

INDOOR VOLLEYBALL



LEAGUE RULES

Last Updated: December 22, 2009



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1. RECENT REVISIONS & UPDATES

Last Updated

December 22, 2009

- Clarified that only one toss is allowed per serve.
- Added rule that allows players to cross under the plane of the net, including ground contact.
- Addition of new net contact rules with examples.
- Clarified that jump serving is not allowed in the Intermediate division.

April 3, 2009

- Clarified sub policies for playoffs.

August 12, 2008

- Changed the rule regarding net height, only the Recreational division can adjust the net height if both teams agree upon this.
- Clarified when a player is allowed to cross the plane of the net.
- Explained that jump serves are only allowed in the Intermediate Plus and Competitive divisions.
- Clarified the rules on spiking the ball for the Intermediate division.
- Changed third game serve to a 'rock, paper, scissor' format to determine serve or side.

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 does not cancel any indoor games due to inclement weather. The only time that games would be canceled and rescheduled would be if the facility is closed. Teams will be contacted if this is the case.

5. DEFAULTS

- All teams are to be at the facility 15 minutes before their scheduled match time.
- Teams not meeting the player requirements at match time (once the announcements are complete) will default game one of the match. After 15 minutes, if they still do not meet the requirements, they will default the entire match.

- For leagues that play two matches per day: teams not meeting the player requirements at the start of the second match will default game one of the match. After 15 minutes, if they still do not meet the requirements, they will default the entire match.
- Defaults are recorded as 0-25, 0-25 for the team that defaults.
- 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. THE EVENT COORDINATOR (EC)

Event Coordinators are players in the club who help coordinate the games. Each facility has one Event Coordinator. The role of an EC includes:

- Bring the equipment to the facility.
- Facilitate the set-up and take-down of the nets (with help from the players).
- Help manage game times as per the SSC permits.
- Inform players on SSC updates - please be respectful and listen to the EC while they read the announcements.
- If there is not an EC present at your game, all games are still to be played and captains will need to report the scores.
- If you would like to learn more about the benefits of being an EC, [click here](#).

7. SCHEDULES

- Schedules are posted online 48 hours prior to the first game.
- If the schedule is 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 8:00am-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.

8. 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 6 players with a minimum of 2 females.
- The minimum amount of players required in order to avoid a default is: 4 players including at least 1 female.
- If you only have 1 female player, the maximum number of male players allowed on the court is 3.
- A sub-list can be requested from the SSC 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 that registered as a full team may bring in additional players that are not listed on the roster. They must fill out a waiver prior to playing.
- Any team may bring in subs (if they are short players) 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.
- Teams may bring in subs for playoff games but these players must have played at least one game during the regular season with the team, unless the team would otherwise default.
- 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.

9. FACILITIES

- The SSC rents facilities from Parks and Recreation or private establishments. As tenants, players must respect the standards and rules of each facility.
- Alcohol is strictly forbidden inside schools or in parking lots.
- 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 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](#).
- 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 time should be used to change shoes, stretch, warm-up, and any other pre-game preparations.
- We are technically not allowed into the gym until the start of the permit time so be patient. Some schools will allow us into the gym early and some will not, please ask your EC, GC or the caretaker before entering the gym.
- Players must wear clean non-marking running shoes. **PLAYERS MUST BRING AN EXTRA SET OF GAME SHOES TO BE PUT ON AFTER ENTERING THE SCHOOL - OTHERWISE, YOU MAY NOT BE ALLOWED TO PLAY.**
- Players are responsible for property damage.

10. EQUIPMENT

- All equipment will be brought to the gym by an SSC Event Coordinator. This will include two game balls, a warm-up ball, clips and scoreboards. Nets are stored at the gym.
- All players are required to help with the set-up and take-down of the nets, but please wait for the EC to instruct you on how to do so.

11. REPORTING RESULTS

- After each game/match both captains must submit the game scores directly to the EC or the score sheet that the EC provides.
- Teams that do not report scores to the EC are subject to a default loss.
- Mercy does not apply in Indoor Volleyball.

12. STANDINGS

Scores are to be reported by the EC to the office by midnight 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 %.
- 2nd criteria: Differential of games won vs. games lost.
- 3rd criteria: Differential of points scored vs. points allowed.

13. 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.
- There are no ties in playoffs.
- Playoff format will be a best-of-3-games. In most cases, there should be enough time for all matches to be completed. However, if time is called and a 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 during a 3rd 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.

