

INDOOR VOLLEYBALL

League Rules



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1. COVID-19 RULE AMENDMENTS

GENERAL HEALTH AND SAFETY GUIDELINES

Following government and Alberta Health recommendations, players need to understand and follow these guidelines:

- Please complete the screening checklist. If you answer “yes” to any of those questions, please do not participate. The checklist includes items such as coughing, fever, shortness of breath, and travel outside of Canada.
- Players should wash hands prior to heading out to the courts and bring their own sanitizer.
 - Thoroughly wash your hands with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
 - Handwashing as soon as possible after the games is highly recommended.
 - At this time, we have sourced some supplies, due to arrive mid-June, however depending on the total teams and timelines of a second shipment, we will lean on teams to help ensure equipment is properly cleaned.
- It is highly recommended that players wear a cloth face mask that covers the nose and mouth when not playing; including arriving, departing, and subbing.
- We encourage teams to avoid bringing spectators to their facility. If you bring children, please do not leave them unattended while playing.
- In the lead up to the game, maintain the appropriate 6-foot social distance between teammates and opponents that are not a part of your household or personal cohort.
- Pre-game captains’ meetings & handshakes have been eliminated.
 - If captains choose to meet, they should maintain a 6-foot distance.
 - Schedules will indicate who the home and away teams are.
 - At the end of the game, teams can verbally acknowledge “good game” to your opponent.
- Please arrive 15 minutes maximum before scheduled game time. There will be absolutely no congregating at parks, facilities or parking areas before and after your game.
- Handshakes, high fives, or any other physical contact is not permitted.
- Teams must ensure they limit shared equipment and ensure frequent sanitization between use. Please make sure you are wiping down equipment between each player with the appropriate sanitization tools.
- Teams must spread out along the sidelines, benches, and dugouts, unless they are members of the same household.
- Players must cover their mouth and nose with the pit of their elbow when coughing or sneezing.
- Players must not share water bottles, orange slices, or Spitz.
- Leave nothing on site; take all belongings and garbage with you.
- Teams and/or players who do not adhere to the suggestions put forth by league organizers risk being refused to participate. It is imperative that all participants conduct themselves in a respectful and sportsmanlike manner.

GAME SPECIFIC MODIFICATIONS

- Format
 - Due to restricted cohort size and facility availability. Some leagues may be played as Single Opponent for Fall 2020. If so, games will be played Best-of-5 format. Scoring will work in the same way, with the fifth set being to 15 points (do not have to win by 2). To ensure teams get adequate game play time, all sets should be played, unless the booking time has ended.
- Roster caps
 - Alberta Health has introduced a 50-person cohort “mini-league” restriction. With this in mind divisions of indoor volleyball may be made up of 4, 6 or 8 team divisions, depending on the max roster size that they chose at the time of registration. Regardless, each cohort will not exceed 50 people.
- Warm-up
 - Warming-up muscles and stretching is important to avoid injury. Players should find an open area and do an individual warm-up or warm-up with teammates with a minimum of 6-feet of distance between you.
- Equipment
 - Each court will have a minimum of 2 balls, plus disinfectant. Teams should be serving with a clean ball each time.
 - The same player on each team should manage the score board, or teams can choose to verbally announce the score prior to serving
- Court area
 - Please be courteous of space on the court. Try and stick to your quadrant of the court and communicate clearly with teammates for each hit to ensure there’s no unnecessary contact.
- Facility
 - Following games, if there’s a lineup for any shared amenities, please ensure you maintain an appropriate 6 ft. of distance.
 - We are monitoring further updates and guidelines from Volleyball Alberta. As more guidelines are announced, we will update prior to the season.

2. FACILITIES

The ESSC rents all indoor facilities and gymnasiums from private facilities or the City of Edmonton Recreation Department. As tenants, players must respect the standards and rules of each facility:

- Alcohol and drugs are strictly prohibited inside any facility and in the parking lots
- Facility Operators and Caretakers should be treated with respect
- Hallways are off limits at schools; do not wander around the facility
- Players are expected to clean up after themselves
- Players must wear clean, non-marking shoes
- Players are responsible for any deliberate property damage within a facility

- The doors to a public school are unlocked 15 minutes prior to the permit start time; if players arrive early, they should wait outside
 - Some facilities will keep the doors locked throughout the night as a safety precaution for the Caretaker.
 - **Doors should never be propped open**
- When the permit time is up, players must leave the building promptly

Facility Complaint Policy: Any player who causes the ESSC to receive an official complaint regarding a facility is subject to a \$100 fine and possible suspension or ejection from the League.

