



Official Game On Rules: INDOOR VOLLEYBALL

THE BRIEF OVERVIEW

Volleyball is a game where two teams, who are separated by a net, attempt to score points by grounding the ball on their opponent's side of the net. Matches are played best-of-three and rally point scoring is used.

PLAYER RESPONSIBILITIES

Each player must sign a waiver before the first game. If you add a player to your team throughout the year the player must sign a waiver before they play, even if it is only for one game.

Please supply your score to the league convener or game official at the end of your game.

THE TEAM

6 vs 6 Volleyball: Each team would field 6 players per set. The total number of players in a team (including substitutions) could be up to a maximum of 9 players.

4 vs 4 Volleyball: Each team would field 4 players per set. The total number of players in a team (including substitution) could be up to a maximum of 7 players.

Each team is required to have a minimum of two (2) female and two (2) male players on the court at all times.

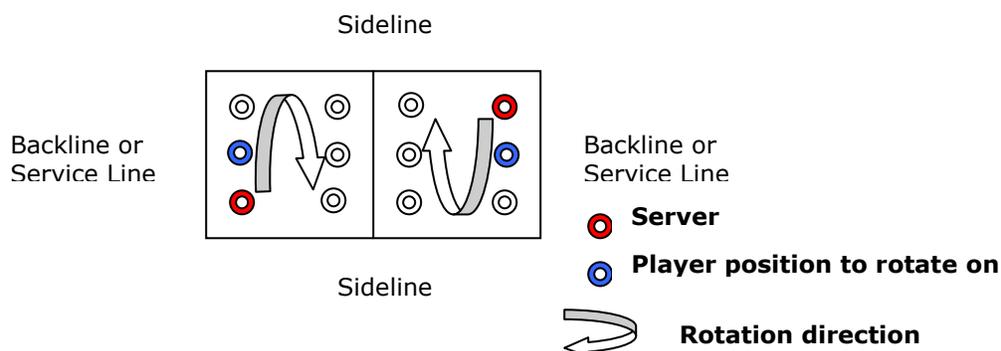
For the 6s leagues, each team is allowed to play two (2) players less than the minimum and still not be disqualified but are required to field at least one male and one female. For the 4s leagues, each team is allowed to play one (1) player less than the minimum but are required to field at least one male and one female player. Any players less than that and the team may be in forfeiture. The final decision on whether teams play one another with less than minimum players is decided among the team captains and is relayed to the league official present.

Default: If a team is unable to field the minimum requirements within 10 minutes of the start time, then that team is deemed to have forfeited their game. The opponent will automatically score a 25-0 win for all three sets.

THE FIELD

The game will be played indoors. The playing field shall be a rectangle approximately 60 ft long and 30 ft wide, divided into two (2) equal sections by a centerline.

IDEAL MEASUREMENTS: 60' x 30'



THE EQUIPMENT

A spherical ball, made of a synthetic leather case, with its circumference ranging from 65-67cm and its weight between 260-280 grams.

To avoid injury, knee pads and elbow pads are strongly recommended.

THE GAME

Objective:

The object of the game is to win your match by outscoring your opponent. Your match consists of a best-of-three set.

Duration of match:

Each match is limited to whichever comes first, either the 55-minute duration expires or the one team wins their best-of-three match. The best-of-three match consists of three (3) games (or sets), with all three being played to 25 points where a team must win by two (2) points to a maximum overall point score of 27 points. If play is in the third set, and time expires, the team leading will be declared the winner of that set.

Starting the game:

Note: Standard Indoor Volleyball rules apply unless implicitly mentioned in this document.

The Basics

1. There is a maximum of three hits per side.
2. A player may not hit the ball twice in succession.
3. A block is not considered a hit.
4. The ball may be played off the net.
5. A ball touching a boundary line is good.
6. The ball should be played between the ends of the net. Any ball touching outside of the ends of the net is considered as out of bounds.
7. A legal hit is contact with the ball by a player using any part of their body, which does not allow the ball to visibly come to a rest.
8. If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.
9. Playing the ball with the foot (except on serve) is legal. Any contact with the foot must be controlled.

The Serve

1. There are no foot faults on serves in the league so a player may serve no more than 2' in front of the service line.
2. Ball may be served underhand or overhand.
3. Ball must be clearly visible to opponents before serve.
4. Served ball may graze the net and drop to the other side for point.
5. First set serve is to the Home team. The Home team also selects the side they wish to start on. Each subsequent set shall be first served by the previous game loser. Serve must not be blocked or attacked.

The Rotation

1. Players will rotate each time their team wins the serve.
2. Players shall rotate in a clockwise manner.
3. The server position rotates off the court after each new possession. The new substitute player will rotate on to the back court middle position.
4. Rotation faults will be monitored. If a team is found at fault, it would result in a gain of a point to the opposing team.
5. In the spirit of having fun, there will be a rotation after a player has served for 5 consecutive winning points. The team scoring the 5 consecutive points will retain serve.

Switching positions

1. Players may switch positions after the ball is served.

Referee:

1. The Home team will be responsible for refereeing and tracking the score on the flip board provided.
2. In case of clarification of rules, please check with the game official present.
3. In case of unresolvable dispute where the captains cannot come to an agreement, the point will be replayed.

Basic Violations:

1. Failure to serve the ball over the net successfully.
2. Hitting the ball illegally (Lifting, Carrying, Palming, Throwing, etc.).
3. Touching the net with any part of the body while the ball is in play.
4. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.
5. Reaching over the net, except under these conditions:
 - a) When executing a follow-through.
 - b) When blocking a ball which is in the opponent's court but is being returned (the blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact).
6. Crossing/Reaching under the net (if it interferes with the ball or opposing player). No player may enter the opponent's court under the net while the ball is at-play. A fault is called when any part of the foot of the interfering player crosses the center line.
7. Hitting the Ceiling: While the ball hits the ceiling, it is considered at-play as long as the team that played the ball to the ceiling hits the ball one more time within the allowable three touches before it sends the ball over to the opponent's court.
8. If the ball hits the side walls or any other interfering object(s) during play, it is considered out of bounds.