14. LEAGUE SPECIFIC RULES

GAME FORMAT

- Indoor Volleyball format is best-of-3-games.
- The first two games are rally-point scoring to 25 points, the first team to 25 wins.
- The third game is rally-point scoring to 15 points, the first team to 15 wins.
- A total of 5 points must be played in the third game for the result to count, otherwise the match will be considered a tie.
- You do not have to win by two points in SSC Volleyball.
- Ties are allowed in regular season, so if time runs out before the third game is played and both teams have each won a game, the match will be considered a tie. If teams are tied in the third game and time is called, the match will be considered a tie.
- Teams should 'rock, paper, scissors' or use any other suitable means to determine who gets first serve or chooses a side. First service alternates between teams for the start of the first two games. For example, if Team 1 serves first in game one, Team 2 would serve first in game two. If a third game is required, teams can 'rock, paper, scissors' or use any other suitable means to determine the server or side.
- At all gyms, nets should be set to the highest setting unless otherwise stated in the EC gym notes. If you are concerned about the net height, please talk to the EC at your gym.

GENERAL PLAY

- Only one toss or release of the ball is allowed per serve.
- If a serve touches the net on the way over, the ball is in play.
- Players cannot block or spike a serve.
- 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, assuming that their opponent either does not know the rule or missed their own foul. 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.
- A double hit off of the serve is allowed (e.g. the serve hits the defender's arms and then chest), this includes if the ball hits the player and then the net, the player can hit the ball again. 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.
- Players may contact the ball with any part of the body, including areas below the waist.
- A player is allowed to cross under the plane of the net at any time as long as it does not interfere with the play. This includes making contact with the ground.
- A player is permitted to pass his/her hand above the plane of the net in the following scenarios:
 - While blocking an attack.
 - If a player is spiking the ball, their hand can cross the net as long as contact is initiated on their own side.
 - An infraction has occurred if a player interferes with their opponents' attack (e.g. if a setter is trying to set his player, the opponent can't reach over the net and block that set).

New Net Contact Rules

- A player is allowed to touch the net as long as it does not interfere with the play. Interference includes, but is not limited to the following:
 - Touching the top band of the net or the top 80 cm of the antenna during his/her action of playing the ball.
 - Taking support from the net simultaneously while playing the ball.
 - Creating an advantage over the opponent.
 - Making actions which hinder an opponent's legitimate attempt to play the ball.
- Players are allowed to touch the posts, ropes or any other object outside the antennae or court lines as long as it does not interfere with the play. Players are not allowed to touch the part of the antennae that is above the top of the net.
- If the ball is driven into the net causing the net to touch an opponent, it is not a fault.
- Examples to clarify new net rules
 - Legal (provided it does not interfere with the play):
 - In the act of playing the ball (hitting, blocking, bumping, setting, etc.), players may make contact with the mesh or bottom band.
 - An offensive player that fakes a hit/spike may contact the top band.
 - Illegal (always results in interference with the play):
 - Touching the top band in the act of playing the ball (hitting, blocking, setting, etc.).
 - Pulling the net down to lower it for a teammate or themselves.
 - Purposely touching the net to change the direction of a ball.

DIVISION SPECIFIC RULES

Recreational Division

- There is no hard hitting/spiking permitted in the Rec division!
- One server may serve the ball only 5 times consecutively. If the team retains service after 5 points scored by this one server, the team must rotate to a new server but will retain the serve.
- Jump serving is not allowed.
- If teams are finding their opponent is playing in a reckless or dangerous manner, please have your captain talk to the other captain to come up with a resolution.
- An recreational level player in the back row cannot jump to spike the ball.
- Teams may lower the nets if it is agreed amongst ALL players in that match to do so. Using time to change net height does NOT increase the length of time teams get for each match.

Intermediate Division

- Spiking is allowed in the Intermediate division but you must remember that you are only one level up from Rec. This means that all teams should expect some of the players in Intermediate to be inexperienced/Rec level players. If you have the skill level that allows you to spike the ball hard please abide by the following guidelines:
 - Respect the other team and keep it fun for them.
 - You must be able to control where you are spiking the ball.
 - Use discretion: in where you spike the ball, in whose direction and with what force.
 - Do not spike the ball in an unsafe manner.
 - Jump serving is not allowed.
- If teams are finding their opponent is playing in a reckless or dangerous manner, please have your captain talk to the other captain to come up with a resolution.
- An Intermediate level player in the back row cannot jump to spike the ball.
- One server may serve the ball only 5 times consecutively. If the team retains service after 5 points scored by this one server, the team must rotate to a new server but will retain the serve.

Intermediate Plus and Competitive Divisions

- Back row attacks are allowed.
- There is no limit on the number of serves per player.
- Jump serving is allowed.

If two divisions are combined for a seeding round, the rules from the highest division apply.