



## **VanCity Sports Club – Ladies Volleyball Tournament Rules**

**In addition to**

**VanCity Cup Code of Conduct**

### **Player Conduct:**

1. Players must adhere to all official rules
2. Maintain good sportsmanship
3. Respect referees and linespersons
4. Referee decisions are final
5. The VanCity Sports Club reserves the right to modify rules
6. The VanCity Sports Club can eject individuals for misconduct
7. Agrees to adhere to the VanCity Code of Conduct

### **General Rules:**

- Team Size: Maximum of 8 players
- Age Requirement: Players must be 13+
- Grace Period: 3-minute grace period for minimum player presence (4 players) Failure results in a 21-0 forfeit
- Late Players: Can enter after a completed rally, using a team timeout
- Communication: Only Team Captains communicate with referees unless otherwise spoken directly to by the referee, then a player may respond to the referee if a response is required or requested by the referee
- Scorekeeping: Referees complete and submit score sheets
- Timeouts:
  - Round Robin: Only 1 timeout allowed per team – 1 minute max
  - Quarterfinals, Semifinals and Finals: Maximum of 2 timeouts per set each - 1 minute maximum in duration
- Queries: Only Team Captains address concerns to coordinators Sis Zehra Moledina or Sis Femida Jagani.

### **Facilities & Dimensions:**

- Location: UBC Student Recreation Centre Gymnasium (SRC) 2<sup>nd</sup> floor
- Court Size: 60' x 30'
- Net Height: 7'4 1/8"
- Ball: Tachikara SV-5WSC



### **Tournament Format:**

- Round Robin: Each team plays each other once
- Round Robin Scoring: Games to 21 points or 15-minute time limit whichever comes first
- Cup Round: top 8 teams
- Plate/shield round: remaining 6 teams

### **Cup Round:**

- Best of 3 matches (first two sets to 25, third set to 15 points (minimum 2-point lead)
- Quarters, Semi-Finals and Finals Played in this round

### **Plate/Shield Round:**

- Knockout games for bottom 6 teams
  - Top two teams from round robin (in bottom six) advance automatically to semis
- Best of 3 matches (first two sets to 25, third set to 15 points (minimum 2-point lead)
- Quarters, Semi-Finals and Finals Played in this round

### **Game Structure:**

- Coin Toss: Determines serve/receive or court side
- Rotation: Starting lineup dictates player rotation
- Rotation cards must be filled out, all players require numbered jerseys
- Player positions: Front-row (4, 3, 2), Back-row (5, 6, 1)
- Movement: Players can move freely after the serve
- Timeouts
  - Round Robin: Only 1 timeout allowed per team – 1 minute max
  - Quarterfinals, Semifinals and Finals: Maximum of 2 timeouts per set each - 1 minute maximum in duration
- Warm up time, 5 minutes each team on the court
- Switch sides at 8 points in a third set
- Back-row players cannot jump in front of the attack line to attack regardless on the number of players on the court
- Clockwise rotation when the receiving team gains the serve
- If a team is playing Libero position – the team must establish which two players, the Libero will be subbing out for the duration of each set



### **Substitutions:**

- Unlimited substitutions per game
- Players can re-enter in their original rotation position
- Substitutions before sets or after rallies
- Substitution zone: Defined by attack lines and sidelines
- Substitutes must be ready; delays result in faults
- Multiple substitutions occur sequentially
- Injuries: 1 minute 30 seconds for recovery; substitution or timeout if needed

### **Rotational Faults:**

- Occur when the serve is out of rotation and result in loss of serve and a point for the opponent

### **Scoring:**

- Rally Point System
- Round Robin: 21 points or 15-minute time limit
- Round robin scoring: 3 points for a win, 1 for tie, 0 for loss
- Tie breaker for rankings, point differential, then a 15-point game
- If time is limited and tie breaker cannot be played, then head-to-head (the winner of the game that)the two teams played each other in the round robin) will be used if all other standing criteria are tied
- Knockout rounds:
  - Best of 3 sets, third set to 15 points (minimum 2-point lead)

### **Serving:**

- First serve determined by coin toss
- No maximum serves per player
- Service order follows rotation
- Serve after referee signals
- Underhand or overhand serves allowed
- Ball hit with one hand/arm after toss
- 2 toss/swing limit
- Feet behind the service line until contact made with ball
- Serve within 8 seconds of the whistle
- Front row players may put hands up at net, if they are not moving or waving during service
- Receiving team may move if they cannot see the server
- Liberos cannot serve as per Volleyball Canada rules

### **Playing the Ball:**



- No attacking a serve return
- Back-row attacks must be behind the attack line
- Play within the court area
- Ball can be played off the ceiling if it returns to their side before it is sent back over the net
- Cannot be played off the wall
- Ball is “in” on court floor/lines
- Ball is “out” on objects outside the court, wall, or under the net.

#### **Team Hits:**

- Maximum of 3 hits per team (excluding blocks)
- No consecutive hits by one player (unless after a block)
- Simultaneous hits count as one

#### **Hit Characteristics:**

- Ball can touch any body part
- Simultaneous contact with multiple body parts is allowed
- No catching/throwing/lifting/scooping the ball

#### **Blocking:**

- Front-row players only
- Hands/arms can extend over the net but not interfere
- Block contact doesn't count as a team hit
- First hit after a block can be by any player
- Blocking a serve is prohibited
- Players may contact the opponents court if part of their body is on their court

#### **Net Contact:**

- Contact with the net during play is a fault
- Referees' decision is final on who touched the net first
- Contact with posts/ropes/objects outside antennae is allowed if it doesn't interfere
- Ball can touch the net during serve/rally
- Ball in the net can be recovered within 3 team hits (must go over to opponent side within 3 hits)
- Hands can pass over the net after an attack hit
- Penetration under the net is allowed if it doesn't interfere
- Faults include touching the net during play, using it for support, or hindering opponents