



COMOX VALLEY
SPORTS & SOCIAL CLUB

INDOOR VOLLEYBALL LEAGUE RULES

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CONTENTS

Section 1 – Sportsmanship + Spirit Scores

Section 2 – Weather + Cancellation Policy

Section 3 – Equipment, Set-Up + Clean-Up

Section 4 – Rosters, Subs + Defaults

Section 5 – Match Play + Format

Section 6 – General Rules

Section 7 – Division Specific Rules

Section 8 – Schedules, Scores, Standings + Playoffs

Section 9 – Waivers, Fields + Facilities

SECTION 1 – SPORTSMANSHIP + SPIRIT SCORES

Sportsmanship and the CVSSC:

The CVSSC endeavours to make all games as safe and fun as possible, emphasizing the 'Spirit of the Game' no matter the sport or level of play. All players are expected to play with an overriding emphasis on sportsmanship, fair play and a fun-first approach. Players, or teams, that do not play by these values may face league discipline, including suspension or expulsion from the leagues.

Spirit Scores Explained (Not Collected for Volleyball):

To help ensure that teams adopt a sportsmanlike manner in games, the CVSSC collects post-game sportsmanship ratings known as 'spirit scores' from team captains in most leagues. In these 'spirit scores,' team captains are grading their opponents on a 0-5 scale on how fair, sportsmanlike and fun they were to play. These scores are kept private until the end of the regular season, but are used for the following purposes: (1) The first tie-breaker in the standings, thereby rewarding the more sportsmanlike team in the event of a tie; (2) Identifying whether a team may need to be addressed in regards to their behaviour, rules knowledge, or for safety concerns during the season; (3) Putting together an objective, peer-sourced review of each team to help support any decisions by the league to reward the most sportsmanlike teams in the CVSSC and/or discipline the least sportsmanlike teams. For reference, a spirit score of '5' has evolved to become a standard, decent game. Teams can give a lower rating to their opponent if there were any issues, with a score of 2 or below generally initiating a follow-up. As of 2021, captains can also give up to two bonus points (up to a 7 out of 5), to help single out the most fun and sportsmanlike teams for recognition.

Reporting Scores and Spirit Scores:

Captains can report the spirit score and game score to the CVSSC coordinator after the game, where possible. If there is no CVSSC representative, or that rep is unavailable, please send the information to Scott Petersen (Director, CVSSC) at scott@comoxvalleysports.ca within 24 hours of your game. If you do not report these scores within 24 hours, whatever game score is submitted will be used by default and the opponent will receive an automatic 5 for spirit score.

Reporting Sportsmanship Concerns:

Captains are encouraged to communicate with each other before games, and

during stoppages in play, if any issues need to be resolved. If not sufficiently resolved by the opposing team, please contact the CVSSC coordinator at an appropriate time for help, when possible. If you deem the issue requires further action, please send a summary of the incident to the league at the email address above.

SECTION 2 – WEATHER + CANCELLATION POLICY

Indoor Sports Weather Policy:

The CVSSC is unlikely to cancel indoor games due to weather conditions, unless they result in the facility being closed or otherwise inaccessible.

Teams will be contacted via the 'cancellation call' protocol below when that is the case.

Outdoor Sports Weather Policy:

The CVSSC will cancel and re-schedule games when it's believed the weather or field conditions may compromise safety or playing experience. However, since field space and available game nights are at a premium, players should expect to play through some wind/rain during an outdoor sports season for most sports.

- **Weekday Sports** – The initial decision on whether to play or cancel the games will take place by 4 p.m. on game nights. Unless notified of a cancellation via the 'cancellation call' protocol below, please proceed to your game as scheduled. The field coordinator and team captains can consult with each other on whether to delay the start time and/or cancel the games if the weather or field conditions have worsened.
- **Weekend Sports** – Unless otherwise notified before game time via the 'cancellation call' procedures below, teams should show up to the field for their game times regardless of weather. A call on whether to postpone start time, play or cancel, will be made by the team captains (in conjunction with the coordinator, when applicable).

Cancellation Call:

When games are cancelled, the CVSSC will notify its players via the following methods:

- **Facebook Posting** – When games are cancelled, a notice will be posted on the CVSSC Facebook Page at www.facebook.com/ComoxValleySports/ for all players to see. Typically, weather cancellations will be posted around 4 p.m.

