

VAUGHAN SPORTS LEAGUES

VOLLEYBALL MANUAL

ADULT VOLLEYBALL LEAGUES



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**ADULT VAUGHAN
SPORTS VOLLEYBALL
LEAGUES**

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LEAGUE INFORMATION

Declaration of Understanding

All teams agree to abide by the in-house league rules and the Ontario Volleyball Association rule book (OVA). All teams agree to operate under the guidelines outlined in this manual. All players will read the enclosed information. Vaughan Sports Leagues hereafter will be referred to as VSL.

Important dates

- Full payment due (2 weeks before the league start)
- Team registrations form due (1 week before league start)
- Waivers completed (1 week before league start)

Contact

Email: leagues@vaughan.ca

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VSL CO-ED VOLLEYBALL HOUSE LEAGUE DIVISION

WHERE: Vellore Village Community Centre: Gym #3 & #4

WHEN: Thursday evening

DURATION: 10 weeks of play plus playoffs for the top four teams (total 12 weeks)

FEE: \$660 (maximum of 8 teams);
*\$110 per individual player without a team.

GAME TIMES: **Game #1:** 8:15pm- 9:15pm or **Game #2:** 9:15pm- 10:15pm
Teams will have 1 hour of play per week.

***Individual Registration:** Email leagues@vaughan.ca to coordinate placement on a team. Individual spots on a team are not guaranteed and are subject to availability.

Recreation Services will review registration and players' feedback each season in order to consider future expansions, such as alternative play nights and options for different ages.

3 EQUIPMENT

Players must provide their own running shoes and comfortable clothing. VSL will provide courts, nets, and volleyballs.

4 GAME TIME

Game time is based on the scheduled start time of the program (8:15 - 10:15 PM). Each week teams will be allotted 1 hour to play 2 out of 3 matches. Game slot times will take place as follows, and will rotate throughout the season:

Game #1 8:15-9:15pm or **Game #2** 9:15-10:15pm

The schedule will be emailed to all team captains one week prior to the start of the league.

5 LEAGUE DETAILS

Team Responsibilities

All players must sign the VSL release waiver and Indemnity agreement one week prior to the start of the season.

Note: A team consists of a minimum of 6 players and a maximum of 8 players. Teams must always have a minimum of two female players on the court.

6 SEASONAL PLAY

Roster Changes

Team roster changes are possible within the first 2 weeks of the season. Change requests must be issued via email to VSL. Any roster changes must be approved by VSL.

OBJECT OF THE GAME

Games are played out in 'best-of-2 or -3' sets and the team who wins 2 sets at the end of the hour wins.

GAME PLAY RULES

The Serve:

1. Server must serve from behind the end line (dark green/blue) until after contact.
2. Ball may be served underhand or overhand.
3. Ball must be clearly visible to opponents before serve.
4. Served ball may graze the net and drop to the other side for a point.
5. The first game serve is determined by a volley, each subsequent game shall be served by the previous game loser.
6. Serve must be returned by a bump only. No setting or attacking a serve.

Scoring:

7. Rally scoring will be used.
8. There will be a point scored on every score of the ball.
9. The offense will score on a defense miss or out of bounds hit.
10. Defense will score on an offensive miss, out of bounds hit, or serve into the net.
11. The game will be played to 21 points.
12. Must win by 2 points.

Rotation:

13. Team will rotate each time they win the serve.
14. Players shall rotate in a clockwise manner.
15. There shall be 6 players on each side, 2 must be female.

Playing the game:

16. Maximum of three (3) hits per side.
17. Players may not hit the ball twice in succession (a block is not considered a hit).
18. Ball may be played off the net during a volley and on serve.
19. A ball touching a boundary line is good.
20. A legal hit is contact with the ball by a players' body above and including the waist which does not allow the ball to visibly come to a rest.
21. If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.
22. A player must not block or attack a serve.
23. Switching positions will be allowed only between front line players. (after the serve only).

Basic violations:

24. Stepping on or over the line on a serve.
25. Failure to serve the ball over the net successfully.
26. Hitting the ball illegally (carrying, palming, throwing, etc.)
27. Touches of the net with any part of the body while the ball is in play.
If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.
28. Reaching over the net, except under these conditions:
 - When executing a follow-through.
 - When blocking a ball which is in the opponent's court but is being returned (the blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact), except to block the third play.
 - Reaches under the net (if it interferes with the ball or opposing player).
 - Failure to serve in correct order.