3. EVENT COORDINATORS

An Event Coordinator (EC) is a player in the league who is already registered on a team for that specific season, who has agreed to help coordinate games and manage the facility.

ROLES OF THE EC

- Arrive early, and act as the onsite contact for the facility
- Bring all required equipment and permits to the facility
- Update players with pre-game announcements
- Ensure that games start and end on time
- Record the scores and submit to the ESSC office

ROLES OF PLAYERS IN AN EC'D LEAGUE

- Record the game results on the score sheet after each game/match
- Help the EC set-up and take-down the equipment before and after the games are played

4. SPORTSMANSHIP

The ESSC encourages a fun-first, winning-second attitude in all leagues. All players are expected to abide by the ESSC sportsmanship policies, including:

- Controlling emotions and actions at all times
- Treating the facility, equipment, staff, other players, and coordinators with courtesy and respect
- Avoiding retaliation under any circumstance
- Providing feedback in a constructive manner to the EC and being open to feedback from the EC

ZERO TOLERANCE POLICY

The ESSC requires Event Coordinators to remove players from a game if they are involved with any of the following acts:

- Swearing directly at another player or the Event Coordinator.
- Displaying disrespectful or threatening behavior.
- Intentionally pushing, shoving or making physical contact with another player.
- Making comments to instigate an altercation with another player.

If a player is ejected from a game they must vacate the facility immediately. The offending player will be subject to further follow-up from the ESSC, including possible suspension/expulsion from the League.

5. ROSTERS

Format	Ideal Roster Size (F) = Female	Total # of Players Required on the Court	Total # of Females Required on the Court
All	8 (3 F)	6	2

The ESSC welcomes people of all gender identity or expression. Minimum female requirements are inclusive of *anyone* who identifies as a female (i.e. players who identify themselves as M and X will not count towards female minimums).

If playing with only 1 Female player on the court, teams can have a maximum of 3 Male players on the court. Teams are not allowed to play with 5 players on the court, if only one player is Female.

6. SUBS

For all ESSC Leagues, players are responsible for finding their own subs, it is not the ESSC's responsibility to find and/or provide subs for teams.

WHO CAN SUB?

- Anyone 18 years of age or older

REQUESTING A SUB

Recruiting a sub can be done in one of two ways:

1. ESSC Subs Lists: The subs list consists of players who have voluntarily signed up each season. You can 'Request a Sub' online through your MyESSC account
2. Team Invites: Teams can bring out players that are not on the ESSC sub list (e.g. friends, family, co-workers, etc.). All subs must be invited to the online team roster, through the MyESSC account function

SUB POLICIES FOR REGULAR SEASON

- Subs should be of a similar skill level to the player that they are replacing. Bringing out ringers could result in follow-up action from the ESSC
- All subs must know the rules, understand the level of play, and abide by all ESSC policies
- In cases where there are multiple ESSC games occurring in a row at a facility, a team can borrow players from the previous game only to increase their roster to the required number of players on the court/field

SUB POLICIES FOR PLAYOFFS

- Teams that have qualified for a shot at the championship can only bring in subs who have played at least one regular season game with the team
- All teams who are not playing for the championship can bring in subs regardless of how many games they have played with the team
- Prior to the first playoff game, teams must have all players who are playing in the playoff game(s) displayed as part of the confirmed roster in MyESSC, otherwise they could receive an automatic loss and will not be eligible for the championship

7. DEFAULTS

WHAT IS A DEFAULT?

A default occurs when, at the scheduled game start time, or at any time during the game, a team has fewer than the minimum number of required players. If a team chooses to leave early and quit the game for any reason, including a lack of players, the team will also be subject to the default rules.

The chart below outlines the minimum players required for each specific league in order to not default:

League	Minimum Players to Avoid Default	Default Score
All	4 (1 Female)	0-25; 0-25

WHAT HAPPENS WHEN A TEAM DEFAULTS?

- If a team is not at the facility at the start of the match, the team automatically defaults the first game of the match
 - If a team arrives after the scheduled start of the match, but before 15 minutes have elapsed, the team avoids defaulting the second and third games of the match
 - If a team still has not arrived 15 minutes after the scheduled match start time, the team will automatically default the second game, and therefore, the entire match
- The same rules apply to the second match in double-opponent sports
- When a default occurs, the opposing captain must choose one of the following options:
 - a. Enforce the default fee and mercy score
 - b. Waive the default fee and enforce the mercy score
 - c. Waive the default fee and play a regular game, not enforcing the mercy score
- In all above scenarios, the team being defaulted against is responsible for stating to the EC and any members of the defaulting team, which option they have chosen prior to the playing of any game
- In the case of a default, teams are encouraged to use the time slot to play a fun game. However, the playing of a fun game does not alter the results of scenario a) or scenario b) above