- **Captains Email** – Once games have been cancelled (weather, gym closure, field closure, etc...), the CVSSC will send out an email to team captains and singles teams. This is typically only possible if the decision is received/made by 4 p.m.
- **Coordinator Phone/Text** – When cancellations are last-minute or that decision is reached at the field/ beach courts, we will attempt to contact team captains and singles via phone call or text. Beach volleyball is a bit more weather dependant than most sports and more likely to have the info delivered this route.

SECTION 3 – EQUIPMENT, SET-UP + CLEAN-UP

Equipment:

CVSSC Equipment: The CVSSC provides a selection of indoor volleyballs, scoreboards and inflation equipment that will either be available in the storage room of the gym (such as at the Base gym) or brought to the gym by a coordinator (typically the case at school gyms).

Players' Equipment: Bring a pair of non-marking, clean indoor shoes to change into.

Gym Set-Up:

- The CVSSC will typically be allowed into the gym about 15 minutes prior to the first game's start time to set up. But entry into the gym can change due to a variety of factors. Please be patient and ask the coordinator or facility caretaker before entering the gym, if there is something else going on in the gym.
- Volleyball posts and nets take the most work to set up, but the playing surface may also need to be cleared of benches, mats or swept for debris. Please take note of the proper set-up and be sure to help as often as possible when in the early slot.
- The volleyball nets are set at approximately 2.30-2.35 meters for game play. This is signified by the 'co-ed' marker at the Base gym and is either the second or third rung from the top at the school gyms. Teams can agree on altering the net height if it's not suitable for the level, but please run it past the coordinator first.
- Please don't use any equipment left out by the facility that we don't already have permission to use.

Gym Clean-Up:

- At the end of the evening, please help put everything back in storage. Many helping hands help make it easier and faster.
- Clean up after yourselves and your teammates after your game to ensure there is not garbage, water bottles, clothing or gear left behind.
- If you wore shoes that marked the gym floor, it will be your responsibility to remove those markings from the floor before leaving.

*The CVSSC is not responsible for personal items before, during or after games. Please clean up after yourselves and teammates before leaving and certainly check with the both the CVSSC and the facility's lost and found for anything left behind, including: water bottles, clothing, equipment, keys, wallets and more.

SECTION 4 – ROSTERS, SUBS + DEFAULTS

Rosters:

- There is no maximum number of players that can be on a roster, but teams are advised to include all players they expect will play on their roster when registering. Most volleyball rosters will have 6-8 players. All players must have signed the new online waiver at least once since 2021: <https://comoxvalleysports.ca/waiver/>.
- Teams can bring in additional players that are not on their roster during the season as long as those players are of similar ability to those they are replacing and signed the online waiver (link above).
- In the spirit of sportsmanship, players are expected to have played with the team during the regular season to be able to play with them in the playoffs.
- In the playoffs, teams that are playing for a chance at first place (typically the top 4 teams) can only field players that have played at least 1 regular season game for them. Teams outside the top 4 may bring in subs via the usual sub rules.
- Individual teams rosters (for players that signed up without a team) and league information will be emailed out at least 48 hours before first scheduled game.

Subs:

- Lists of available subs can be found via links on the home page and on each sport's league page. Give subs as much advance notice as possible and text/phone for best results.
- Players can get their names and info on the subs list by filling out the online form at: <https://comoxvalleysports.ca/sub-list-signup/>. To edit your entry, or remove yourself, simply fill out the form again with the same name and contact info and re-submit your entry. It will update your preferences.
- Teams may also contact Scott at the CVSSC for a list of potential suitable options at scott@comoxvalleysports.ca.
- Teams may bring in subs when they are short players.
- In the spirit of sportsmanship, teams are expected to bring in subs of a similar skill level to those missing. Bringing in 'ringers' for games is heavily discouraged.
- Team captains are advised to run any subs past their opponents before the game, for their approval. This is designed to give a team a say in which player(s) they get to play and avoid the possibility of a ringer swinging the game result.
- Teams may borrow player(s) from another team (such as a team in a previous time slot), as long as said player(s) are needed to make a game happen, and meet the subbing requirements (similar skill level of player replacing, and agreed upon by opposing team).

Defaults:

- If a team is unable to field the minimum number of players (3 players, with at least 1 female) within 15 minutes of the scheduled game time, the result will go down as a first-set victory for the opponent. The second set will also be forfeited at the 25-minute mark.
- Any team that defaults more than once in a season can face further league discipline, including potentially being removed from the league.

- Because the leagues are about playing, and having fun, an opponent may waive their right to a default victory before the game and choose to play. They may even loan players to make it happen. But both teams must agree before the game whether the result will count in the standings. That decision cannot be reversed after the fact.

