



## VanCity Cup 2025 – Official Men's Volleyball Tournament Rules

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### 1. Player Conduct

All players are expected to maintain the highest standards of conduct throughout the tournament.

- All participants must adhere to the **official rules** and the **VanCity Cup Code of Conduct**
  - **Good sportsmanship** must be always maintained
  - Players must show **respect toward referees and linespersons and volunteers**
  - Players must show **respect toward players of all other teams and spectators**
  - **Referee decisions are final** and are not subject to appeal during the match
  - The **VanCity Sports Club** may **eject individuals or teams** from the tournament due to misconduct or violations of the code of conduct
  - **No food or beverages are allowed on the gym floor level** of UBC's War Memorial Gym, other than plain water. Food and other beverages may be consumed in the bleachers or in the lobby area. Garbage bins and recycling will be located in the lobby areas – be responsible and remove all trash and recycling
  - **Single use bottles of water will not be provided.** UBC is a green campus and is striving to reduce the use of single use bottles. Water refill stations are available in the gym and other locations on campus. Teams will be provided with pre-washed refillable water bottles upon check-in.
  - **No unauthorized streaming, filming or photography without the express written consent of VanCity Sports Club**
  - Participation in the tournament signifies full **agreement to comply** with all rules and the **VanCity Cup Code of Conduct**
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### 2. General Guidelines

- **Ball Specifications:** Ball pressure to be set at **11.5 PSI**
- **Net Height: 8 feet**
- **Net Tightening:** May take place at various times throughout the tournament to maintain 8 feet height
- **Court Dimensions: 34 x 34 feet**



- **Rule Modifications:** The **VanCity Sports Club** reserves the right to modify any tournament rule at its discretion. All decisions are final and binding
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### 3. Team Registration:

- Players may only compete for the **team they are registered with**
  - Players are **not permitted to register** with more than one team
  - Only a maximum of 12 players are allowed on a team's roster
  - Number of players per team will be based on the number of players registered and paid for. No changes to the number of players allowed after May 14, 2025. Any additional players to a roster (to a maximum of 12 players) must be communicated to VanCity Sports Club in writing by email to [info@vancitysportsclub.com](mailto:info@vancitysportsclub.com) and be paid for in full by May 14, 2025. Failure to comply will result in the additional player not being allowed to play during the tournament
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### 4. Team Composition and Eligibility

- **On-Court Players:** A maximum of **11 active players** are allowed on the court; a minimum of **5 players** is required to start a match
    - Only active players may contact the ball
    - Players are not allowed to switch rosters or play for more than one team
    - **Substitutions** are permitted during timeouts or between games in playoffs. The referee must be notified during timeouts
    - Inactive players must remain on the **sidelines. Standing behind the baseline is not allowed** for many reasons including limited space, safety and potential confusion of active vs inactive players.
    - Only active players and inactive players who are referees, lines-people, and scorekeepers allowed on the gym floor. All other players should be in the bleachers and lobby.
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### 5. Match Play Rules

#### 5.1 Serving

- The **first serve and side** of each single-game match is determined by a **coin toss. Subsequent games in best of 3-game matches will alternate service and side.**



- The server must **wait for the referee's signal** before initiating the serve
- **Underhand serves only** are permitted
- The ball must be hit with **one hand or arm after a toss**
- The serve must be executed within **8 seconds of the whistle or referee's signal**
- A **designated service box** will be marked, and at least one foot must be within the service box or touching the line at the time of service
- After one warning, failure to comply will result in the serve being awarded to the opposing team
- **Front-row players** may raise their hands at the net during a serve but cannot block or interfere

## 5.2 Ball Contact & Net Play

- Touching the **net**, **crossing into the opposing court**, or **contacting an opponent** is considered a foul
- Players may legally extend their hand under the net without touching it (e.g., swiping). Players may legally extend their hand in a sweeping motion under the net without touching the ground, the net or opposition player.
- If the ball hits the **net poles**, the ball is dead and the opposing team is awarded the point
- If the ball contacts the **net strap**, the ball remains in play
- Open-handed and closed-handed contacts are legal, but **punching** the ball is considered a foul
- Players referred to as "**Netties**" may strike the ball using the **inside of a closed fist**

## 5.3 Attacking & Spiking

- **One-handed spiking on the third ball** is not permitted unless the referee deems the play an effort to keep the ball in play
- One-handed Spiking on the **first ball** is allowed
- On third-ball attacks, players **may not jump and shoot downward** from within the **five-foot line**, though they may land inside it

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## 6. Match Procedures & Timing

- Teams are granted a **3-minute grace period** after the previous match. A 16-0 forfeit may be declared at the court official's discretion if a team fails to appear with a minimum of 5 players.



This rule is also applicable to the first matches of the day and all designated breaks such as salaah.

- If a 'bye' is given to an opponent, the team deciding to do this will be given a 16-0 loss in the standings.
- Each team is allowed **one 60-second timeout** per game
- Substitutions can only occur during timeouts or between games, with proper referee notification

### 6.1 Game Clock

- Each game is **timed at 15 minutes**. The **final minute** of play uses **stopped time** when the ball is dead
  - If a rally is ongoing when the time expires, the rally must be completed
  - In case of a **tie at the end of regulation**:
    - **Round Robin**: The team with **serve possession** wins
    - **Playoffs**: The match proceeds to **overtime** (see Section 8)
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## 7. Tournament Structure

### 7.1 Round Robin Stage

- A **coin toss** decides serve or side at the start of the match
- Matches are 15 minutes long, with stopped time in the final minute
- The team that reaches **16 points first** wins. **Game point is 15**
- If the time limit is reached before 16 points, the team with the higher score wins
- If tied, the team with **serve possession** at time expiration wins

### 7.2 Tiebreakers

- **Two-team ties**: Resolved via **head-to-head** results
- **Three or more teams tied**: Resolved by **point differential**
- **Tie in point differential then goes to 'Points For', if still tied, 'Points Against'**.

### 7.3 Playoffs

- A **coin toss** determines serve or side before the first playoff game



- **Play-in & Plate Quarterfinals:** 15-minute matches (final minute is stopped time)
- **Plate Quarter Finals, Semifinals (Both) & Finals (Both):** 20-minute matches (final minute is stopped time)
- **Series Format:**
  - Play-in: **Single-game elimination**
  - Quarterfinals, Semifinals, Finals: **Best-of-three** series
- Teams switch sides between games. The team that **loses the previous game** will serve in the next
- Each team is allowed two **45-second timeout** per game

#### 8. Overtime Procedure:

- If the game is tied at the end of regulation, **1-minute overtime** is played
- The team with serve possession at the end of regulation starts overtime
- Overtime must be **played in full**, and the **clock stops on all dead balls**
- A team must have the lead when overtime expires to win
- If still tied:
  - A **second 1-minute overtime** is played.
  - If still tied after the second overtime, the game proceeds to **Sudden Death** — a single rally determines the winner. Team with possession of the serve at the end of overtime will begin the sudden death rally with the serve.
- **No timeouts** are allowed during overtime

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#### 9. Team Officiating Responsibilities

Each team is required to provide the following during their scheduled officiating times:

- **1 referee**
- **2 scorekeepers**
- **2 linespersons.**

Failure to fulfill officiating duties may result in a **1-point deduction** in the standings, at the discretion of the court marshal