



RULES GOVERNING PLAY 2025-2026 SEASON

Blank team rosters which double as a waiver will be provided to team captains the first night. Every player MUST sign it. Players may only be registered on one team's roster. Extra players can be added to your roster after the season starts, but they need to sign your team's roster first. Please complete and return it on SEPTEMBER 17 – the due date for remaining fees.

Teams MUST field a minimum of 5 players (maximum of 3 males on the court). Teams that arrive late or are short players will forfeit each game until they have the minimum number of players required. A team that starts the evening with 5 players and loses one due to injury will be permitted to continue with 4 players that night and the games will count. Points will be awarded as follows: 2 for a win, 1 for a loss, 0 for a default. Teams that repeatedly default will be approached by the League Executive in an effort to resolve the situation.

Players are invited to play within the best of their ability, within the rules of volleyball, respecting the principals of good sportsmanship. Players are well within their rights to discuss concerns with a player, a captain, official or organizer, between/after games in a calm and friendly manner, but the league **WILL NOT** tolerate any attempts to limit someone's enjoyment of the game through hostility, threats, verbal abuse, or otherwise intimidating behaviour either during the game (when it is a violation of the rules) or outside of a game. We are a recreational league, yet this is a competitive sport and there are risks associated in playing. It is the responsibility of the player to understand those risks and play within them. Players are not required to consider the special needs of the opposing player's ability when doing so. Our league has liability insurance ONLY so should a player be injured, there is no compensation provided. The organizers reserve the right to enforce disciplinary action towards a player or team if/when they believe it is in the best interest of the league to do so. To ensure a consistent level of play in each division the organizers reserve the right to refuse a team's entry based on their performance in the previous season.

This is an ADULT league. For insurance purposes players must be 18 years or older to participate. Organizers reserve the right to request proof of age in the form of appropriate photo identification at their discretion and not allow an individual to participate until it is produced. Due to insurance regulations and pricing of our gym rental underage players are not permitted to play. PARENTS: Should you choose to bring your children to watch you play they are to be supervised by an adult and remain in the gym. As per school board regulations they are not to be wandering the halls or playing in other areas of the school because our permit is restricted to the use of the gymnasiums only. Although washrooms are available the showers are off-limits.

Players are permitted one step in when serving due to limited space and no jump serving is permitted.

Plays below the waist will be called "dead". Please do not kick balls. Not only is it dangerous, which is why it is not permitted during games, but the balls will last longer!

Referees make all calls. That is what they are paid for. This is not limited to which team gets a point i.e. if another ball enters the court whether it interferes with play or is called for safety reasons. This is at the referee's discretion. If a referee feels a player's behaviour is inappropriate, they reserve the right to give 1 warning then ask that person to leave the game. The refs are not expected to tolerate players challenging their calls.

As a courtesy to other players do not block play areas that are in use (particularly the rear of the courts) when waiting for your game to start. You are welcome to store your belongings and sit on the bleachers in the upper deck at Adam Scott.

Captains are responsible for marking their wins by circling their team number on the schedule in the double gym. Dave will track wins in the single gym.

League Executive Contact Info:

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