Switching teams/trades:

No existing players from any team in VSL will be allowed to switch teams during the season unless approved by the VSL

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ADDITIONAL INFORMATION

Reporting injuries

It is the responsibility of the staff on duty to report any of the following issues to VSL:

- Incidences/Injuries
- Inappropriate behavior

First Aid kits

A complete First Aid kit will be available at all VSL courts. Items included:

- Adhesive Bandages
- Disposable Gloves
- Ice Packs
- Adhesive Tape
- Gauze Pads
- Tensor Bandages

Parking

Players must abide by all rules and by-laws issued by the City of Vaughan. VSL is not responsible for vehicles that are tagged and /or towed, and any fines will be at the owner's expense.

Removal from the league

VSL can remove any player or team from the league that is deemed in violation of VSL rules and principles. Additionally, VSL can remove a player or team in a situation beyond its control.

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RECREATION SERVICES

Code of Conduct

In support of a Safe Community...

The following behavior is unacceptable and will not be tolerated in City-operated community center Facilities:

- Violent behavior that poses a direct threat to any other person in the facility. This includes possession of weapons, sexual harassment, sexual assault, throwing of articles in a deliberate or aggressive manner, aggressive approaches to another individual or group, physical striking of another individual, and attempts to incite violence in others.
- Abusive or disrespectful language or actions. This includes harassment, verbal assaults, attempts to intimidate, profane language, inappropriate or obscene gestures, and racial or ethnic remarks.
- Disrespectful for public property and the property of others. This includes robbery or theft, littering, defacement, vandalism, and misuse of equipment.
- Other behavior that will not be tolerated: horseplay, passions of or under the influence of drugs and /or alcohol, misuse of emergency exists, not abiding by rules and regulations, and trespassing or refusal to leave when directed to do so by staff.
- The City of Vaughan promotes safety, respect, and civility for all users of City operated facilities, and will take appropriate steps to deal with unacceptable behavior as outlined in this code.
- View the complete "Safe Community Centre Policy Code of Conduct" online at vaughan.ca

Declaration of Citizens' Right & Responsibilities

The City of Vaughan encourages residents to participate and enjoy the many City Operated community centers, programs, and services, and strives to ensure greater safety and protection of its users and employees while they participate or work in the city facilities.

- To foster and promote safety, respect, and civility, the City of Vaughan's "Safe Community Centers Policy - Policy No 04.1.28" was adopted. The policy creates a better understanding and expectation of the appropriate behavior that is expected by users who access city-operated community center facilities and provides staff with tools to deal with incidents of harassment, violence, abuse, or vandalism in City facilities.

Every citizen has a right to...

- Live, work, and play in a municipality that promotes community safety, health, and wellness, while safeguarding the natural environment.
- Live in a municipality in which all mandated services are delivered effectively and efficiently.
- Live in a municipality in which citizens receive value for their property tax dollar.
- Live in a municipality that plans and manages growth responsibly, including the building, maintenance, and renewal of appropriate infrastructure.
- Live in a municipality that attracts, retains, and promotes productive and effective employees committed to their own on-going professional training and growth.
- Live in a municipality that enhances the quality of life of its citizens by providing services beyond those mandated by law.
- Live in a municipality whose government communicates effectively with its citizens.

Every Citizen Has a Responsibility to...

- Avoid behavior that threatens the safety, health, and wellness of fellow citizens or the integrity of the natural environment.
- Acknowledge that municipal services are finite, to be shared fairly with fellow citizens.
- Acknowledge that our security and well-being is built on the willingness of each of us to seek the common good.
- Acknowledge that the orderly growth of our city depends on proper planning, which requires citizen participation.
- I acknowledge that the financial stability of our city and the services we expect it to provide depend in part on the taxes we pay, and that consequently new services and new infrastructure must be affordable.
- Acknowledge that staff are professionals, and citizens as well; that they deserve to be treated as such; and that as skilled workers they are best retained by competitive salaries.
- Remember that communication is a mutual affair, and that voting is the most basic form of communication between citizens and their elected representatives.
- Adopted by Council of the City of Vaughan February 28, 2005.

It is Illegal to:

- Smoke on bar and restaurant patios
- Sell tobacco on college and university campuses
- Smoke near children's playgrounds and public sports fields and surfaces

Find out more:

- York Region Health Connection
- 1-800-361-5653
- TTY 1-866-252-9933 or www.york.ca

12 WEEK SEASON

WITH TOURNAMENT STARTING SEPTEMBER 29

Thursdays at 8:15-9:15pm & 9:15-10:15pm

Team fee: \$660 per team & Individual fee: \$110

Minimum 6 people, Maximum 8 people in a team,
with at least 2 female players (ages 18+)



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