



2023 Mixed Volleyball League

League Rules

Schedule and Start time

- Regular league play will commence Thursday May 11, 2023 and the last regular season night is on Thursday August 17, 2023. The playoffs will be held on Sunday August 20th at 1:00 pm. The Playoff rain date is Sunday August 27th at 1:00 pm.
- The league session will include 15 consecutive weeks of regular league games followed by one day of playoffs.
- The team registration fee for 2023 is \$550. The registration fee covers the cost of the playoff pizza, which will be provided to all registered players present on the playoff date.
- The league will consist of a maximum of 16 mixed teams.
- Each league night, each team will play a total of six games.
- A preset rotational schedule will be used throughout the season.
- The first game must start no later than 6:30 PM each league night. A 10-minute late allowance will be granted for the first scheduled game on the court. Any team that fails to field at least 4 players for their games after 6:40 PM will forfeit all games for the night.
- All games will be played rain or shine. The start time may be delayed or play will cease momentarily due to lightning, heavy rain and/or wind. All teams must show up each league night prepared to play. The League Convener will make the decision to cancel play for the night once all teams have arrived and the conditions can be properly assessed.
- A Captain's meeting will be held Thurs, May 4th at 7:00 PM at the Maidstone Recreation Centre, 10720 Talbot Rd. This meeting will be used to review & discuss the rules. It is also the final deadline to submit the \$550 team registration fee and the roster sheet. The completed Team waiver forms are due the first day of play.

Scoring System

- The Rally Point scoring system, where a point is awarded on all serves, will be utilized.
- A game is won by the team which first scores 21 points with a lead of two points, with a cap of 25 points. The first team to reach 25 points wins the game with no need to win by two points.
- Each team must take an equal turn as scorers during each league night. Every team will take their turn sharing the responsibility. Any team that neglects their scoring duties will forfeit all games played that evening

Responsibilities of the Scorer

- 1) Be on time. When it is your team's turn to score, don't make the teams track down your scorer. There will be ample time during the course of the night to relax and enjoy food & beverages.
- 2) Score the game with the flip scorer provided.
- 3) Do not referee the game. The teams will be trusted to be honest on out of bounds calls but the scorer must alert the team captains when obvious rule violations are committed. Obvious violations would include:
 - i) Playing with less than 4 players and not having at least two females.
 - ii) Using more than 3 hits to return the ball.
 - iii) Lifting the ball or intentionally playing the ball with a body part other than the hand or arm.
 - iv) Net violations. Zero tolerance for contact with the net during the act of playing the ball.
 - v) Spiking or blocking the serve.
 - vi) Spiking in a front row position when the person is positioned in the back row.
 - vii) Rotating out of order.
- 4) If there are any disagreements on any call or violation, then that point is to be re-served.

Team Composition

- Each team will play with a maximum of 5 players on the court.
- All players on the roster must be 19 years of age or older (Birth date before May 12, 2004)
- The ideal team format is 3 men and 2 women or 2 men and 3 women.
- A team can play with 4 players on the court, but a minimum of 2 women must be on the court at all times
- Only players that are registered on a team's roster can participate in the league. Utilizing players not registered on any team roster will result in a forfeit of all games for the night and will not be tolerated. Team captains are to control their roster, and notify the conveners of any changes and additions.

- A team may borrow 1 male and 1 female player from other teams registered in the league in order to provide the minimum 4 players to play. Each team must have a minimum of 1 male player and 1 female player present from their own roster. If the team still cannot field at least 4 players, they must forfeit all games for the night.
- A team's roster must consist of a minimum of 6 players and a maximum of 10 players. The team roster must be submitted to the League Convener upon registration in the league.
- Each player on a team's roster must play at least 25% of the regular season games to be eligible to play in the playoffs.
- Substitutions or modifications to a team's roster will not be allowed after the 4th week of play unless deemed necessary by the Convener due to an extraordinary event.

