



Carleton University Leagues & Intramural Rules & Regulations: Volleyball

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Part A: Code of Conduct

- Please see link to Carleton University Intramural & Adult League Player Code of Conduct

Part B: Spirit of the Game

- Carleton University Intramural Volleyball League relies upon a spirit of sportsmanship that places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules or the basic joy of play. Protection of these vital elements serves to eliminate unsportsmanlike conduct from the Volleyball Court. Actions such as taunting opposing players, dangerous aggression, belligerent intimidation, intentional infractions or other "win-at-all costs" behaviour, are contrary to the spirit of the game and must be avoided by all players.

Part C: General Information

- Participants may play for one Volleyball team per league per semester.
- The intramural league is open to students, staff/faculty, and alumni who have an active gym membership only.
- Team Captains must have all of their players registered on the official team roster in the Fusion IM portal.
- All participants MUST be registered or they will NOT be permitted to play. Under some circumstances spares will be allowed.
- Players in attendance must check in with the league official or organizer. Individuals are responsible for ensuring that their attendance is recorded. Players must participate in 4 or more games to be eligible for playoffs. This includes approved spares. Some exceptions can be made.
- All players must present a valid student card, membership card, or identification to league organizer or official. Failure to do so will result in player not being permitted to participate in the game.
- Team Shirts will be given out at the beginning of each season and must be worn to each game.
- Intramural Volleyball shall be governed by the current F.I.V.B. Rule Book combined with Carleton University League rules.
- Fighting is strictly prohibited. Anyone who fights will be automatically removed from the league. If an official feels that a player attempts to injure an opposing player deliberately the player will be removed from the league. A zero tolerance policy is in effect.

Part D: Game Supervision

- There will be one league official and league organizer provided for all games. League organizers are responsible for checking eligibility, signing in players. Officials are responsible for officiating the game. League officials and organizers are to be treated

with respect. All officials and organizers decisions are final. Any abuse of officials or organizers will result in a game misconduct and possible ejection from the league. Team Captains should be dealing with the league official or organizer on behalf of their team and are responsible for the conduct of their teammates.

Part E: Equipment

- Any elbow, hand, finger, wrist or arm guard, cast or brace made of any hard substance even though covered with soft padding shall always be declared illegal.
- Only non-marking court shoes are allowed on the courts.
- No jewelry, earrings, nose rings etc.
- Standard sized Volleyball will be used.
- Standard sized Volleyball net (7' 4 1/8") will be used.

Part F: Rules

Section 0 - COVID-19 Rule Updates

- Limitations on Size of leagues to 50 participants
- Volleyballs must be cleaned between each game or training session group and at minimum each hour.
- All training and game play sessions must follow provincial and local public health as well as facility/permit guidelines with respect to the size of gatherings.
- If a ball from another court comes over, participants should use their feet to kick it back. Allow transition time for groups to move in and out and for volleyballs/equipment to be sanitized.
- Athletes are not permitted to deliberately physically contact each other on the court
- Athletes may breach physical distancing barriers while on-court in training or in game play situations, however, must maintain physical distancing when off of the court.
- Off the court, athletes must respect physical distancing guidelines within all parts of the site/facility by staying at least 2m apart at all times.
- All off-court warm-ups and training should comply with current physical distancing requirements.
- Limit each 9m x 18m court to 14 active athletes.
- Establish volleyball specific physical distancing protocols including the elimination of handshakes, high fives, huddles and participants switching sides

Section 1: Players

- Games will be played 6 vs 6.
- Coed Teams must have a minimum gender ratio on the floor at all times. (3:3 or 4:2). If a team does not have the required gender ration they must play one player down. Recommended that teams carry enough players to substitute and maintain ratio. Gender is defined by what is officially stated on the player's Carleton student ID or valid identification.
- A minimum of 4 players per team are required to start a game.

