

# Adult Volleyball League Rules & Regulations

## 1. League Format & Match Rules

All Volleyball Canada Rules will apply unless otherwise stated in this document.

- Co-Ed League:
  - Match Format:
    - Each league night, teams play two (2) separate matches against different opponents. All matches are Best 2-out-of-3 sets.
  - Scoring (Sets 1 & 2):
    - Played to 25 points, capped at 27. (Must win by 2, unless the score reaches 27-26).
  - Scoring (Set 3):
    - If a third set is required, it is played to 15 points, capped at 17.
  - Time Limit Expiration:
    - If a set is in progress when the signal sounds, the team with the most points wins the set. If the score is tied, the teams will play one final, deciding point.
      - *Third Set Exception:* If teams are playing their third set when the time signal sounds, a team must have scored a minimum of five (5) points to be declared the winner. If neither team has reached 5 points, the match is recorded as a tie.
- Men's/Women's League:
  - Match Format: Each league night, teams have a maximum of 2 hours to play five (5) sets against a single opponent. Regardless of the outcome of early sets, teams will attempt to play all 5 sets within their designated time slot.
  - Scoring: All sets are played "Win by 2" with no point cap.
  - Time Limit Expiration: If a set is in progress when the signal sounds, the team with the most points wins that set.
    - If the score is tied when the signal sounds, the teams will play one final, deciding point to determine the winner of that set.



## 2. Standings & Re-Tiering

- Co-Ed League
  - Tier Size:
    - Tiers consist of 6 to 12 teams. Teams are re-tiered regularly throughout the season based on accumulated match points.
  - Match Point System:
    - Win (2-0): 3 Points
    - Win (2-1): 2 Points
    - Loss (1-2): 1 Point
    - Loss (0-2): 0 Points
  - *Note: Captains are responsible for recording their match scores on the whiteboard before leaving the facility. Unrecorded matches will be recorded as a tie.*
  
- Men's/Women's League
  - Tier Size: Tiers consist of 4 to 6 teams. Teams are re-tiered after a full round-robin is completed within their tier.
  - Match Point System: Standings are based on total sets won. The winner of each individual set is awarded one (1) point in the standings (maximum of 5 points per week).
    - *Note: Captains are responsible for recording their match scores on the whiteboard before leaving the facility. Unrecorded matches will be recorded as a tie.*

## 3. Roster & Lineup Requirements

- Co-Ed League
  - Gender Ratio:
    - Teams must have a minimum of two (2) males and two (2) females on the court at all times.
  - Playing with 5 Players:
    - A team may legally play with 5 players (e.g., 3 males and 2 females), rotating normally with three players in the front row.
  - The "Ghost Player" Rule:
    - If a team only has 5 players present and the ratio does not meet the required 2 males and 2 females, the team must utilize a "Ghost Player" to simulate the missing player.
    - The Ghost Player maintains a fixed spot in the rotation.
    - When the Ghost Player rotates to the front row, the team is only permitted to have two (2) actual players in the front row.
    - When it is the Ghost Player's turn to serve, it results in an automatic loss of point and a side-out (serve awarded to the opponent).



- Men's/Women's League
  - Minimum Requirements:
    - Captains must ensure a minimum of five (5) players are present to legally play. To avoid a default, captains are encouraged to use the league "Meet Up Form" or borrow players from other teams during the regular season.

#### 4. Attendance & Default Policy

- Policy Overview:
  - This policy deters absences and compensates opposing teams for lost playing time. A default is declared when a team fails to arrive or arrives without the minimum number of players required to legally start the game.
- Default Penalty:
  - Single Match Default (\$25 Fee): If a team misses one scheduled match but is present and legally eligible to play the second scheduled match, a \$25 fee is assessed.
    - *Note: The Single Match Default only applies for Co-Ed leagues. All Men's or Women's leagues will automatically receive the \$50 full night default.*
  - Full Night Default (\$50 Fee): If a team misses both scheduled matches, a \$50 fee (\$25 per match) is assessed.
- Enforcement & Future Registration:
  - Upon a default, the offending team's captain will be invoiced for the \$50 fee.
  - The team may complete the current season, but the team and its captain will be blocked from all future registrations until the outstanding invoice is paid in full.
  - 100% of collected fees are paid to the affected opponent in the form of a gift card.
- Substitution Requirements:
  - It is the strict responsibility of the captain to ensure the minimum of 5 players are present. Captains should use the "Meet Up Form" or borrow players from other teams to avoid a default. Advanced notice of an absence does not waive the \$50 fee.
- Exhibition Play:
  - If a team is short-handed but finds enough substitutes at the facility to play, the match is recorded as a default loss, but the \$50 fee is waived provided an exhibition match takes place.
- Playoff Eligibility & Substitutions:
  - To maintain competitive integrity during the postseason, strict player eligibility rules apply to all playoff matches.
  - Minimum Play Requirement: To be eligible to play for a team during the playoffs, a player must have actively participated in a minimum of three (3) weeks of regular-season matches for that specific team.
  - Playoff Substitutions: Borrowing players from other teams or bringing in outside substitutes who do not meet the three-week requirement is strictly prohibited during the playoffs.
  - Enforcement: Utilizing an ineligible player during a playoff match will result in a default of that match.



## 5. Registration & Cancellation Policy

- Full Refund Window: Cancellations requested on or before July 1, 2026, are eligible for a 100% full refund of the registration fee.
- Non-Refundable Deadline: Cancellations requested after July 1, 2026, are strictly non-refundable. The league does not offer partial refunds or future season credits for team cancellations made after this date.
- League Cancellation & Rescheduling: If league administration must cancel a specific division or league night, administration will first attempt to transfer the team's registration to an alternate night. If an alternate schedule cannot be agreed upon, the team will receive a 100% full refund.

## 6. Code of Conduct & Facility Honor System

The Honor System: All league matches are strictly self officiated. Players are expected to call their own net violations, touches, and line calls with honesty and integrity. If teams fundamentally disagree on a call, the point should simply be replayed.

Zero Tolerance Policy: Aggressive behavior, physical altercations, or sustained verbal abuse toward other players, spectators, or facility staff will not be tolerated. Violations will result in an immediate ejection from the facility and an indefinite suspension from the league with no refund.

## 7. Facility Rules:

- Footwear: Clean, non-marking indoor shoes are strictly required on the courts. Outdoor footwear must be removed at the entrance.
- Substances: Outside alcohol, drugs, and smoking/vaping are strictly prohibited inside the facility. Any team found violating this rule will be immediately removed from the league without refund.