8. LEAGUE SPECIFIC RULES

GAME FORMAT

- Players should arrive 15 minutes prior to the scheduled game time
- Teams will play two matches per night against different opponents
- Each match will be a best-of-three games format

SCORING

- All games use a rally-point scoring system
- **Game 1** – first team to 25 points (do not have to win by 2 points)
- **Game 2** – first team to 25 points (do not have to win by 2 points)
- **Game 3** – first team to 15 points (do not have to win by 2 points)
- A total of 5 combined points must be played in a game for the result to count
 - If the EC is required to call 'time' on a match, finish the current point
 - The score will stand as-is, unless the combined score in the current game has not reached a total of 5 points, in which case the game will not count
 - **Regular Season:** ties are allowed
 - **Playoffs:** ties are not allowed:
 - If each team has won a game, and a total of 5 points have not been played in the 3rd game, the team with the higher combined point differential in Game 1 and 2 is the winner
 - If still tied, one additional point must be played to determine the winner

EQUIPMENT

- Players must wear clean, non-marking, indoor shoes
 - No outdoor shoes are allowed
- Volleyballs and Scoreboards will be supplied by the Event Coordinator

9. GENERAL PLAYING GUIDELINES

SERVICE

- Teams can use any suitable means to determine who gets to serve first or pick a side
- Service alternates between teams for the start of each game
 - If a third game is played, teams need to re-determine who gets to serve first or pick a side
 - In the third game teams will switch sides once a team has reached 7 points
- Only one toss or release of the ball is allowed per serve
- In facilities where the back-court line is within 3 feet of the wall, servers may step into the court to complete their serve
- If a serve touches the net on the way over, the ball is in play

PLAYING THE BALL

- A maximum of three touches or hit per side is allowed (excluding any blocks)
- A single player may not touch the ball twice in succession (unless the first touch is a block)
- Players may contact the ball with any part of their body, including below the waist
- A ball that rolls along a player's body is deemed an illegal hit
- Players cannot block or spike a served ball
- A double-hit off the serve, or a hard spike is allowed
 - E.x. The serve hits the defender's arms then chest
 - Includes a ball hitting the defender and then the net, the player could hit the ball again

NET RULES

- Players are permitted to penetrate into the opponent's space under the net, as long as they do not interfere with the opponent's play, including the opponent's feet
- Players may not pass their hand over the net to interfere with an opponent's attack
- Players are permitted to pass their hand over the plane of the net when:
 - Blocking
 - Following-through on a spike
- Players may contact the net as long as it does not interfere with play
- Net contact resulting in interference is defined as:
 - **Touching the top band of the net or antennae** while playing the ball, including a fake attack
 - Taking support from the net while playing the ball, or pulling down on the net
 - Hindering the opponent's ability to play the ball
 - Purposely touching the net to change the direction of the ball

VIOLATIONS AND FAULTS

Players are to call their own faults. If an obvious fault is missed, a player on the opposing team may politely point this out, assuming that their opponent either does not know the rule or missed their own fault. Generally, teams should NOT call faults against their opponents.

- Players are to call balls in or out of bounds
 - If there is a dispute, resume play by re-serving the ball with no point awarded
- Other faults include:
 - Carries, double-hits, touching the net, going under the net, and contacting another player

DIVISION SPECIFIC RULES

RECREATIONAL / RECREATIONAL PLUS

- There is a maximum of 5 consecutive points allowed per server
 - If the maximum is reached, the team will rotate to the next server and keep possession
- Jump serving is not permitted
- Back row attacks are not permitted
- Liberos are not permitted
- Hard-smashing is not permitted

INTERMEDIATE

- There is a maximum of 5 consecutive points allowed per server
 - If the maximum is reached, the team will rotate to the next server and keep possession
- Jump serving is not permitted
- Back row attacks are not permitted
- Liberos are not permitted
- Hard-smashing is permitted in a controlled manner

INTERMEDIATE PLUS AND COMPETITIVE

- There is no limit to the number of consecutive serves per player
- Jump serving is permitted
- Back row attacks are permitted
- Liberos are allowed, but not mandatory
 - A female libero does not count towards the minimum female requirement on the court
 - The libero must be easily identifiable
 - The libero is restricted to performing as back-row player; no serving, blocking, or completing an attack when the ball is above the plane of the net
 - The libero can replace any back-row player following a rally
 - A team may exercise only one replacement per dead ball
- Hard-smashing is permitted