

# COCHRANE VOLLEYBALL RULES OF PLAY AND CONDUCT

[www.cochranevolleyball.net](http://www.cochranevolleyball.net)



## League Goals

Cochranevolleyball.net was created to foster sport participation, encourage fitness, sportsmanship and friendship through the sport of volleyball. The league has identified general rules for the safety and enjoyment of participants and spectators. The Volleyball Canada Rulebook was consulted and the following rules are in effect. There are no officials for the games, so please call your own lines, hand calls and especially net violations. CAPTAINS PLEASE CALL YOUR TEAM ON THEIR FAULTS.

## General League Rules

### 1. Facility Rules:

- a. Mitford School does not permit Children under 16 years of age into the school during adult activities. For the safety of the children, we must insist upon direct adult supervision. Adults involved in their own activities cannot provide proper supervision. Please leave your children at home.
- b. Children and adult spectators are allowed in Spray Lake Sawmills Family Sports Centre (SLSFSC) in the designated spectator bleachers above or outside the gym but not allowed in the gym during league and tournament play.

### 2. Match Play:

- a. Match play will include 2 games. Each game will be Rally point to 25. First team to 25 wins (Teams do not have to win by two points). Scores are to be posted to the website by each team. Match results will be reflected in the standings as follows:
  - i. 1 point for each game won, 0 points for a loss. Ties will be determined within each division based upon win/loss record of the 2 teams tied in the standings.
  - ii. Each match is 45 minutes. The score will be recorded as it stands at the end of the match. Please keep matches on time and limit warm-up to start play on time.

### 3. Scores:

- a. Teams are responsible for posting their own scores to the website. League administration will not pursue missing score reporting. Standings will be updated by the website automatically.
- b. Teams may download the "Sportssignup" app on Android and iPhone to report scores, check standings and share team communications via your Team Wall.

### 4. Mixed Volleyball League play:

- a. This league is a co-ed 3 men and 3 women league. A maximum of three men is allowed on the court at any time. A minimum of five players is required to count as a valid game. If you have 4 players to start and your fifth steps onto the court to play within 10 minutes you may continue to play a valid league game, otherwise you will default and your score will be zero for the each game you are short the fifth player. If you have five players with a two

women and three men combination, the Ghost Rule applies. See #4 b. below. If you have three women and two men, play may proceed as a regular league game.

- b. Ghost Rule: When teams play with five players; two women and three men, the Ghost Rule applies. We have modified this rule to facilitate an easier application of this rule. The team playing against the team with too few women players will be awarded 2 (two) points at the start of each game. No disruption to the normal service rotation will apply.

5. Ladies Volleyball League play:

- a. Teams must have 5 players on the court to play within 10 minutes after the match start-time. Less than 5 is an automatic default, or Zero for that game.

6. Subs: Teams are encouraged to use the league sub list to avoid defaults. Teams are also encouraged to call other teams that play at an earlier or later time slot to sub for a missing player.

Specific Rules of Play:

(Reference - Volleyball Canada Indoor Volleyball Rulebook)

7. Serve: Only 1 service attempt is allowed. If your service attempt is unsuccessful a side-out occurs and a point is awarded your competitor.
8. Serve Receive: You may set a served ball, but you cannot block or attack a serve.
  - a. Double hits are allowed on the first contact of any rally if the play is made in one motion. Held, scooped, carried balls are never allowed in volleyball.
  - b. The let rule applies on the serve. If the ball touches any part of the net on the serve and the ball is in the court of play, play continues.
  - c. Foot faults are not allowed at SLSFSC but are allowed at Mitford School due to the small size of the Mitford gym. One step into the court is permitted at Mitford.
9. Screening: Players of the serving team must not prevent their opponent, through individual or collective screening, from seeing the server or the flight path of the ball. Players on the serving team may not screen by waving arms, jumping or moving sideways during the execution of the serve.
10. Ball In/Out: Ball is in when it touches the floor of the playing court including the boundary line. Ball is out when it touches the floor completely outside the playing court beyond the boundary line; when it touches an object outside the court including the ceiling or a person out of play; when it touches the antennae, ropes, posts, or the net itself outside the side bands; it crosses the vertical plane of the net either partially or totally outside the crossing space; it crosses completely the lower space under the net.
11. Reaching Beyond the Net: In blocking, a blocker may touch the ball beyond the net, provided that this does not interfere with the opponents play. An attacker is permitted to pass his/her hand beyond the net, provided that the contact has been made within his/her own playing space.

- a. You may touch the opponents' court with your foot or hand provided that some part of the penetrating foot, feet, hand, hands remain either in contact with or directly above the center line. Contact with your opponent's court with any other part of the body is forbidden.
12. Blocking: (14) A blocker may NOT touch the ball in the opponents space either before or simultaneously with the opponents attack hit (14.3) A blocker may place his/her hands beyond the net provided that this action does not interfere with the opponents play. Therefore it is not permitted to touch the ball beyond the net until an opponent has executed an attack hit. PLEASE DO NOT PENETRATE AND INTERFERE WITH THE SETTER ON SECOND CONTACT.
13. Contact with the net: The rules on this have changed but for the safety of everyone in the league and in the absence of referees, the League Executive and team representatives have decided to waive the rule and establish that in this league ANY CONTACT WITH THE NET IS NOT ALLOWED.
14. Player Faults at the Net: (11.4) A player may not touch the ball or an opponent in the opponent's space before or during the opponent's attack hit. A player may not interfere with the opponent's play while penetrating into the opponent's space. A player may not completely penetrate under the net with foot or hand. A player may not interfere with the opponent's play by; touching the top band of the net or the top 80CM of the antenna during his/her action of playing the ball, or taking support from the net simultaneously with playing the ball, or creating an advantage over the opponent, or making actions which hinder an opponent's legitimate attempt to play the ball.
15. Contact with the Ball: (9.2) The ball may touch any part of the body. The ball must be hit, not caught and/or thrown. It can rebound in any direction. The ball may touch various parts of the body, provided that the contacts take place simultaneously. Exceptions: Blocking-consecutive contacts may be made by one or more blockers provided that the contacts occur during one action.

NOTE 1: The league has decided to allow contact as described above BUT intentional kicking of the ball is not allowed. A player's foot may not leave the ground should the ball contact the foot in play or rebound. Therefore the intent of this rule is to allow for incidental contact with a ball in rebound or attack while attempting to contact the ball to continue the rally.

NOTE 2: Many new techniques have developed for digging balls please use good judgment in calling yourselves on ball handling faults. Prolonged contact on passing, setting, tips and digs where the ball is held and/or carried is not allowed. 'Basketball' hand carries not permitted in volleyball.

Contact:

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