*If a game is a default, please split up players and play for fun. The idea is to have as good a time as possible each time out. Ask the coordinator for ideas or help to make it work if you need it.

SECTION 5 – MATCH PLAY + FORMAT

Game Format:

- Game times are noted in the schedule online and are generally a 60-90 minute time slot. Please arrive early to change, warm up and stretch before taking over the floor for your time slot and start your games promptly.
- Double-opponent game nights are best-of-3 sets for each game. Single-opponent games are typically best-of-5 sets. A team has won the game when it has won a majority number of the sets.
- Games can end in a tie during the regular season if there isn't enough time to suitably complete a tie-breaker set. In the playoffs, a winner needs to be determined and gym time is finite. Coordinators may have to end a set early and/or create a short tie-breaker to determine a victor.
- Points are scored on a 'rally serve' basis, where either team can record a point on each serve.
- All sets other than tie-breakers go to a hard cap of 25 points. Tie-breaker sets go to a maximum hard cap of 15, but will often be shorter due to time constraints. Teams do not need to win by 2 points.
- When approaching a tie-breaker scenario, there must be at least five minutes left in the time slot to start a new set. Please attempt to consult with the coordinator for a suitable number of points to compete to as a hard cap. If time constraints cause the coordinator to stop the game before a hard cap point total is reached, the team with the most points gets the victory – assuming at least 5 points have been scored in the set.

- Teams are comprised of six players on the floor, with at least two being female.
- Players can rotate off the court for subs, but at least two females must remain on the court at all times.
- Players must rotate one position clockwise after every change of serve, allowing everyone to play front and back row positions.

SECTION 6 – GENERAL RULES

Game Play Rules and Guidelines:

- During warm-up, team captains should meet to discuss any issues, decide who gets first serve or pick of side with a game of RPS (rock, paper, scissors) and promptly get the game started.
- Teams switch sides after each set. The team that lost the previous set will always get first serve to start the next set.
- Teams are responsible to call their own fouls and whether the ball was in or out on the boundary lines. However, both teams can call fouls. If there is a dispute over a point (whether the ball was in or out of bounds, a carry was committed, or whether someone had a net infraction), please re-serve the point.

Serving:

- Players should attempt to serve from behind the back boundary line without stepping onto the line or into the court. However, most school gyms have set-ups with bleachers that make that difficult-to-impossible. In these gyms, players are allowed to take a step onto the court during their serve.
- A player can only have five consecutive successful serves garnering points before rotating to the next player on his/her team to serve.
- If a serve touches the net on the way over, it is still in play.
- Serves cannot be blocked or spiked by the opponent.

Touches:

- A maximum of three touches are allowed to volley the ball back to the other side of the net (a block does not count as a touch). Please do your best to use all three touches to keep everyone involved.
- Players are allowed to contact the ball with any part of their body. However, players should attempt to use their arms/hands when

possible and do their best to avoid kicking motions that could end up contacting someone else going for the ball.

- All balls must be hit cleanly. No scooping or 'carrying' the ball.
- Players are allowed an incidental double-hit on a service reception (ie. the ball hits the arms and then the chest in quick succession) with it only counting as a single hit. This same rule applies when returning a hard spike.

Net Rules, Blocking and Hitting:

- All players should be aware of their surroundings, stay in control and do their best to avoid contacting the net.
- A player may go slightly under the net as long as it does not interfere with the play or an opponent (no contact with or distracting of opponent).
- Net contact should be avoided, but slight, incidental contact with the netting is allowed as long as it doesn't interfere with the play.
- Net contact resulting in interference includes:
 - a. Touching the top band of net or antennae while playing the ball (including faking a hit) or blocking.
 - b. Contacting the net in a way that results that tugs or pulls on the net.
 - c. Pulling down on the net or hindering the opponents' ability to play the ball.
- Try not to contact the net when hitting and playing and both teams can call net infractions. A net infraction is a stoppage of play and awarding of the point to the opposing team.
- Players are allowed to put their hands over the plane of the net to block or follow through on a hit.
- Players cannot reach over the plane of the net to block an opponent's set or otherwise interfere with their attack.
- When an attack is partially blocked and the ball ends up on the blocker's side of the net, the block does not count as one of the three allowable hits.