- Teams may pick up other players at the discretion of the opposing team's captain and approval of the League Organizer. This game may be counted in the standings if agreed to by the opposing team.
- All players must be signed onto the team roster and wearing numbered shirt of the same colour.
- Teams must have their roster set prior to playing their first game.
- Adding players to a roster must be done through the organizer after the first game.
- **Section 2: Time**
 - Each match will begin ten minutes after the hour and will last 55 minutes if necessary.
 - Teams are urged to be on time in order to facilitate the start and completion of games in a timely manner. NO additional time will be awarded at the end of halves to make up for time lost. Time will be kept by the referee and the referee alone.
 - There is no additional sets during the regular season.
- **Section 3: Boundaries**
 - Game is played on a standard sized Volleyball court.
- **Section 4: General Play**
 - Only one toss or release of the ball is allowed per serve.
 - If a serve touches the net on the way over, the ball is in play.
 - Players cannot block or spike a serve, but they may volley or bump the ball with their hands.
 - The players are permitted and encouraged to make honest calls including (but not limited to): in or out of bounds, carries, double hit, touching the net, going under the net and contacting another player. However, all final and official calls are made by the officials.
 - A double hit off a hard driven serve is allowed (e.g. the serve hits the defender's arms and then chest), this includes if the ball hits the player and then the net, the player can hit the ball again. A double-hit is also permitted on a hard-driven spike/hit. Please note that a ball that rolls along a player's body is illegal.
 - Players may contact the ball with any part of the body, including areas below the waist.
 - A player is allowed to cross under the plane of the net at any time as long as the individual does not interfere with the play and does not step over the centre line.

- A player is permitted to pass their hand above the plane of the net in the following scenarios:
 - While blocking an attack.
 - If a player is spiking the ball, their hand can cross the net as long as contact is initiated on their own side.
 - An infraction has occurred if a player interferes with their opponents' attack (e.g. if a setter is trying to set his player, the opponent can't reach over the net and block that set).
- Players are not permitted to make contact with net. A net violation will only be called on someone who makes contact the net at any point.
- Players are not allowed to attack a front court ball when positioned in the back court. If the backcourt positioned players jumps before the attack line: the play is alive. If the backcourt positioned players jumps after the attack line or steps on the attack line, the players should call the play dead, award the opposing team a point as this player has committed an illegal back court attack.
- **Section 5: Scoring**
 - The first two sets will go to 25 points, with a cap at 27 points; the third set will go to 15 points with a cap at 17 points.
- **Section 6: Coin-toss**
 - Each match will begin with a captain's coin-flip to determine which team serves. The Winner of the flip will decide if they wish to serve or receive.

Part G: Divisions

- **Section 1: Recreational**
 - The recreational division is for players who are new to the sport. This is a beginner level in which players with little to no experience can play in.
- **Section 2: Intermediate**
 - The intermediate division is for players who have some experience playing volleyball, and understand basic concepts such as setting, blocking and spiking. This league is ideal for players in between recreational, and competitive levels.
- **Section 3: Competitive**
 - The competitive division is for players who have extensive experience playing the sport. Ideally, players will have an understanding of playing positions; both offensively and defensively.

Part H: League Standings & Points

- Teams will be awarded 2 points for a WIN, 1 point for a TIE, 0 points for a LOSS. - There will be NO overtime in Round Robin play.
- Standings will be posted weekly on the Carleton website.

Part I: Forfeits & Defaults

- All teams are to be at the facility 10 minutes before their scheduled match time.
- Teams not meeting the player requirements at match time (ten minutes past the hour) will default game one of the match. After 15 minutes, if they still do not meet the requirements, they will default the entire match.
- Defaults are recorded as 0-25, 0-25 for the team that defaults
- If you are unable to attend your scheduled game, please have your captain use the default (no point penalty) or forfeit (point penalty) function in Fusion IM at least 10hrs prior to the game.

Part J: Tie Breaks

- **Section 1: If two teams are tied at the end of the regular season**
 - 1. Set or point differential
 - 2. Head-to-head
 - 3. Coin-Flip
- **Section 2: If three teams are tied at the end of the regular season**
 - 1. Set or point differential
 - 2. Head-to-head
 - 3. Coin flip

Part K: Playoff Format

- Format will vary according to the number of teams in the league, league structure and facility availability. The Playoff schedule will be posted here:
<https://rec.carleton.ca/TeamRankings>

Part L: Cancellation Policy

- In the event that games are cancelled due to facility closures, the following policy will be applied:
 - First Cancellation: Games are not rescheduled or refunded

- Second Cancellation: Games will be rescheduled as extra games on the night that they play or on another available date. If neither of these scenarios are viable, a partial team credit will be applied in the following season.
- Third Cancellation or more: Games will be rescheduled as extra games on the night that they play or on another available date. If neither of these scenarios are viable, a partial team credit will be applied in the following season.

Part M: Personal Injury

- Any player injured must let the Official know so proper paperwork can be completed.
- Any player who is bleeding shall be removed from the game immediately.
- The clock will be stopped and resumed once the player is removed. If the blood is removed from all playing surfaces and has stopped, or has been completely covered with a bandage, the player may return to the game.
- The League Organizer will have the authority to decide if the player shall return to the game. Intramural Sports is a voluntary activity where players participate at their own risk. Participants should understand that they are responsible for any and all costs arising out of injury or property damage through participation.



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