

## 1. SCHEDULE/SCORESHEET

Schedules/times are posted online at least 48 hours prior to game day. If the schedule is not posted or sent out via email, you may assume the schedule has not been completed.

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## 2. FACILITIES & EQUIPMENT

VIVA Volleyball rents facilities from various school boards and public or private establishments. As tenants, players must respect the standards and rules of each facility. Players are expected to clean up after themselves, please do not leave any garbage or recyclables behind.

Game and practice balls will be provided. **Official game ball will be MOLTEN V5M5000**

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## 4. PLAYERS

1. The minimum amount of players required in order to avoid a loss by default is 4, 1 of which must be a female. No female = loss by default. A maximum of 3 male players can be on the court at all times.
2. 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.
3. If a team does not have the minimum required players after 5 minutes of the scheduled start time, they will lose the first game (0-25). If a team does not have the minimum required players after 10 minutes of the scheduled start time, they will lose the match (0-25 x 2).

## 5. LEAGUE SPECIFIC RULES

1. Volleyball Canada Official Volleyball Rules will be in place.
  1. Spike serves allowed for women only - men can not leave the ground when serving.
  2. You may not chase a ball onto another court. If the ball travels onto another court, the play is dead.
  3. There is no rotation on the court however there is a service rotation that must be followed. The serve rotation must alternate male, female, etc
  4. Males are not allowed to play the ball over the net if they contact the ball above the height of the net and are standing or jumped from in front of (or on) the attack line (i.e. cannot front row block, cannot attack in front of the attack line).
2. Games are self officiated. Players or teammates are to call their own/team fouls.
3. 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.
4. Generally, teams should NOT call fouls against their opponents. Obvious fouls are: lifts, double hits, touching the net, going under the net and contacting another player.

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## **6. ZERO TOLERANCE POLICY/SPORTSMANSHIP**

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

- (1) Swearing directly at another player or the Convener.
- (2) Intentionally pushing, shoving or making physical contact with another player.
- (3) Making comments to instigate an altercation with another player.