SECTION 7 – DIVISION SPECIFIC RULES

Recreational to Intermediate Leagues:

- Our recreational and intermediate leagues have a default setting of no 'hard hitting' to promote safe and inclusive play for a wide range of skill levels. Teams are encouraged to talk about the level of acceptable hitting with each other before a game to make sure a suitable level is being played for both. They may even agree on full hitting if both are comfortable with that decision.
- 'Hard hitting' is loosely defined as a level of hitting that could cause injury or discomfort to an opponent. Players should use discretion and be aware of how hard and where they are spiking the ball.
- If at any point the level of hitting doesn't seem suitable, or is a worry, please pause play and talk it over with the other team to reach a new consensus.
- Back row attacks not permitted: back row players cannot leave their feet to spike a ball over the net. Please leave the spiking to the front row, to allow everyone to have their turn at various positions. However, any player at any position can keep their feet planted and use the spiking motion to send the ball over the net.
- Hard jump serves are discouraged, unless both teams agree.
- No liberos.

Competitive League:

- The competitive league is full hitting. However, if a team winds up in the competitive league that is not comfortable with full hitting, they should contact the coordinator and see if a solution can be found.
- Back row attacks are permitted.
- Jump serves are permitted.
- Liberos are allowed, but not mandatory.

SECTION 8 – SCHEDULES, SCORES, STANDINGS + PLAYOFFS

Schedules:

Schedules will be posted online and accessible via each team's Team Page and the 'Schedule' link on each sport homepage online at least 48 hours before the first game, with team captains and singles registrants all notified via email. Each subsequent schedule update will follow the same protocol. Please double-check your schedule online before each game and notify the CVSSC of any issues or discrepancies at scott@comoxvalleysports.ca.

Scores:

Game Scores should be submitted to the CVSSC coordinator by both teams at the end of the game. If a CVSSC rep is not available, both teams should email the info to scott@comoxvalleysports.ca within 24 hours. If only one team submits a score, that score will be used in updating the standings.

Standings:

The Standings Page of the CVSSC will be updated on a weekly basis and can be viewed online at: www.comoxvalleysports.ca/league-standings.php. Players can click their team name to review game scores, while the standings page also has filters to allow players the ability to search the results for various seasons and years.

- **Final standings** – Are determined by number of points (two for a win; one for a tie; zero for a loss).
- **Tie-breakers** – (1) Spirit points totals (in all leagues that collect spirit points); (2) Most wins; (3) Set won/loss differential; (4) Head-to-head result; (5) Coin flip or RPS.

Playoffs:

Playoffs will be scheduled to take up anywhere from 1-3 weeks of the scheduled season. All teams make the playoffs, but typically only the top 4-8 seeds have a shot at finishing in first place to allow for closer games and hopefully allow for as much fun as possible. Playoff matches will be set by the CVSSC based on the standings at the end of the regular season and teams will be notified via the 'schedule' protocols listed above.

*The CVSSC reserves the right to alter the schedule and adjust match-ups, tiers, and tweak the final standings in order to make sure everyone is playing at the level most suitable to them, and to maximize safety and fun.

SECTION 9 – WAIVERS, FIELDS + FACILITIES

Waivers:

All players must have signed an online waiver, which outlines the CVSSC's liability and sportsmanship policies (among other things), before playing a game: <https://comoxvalleysports.ca/waiver/>. Players need only sign a CVSSC waiver once since 2021 to be allowed to play, regardless of the

number of sports or seasons they are participating in. Captains must make sure any new players and subs have signed a waiver before playing.

Fields and Facilities:

The CVSSC rents playing fields and facilities from various providers throughout the Comox Valley. Please be exceptionally respectful of each location, whether indoors or outdoors, to ensure the CVSSC can continue booking many of the best fields and facilities available and offer these recreational sports leagues. Here are some important things expected from our players:

- **Smoking/Drinking:** Follow proper facility/field protocols on smoking. Unless otherwise specified, the CVSSC establishments are alcohol free.
- **Garbage:** Clean up before leaving – including water bottles.
- **Damages:** You will be held responsible for any damages you cause. Be respectful of the facilities and fields we rent.
- **Footwear:** Bring clean, non-marking shoes for indoors. No metal cleats allowed for outdoors.
- **Changing and Warm-Up:** Arrive 15 minutes early to get changed and warm up while ensuring your warm-up doesn't affect games in progress, and for indoor sports, please don't block the hallways or play in the halls. It is disruptive and can cause damage.

Alcohol Policy:

The CVSSC rents public facilities for all its leagues and tournaments. Unless otherwise stated, these facilities are unlicensed. As such, possession and consumption of alcohol during CVSSC league games and tournaments (unless in a licensed area) is not legal and prohibited.

Sponsor Bars:

If players would like to socialize over some food or drink, the CVSSC sets up Sponsor Bar deals at various locations. Check out the details online at: <http://www.comoxvalleysports.ca/sponsors.php>.