a hard hit.
 - If you make a few un-returned hard hits start mixing it up with tips, off speed hitting, etc.
 - KEEP IT FUN FOR EVERYONE BY BEING RESPECTFUL AND COURTEOUS. Teams with opponents that are not respecting the above policies are encouraged to approach your opposing team captain to ask the hard hitter to lay-off.