Due to the variety of gym sizes, foot faults will not be imposed. However, we ask that when a player is serving that at least one foot remains behind the backline when making contact with the ball on your serve.

Scoring the games:

1. Rally scoring will be used. There will be a point scored on every score of the ball.
2. Offense will score on a defense miss or out of bounds hit.
3. Defense will score on an offensive miss, out of bounds hit, or serve into the net.
4. All matches will be played as a best-of-three to 25 points each.
5. Each set must be decided by a win of at least 2 points or until the cap of 27 points is reached by one team.

Game Win	2 points
Game Loss	0 points
Match Win	2 points
Match Tie	1 point
Match Loss	0 points

Playoffs:

All registered participants are permitted to play in the playoffs, regardless of how many games they have played during the regular season. Any substitute players that have been brought in to fill in the space of registered participants are only permitted to play in the playoffs if they have played at least three (3) regular season nights. This is to avoid teams bringing in "ringers" for the playoffs.

Other items:

Please take care with the volleyballs. Do not squash, sit on, stomp on or bite the balls. Dunking or playing basketball with the volleyball, or any other sport that is not volleyball, is not accepted. Please treat the equipment with respect.

Players are not allowed to play with gloves on – bare hands only.

Intentionally kicking a ball at an opponent during a game will result in the kicker being called out.

Spectators are not permitted to any game. Only paid participants are allowed access to the facilities.

If a pregnant player wishes to participate as a member player, they are required to provide a doctor's note that specifically states what she can and cannot do and until what time in her pregnancy.

THE BOUNDARIES

During play, all players must remain within the boundary lines on serves. However, players may leave the boundaries to play the ball but must hit the ball back in play to be considered a live ball. If it is your team's final (third) hit, and you are playing a ball out of bounds, then the ball must be hit directly over the net so that it travels to the opponent's side. Otherwise the ball will be considered out of bounds. Players may enter and exit through their backline or sideline when rotating or when retrieving stray balls.

Centre line: Players are not allowed to step on or over the centre line. They are also not allowed to reach over or under the net.

If a ball hits the ceiling or some overhead structure on your side of the court, and then falls back into your side of the court, then the ball is playable. However, if the ball hits the ceiling or some overhead structure on your side of the court, and then falls onto the side of you possession of the ball.

DEFINITIONS

Ace: When the ball is served to the other team, and no one touches it.

Attack (or spike): When a player attacks the ball in an attempt to land it in the opponent's court and limiting their ability to defend.

Block: The action that players take by standing at the net in an attempt to stop or alter the attack of their opponent.

Dig: When a player makes a save from a very difficult spike.

Kill: When a team spikes the ball and it either ends in a point or a sideout.

Match: Consisting of a maximum three (3) sets.

Roof: When a player jumps above the height of the net, and blocks the ball.

Serve: When a player stands behind their service line and serves the ball, with the attempt to land the ball in the opponent's court.

Set: A single game played within a match.

Sideout: When the team that served the ball makes a mistake, causing the ball to go to the other team.

Stuff: When a player jumps about the height of the net, blocks the ball, and the ball goes back at the person who attacked (spiked) the ball.

RULE ENFORCEMENT

During league matches, rules will be enforced primarily by the "honour system". Players will be expected to rule whether or not a hit was legal and it is the player's responsibility to enforce and uphold the rules of volleyball when playing. All contests will be supervised by a game official. The game official's responsibility will be to rule on any situation in which teams cannot agree. THE GAME OFFICIAL'S DECISION IS FINAL – NO EXCEPTIONS. They have the right to stop a game and discuss the incident before proceeding. In respect for the spirit of the game, and for your fellow players, there is absolutely no protesting.

CODE OF CONDUCT

1. Understand, appreciate and abide by the rules of the game.
2. Respect the integrity and judgment of game officials.
3. Respect your opponent and congratulate them in a courteous manner following each match whether in victory or defeat.
4. Be responsible for your actions and maintain self-control.
5. Do not taunt or bait opponents and refrain from using foul or abusive language.
6. Fighting will not be tolerated by Game On. A player, and possibly the team, will be expelled from the league, without refund, for fighting or for gestures made towards an opponent to fight. This includes verbal threats. It is a player's, and their team's, responsibility to

maintain composure during the game and to ensure its safety and fun. If a player is having a concern over the play of another, please have it addressed through your captain with the convener, or game official, present. Alternatively, email us the details at info@gameonguelph.ca and we will investigate the situation.

7. Unsportsmanlike conduct will not be tolerated. This includes:
 - a. foul language, racial slurs and verbal abuse
 - b. unnecessary roughness and physical abuse
 - c. slamming down or kicking balls in anger
 - d. arguing with officials, staff, participants, or fans
 - e. abuse of the honour system
8. Physical, sexual or mental abuse is not acceptable. If you encounter such a situation, and would like to report it, please do so via the game official, via telephone or via e-mail. Any reports will be kept confidential. Should any of this be reported to Game On Sports & Entertainment, we will issue a verbal warning to the team. Should a second such report occur, that player and/or team will be asked to leave the league without a refund. Game On Sports & Entertainment reserves the right to involve law enforcement officials at its discretion and reserves the right to eject any player and/or team, without warning or refund, for such behaviour.
9. Alcohol and/or smoking are prohibited at any game and any such offenders will be asked to leave the league immediately, without a refund.