Player Rotation

- The entire 5 player formation will rotate clockwise without skipping players or changing the order of players throughout the entire game.
- Players **cannot** alternate between the front and back row to execute spikes and blocks. A player in the back row must be behind half-court when executing a spike.
- Players rotating into play must be accounted for before the game. A man can not rotate in for a woman. The man must rotate in when another male player reaches the designated position to rotate off.
- Once the rotational order of players is set out at the start of the game, it must be followed to the end of the game. Any team that fails to do so will forfeit the game.
- If a player is injured and cannot continue play, the team can substitute another player into their position if available, and the rotational order will proceed as established at the start of the game. If the injury causes the team to only field 3 players, the team may borrow up to 1 male and 1 female from the other teams. If they can't borrow the additional players needed, they will forfeit all remaining games for the night.

Starting Each Game

- The winning team of a coin toss or other method (Rock, Paper, and Scissors) will determine which team serves.
- The teams will have the option to switch to the other side of the court once 10 points is reached by any team. Both teams must agree to not switch sides.

Service Execution and Reception

- Serving is allowed from anywhere along the length of the service baseline.
- The ball must be hit with one hand or any part of the arm after being tossed or released. The ball must be served behind the service baseline. Failure to do so will result in a loss of service and the opposing team will be awarded 1 point. There can only be one service attempt.

- While crossing the net, the served ball may touch the top of the net and still be in play.
- Players may only bump or volley the serve. The ball must not be held during contact.
- Players cannot block or spike the serve.
- Intentionally kicking the ball or using another body part other than the hand or arm to play the ball will result in a point being awarded to the serving team. Unintentional contact is allowed. Intentional kicking the ball often results in high-force contact with other players that can result in serious injury. Please do not kick the ball.

Attack Execution and Defense

- The attacking team has three hits to return the ball over to the opposing team. No player can hit the ball more than once consecutively.
- While crossing the net, the ball may touch the top of the net and still be in play.
- Only players in the front row may attempt to block. While attempting a block, the blocker may touch the ball beyond the net, provided that he or she does not interfere with the opponent's play before or during the attack hit. An opponent may never spike a ball that is totally within the other team's side of the net.
- Contact with the net is not a fault, except when a player touches the net during his or her action of playing the ball. If the contact with the net interferes with the play, it is a fault.
- Players in the back row can spike the ball; however they must clearly be playing the ball behind half-court when executing a spike.

Food & Refreshments

- The Maidstone Recreation Centre is fully licensed to sell and serve alcohol in the designated areas as dictated under its license with the AGCO.
- The designated outdoor service areas are under the pavilion, or within the enclosed viewing area between the courts and the pavilion. The parking lot and the volleyball courts are not licensed for alcohol consumption.
- Based on AGCO guidelines, all alcohol consumed on the property must be under the license. Players cannot bring their own alcohol and consume it on the property. Such an action can result in the license being suspended or revoked by the AGCO. Any player caught doing so will be removed from the league immediately.
- The property of the Maidstone Recreation Centre is under constant video surveillance for liability and insurance reasons.
- Alcohol, other beverages, and food items are sold on each league night. No food or drinks are permitted on the courts. The only exception is the scorer. The scorer may bring a non-alcoholic drink or food item with them while scoring.
- Smoking or vaping is not permitted anywhere on the MRC grounds (Smoke- Free Ontario Act, 2017).
- All trash is to be placed in the trash receptacles provided on the property

Equipment Storage

- The first two teams to play on each court are responsible for picking up the 2 volleyballs from the pavilion, and getting the scoresheets and clipboards from the convener, if those are not already at the court. It may also be necessary to adjust the boundary lines.
- The flip scorers are stored in each scoring bench on each court, and must be placed back into the scoring benches at the end of the night. The second volleyball should be placed in the scoring bench during the games.
- Once the last game is completed, the last two teams to play on each court are responsible for returning the two balls to the ball bag in the pavilion. Give the clipboard and scoresheet to the appropriate convener or submit the team scoresheet electronically as directed.

League Playoffs

- The league playoffs will be held on Sunday August 20 at 1:00pm. (The playoff rain date is Sunday August 27th at 1:00pm)
- Playoff seeding will be determined by overall win% during the regular season. Ties will be broken based on head-to-head win/loss records, followed by plus/minus head to head, and then overall plus/minus.
- The playoff format will be distributed to each team captain via e-mail once the regular season is complete.
- A playoff meal (pizza) will be provided to all registered players.
- Non-cash prizes will be provided to the winning teams in the playoffs. The number of prizes is dependent on the number of teams registered in the league session.