

INDOOR VOLLEYBALL

Tournament Rules



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1. FACILITIES AND EQUIPMENT

The SSC rents all indoor facilities and gymnasiums from private facilities or the [Edmonton/Calgary/Red Deer](#) City Recreation Department. As tenants, players must respect the standards and rules of each facility:

- Alcohol is strictly forbidden inside facilities or in parking lots.
- Caretakers must always be treated with respect.
- **Doors should never be propped open.**
- Any player who causes a complaint regarding a facility rented by the SSC will face a \$100 fine and may be removed from the tournament and ejected from the league.
- The Event Coordinator(s) will provide all necessary equipment for game play.
- Players must wear clean, non-marking running shoes. All players must bring an extra set of shoes to change into once they arrive in the facility.
- Players may choose to wear protective equipment such as knee pads. It will be up to the Event Coordinator's discretion to determine which protective equipment is allowed.

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

2. EVENT COORDINATORS

An Event Coordinator (EC) is a registered tournament player who has agreed to coordinate the games and manage the facility within a specific division(s).

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.
- Ensure that Team Captains record their scores throughout the day.
- Calculate the standings and seed teams for their playoff games.
- Submit the final scores to the SSC office.

ROLES OF PLAYERS IN AN EC'D TOURNAMENT

- 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.

3. SPORTSMANSHIP

The SSC encourages a ‘fun-first, winning-second’ attitude in all tournaments. All players are expected to abide by the SSC 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

SSC Staff (including Games/Event/Beach Volleyball Coordinators) reserve the right to remove players immediately from a facility and/or league, tournament, or event if they are involved with any of the following acts toward a coordinator, facility staff, player, or spectator:

- Using racial, ethnic, homophobic, fatphobic, gendered, transphobic, sexist, sexual, disability or other slurs
- Swearing directly at another person
- Intentionally pushing, shoving, or making physical contact with another person
- Instigating and/or retaliating in an altercation
- Displaying disrespectful or threatening behavior

If a player is ejected due to unsportsmanlike play, they must vacate the facility immediately, inclusive of the parking lot.

In addition to being dismissed from the game, the player(s) or team may be removed from the tournament with no refund and future league suspensions may be issued.

REPORTING SPORTSMANSHIP CONCERNS

- If during the game there is a concern with the other team, the issue should be addressed respectfully with the opposing team captain at the appropriate time (during play on the sidelines or breaks in the game).
- If the issue still seems unresolved at the end of the game, captains should further discuss the issue with the Event Coordinator and opposing team captain.

4. ROSTERS

Format	Total # of Players Required on the Court	Total # of Female Players Required on the Court	Total # of Male Players Allowed on the Court
All	6	2	4

The SSC welcomes people of all gender identity or expression. Minimum female player 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 player minimums).

- All players on the roster must have accepted their MySSC invite prior to the tournament.
- The minimum number of players required in order to avoid a default is 4, including at least 1 female player.
- 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 identifies as female.
- When competing in semi-finals and finals, all players on the court must have played at least 1 game with the team during the round robin.

5. TOURNAMENT SPECIFIC RULES

GAME FORMAT

- Games 1 and 2 are rally-point scoring to 25 points, the first team to 25 wins. Game 3 (if needed and time is permitted) is to 15 points.
- You do not have to win by two points in SSC Volleyball.
- Ties are allowed in round robin matches. If each team wins a game, the match winner is determined by who has the higher total points 'for' in the match. Should the total points 'for' for both teams be the same, the match is considered a tie.
- Teams should 'rock, paper, scissors' or use any other suitable means to determine who gets first serve or chooses a side. First service alternates between teams for the start of the games. For example, if Team 1 serves first in game one, Team 2 would serve first in game two.
 - In semi-final and final matches that go to a third game, teams should again 'rock, paper, scissors' or use any other suitable means to determine who gets the serve or chooses a side.
- At all gyms, nets should be set to the highest setting (7' 11 5/8"). If you are concerned about the net height, please talk to the Event Coordinator at your gym.

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.
- 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.
- Players are to call their own fouls. If an obvious foul 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 foul. Generally, teams should NOT call fouls against their opponents. Obvious fouls are: carries, double hits, touching the net, going under the net and contacting another player.
- A double hit off of the 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.
- 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; this includes feet (provided that some part of the penetrating

foot remains in contact with the center line) and any part of the body above the feet. Players need to be as cautious as possible when crossing under the plane of the net, so as to avoid injury to themselves or their opponents.

- A player is permitted to pass his/her 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).

NET CONTACT RULES

- A player is allowed to touch the net as long as it does not interfere with the play. Interference includes, but is not limited to the following:
 - Touching the top band of the net or the top 80 cm of the antenna during his/her action of playing the ball.
 - Taking support from the net simultaneously while playing the ball.
 - Creating an advantage over the opponent.
 - Making actions which hinder an opponent's legitimate attempt to play the ball.
- Players are allowed to touch the posts, ropes or any other object outside the antennae or court lines as long as it does not interfere with the play. Players are not allowed to touch the part of the antennae that is above the top of the net.
- If the ball is driven into the net causing the net to touch an opponent, it is not a fault.
- Examples to clarify the net rules:
 - *Legal* (provided it does not interfere with the play):
 - In the act of playing the ball (hitting, blocking, bumping, setting, etc.), players may make contact with the mesh or bottom band.
 - An offensive player that fakes a hit/spike may contact the top band.
 - *Illegal* (always results in interference with the play):
 - Touching the top band in the act of playing the ball (hitting, blocking, setting, etc.).
 - Pulling the net down to lower it for a teammate or themselves.

DIVISION SPECIFIC RULES

RECREATIONAL

- 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.
- If teams are finding that their opponent is playing in a reckless or dangerous manner, please have your Team Captain talk to the other Team Captain to come up with a resolution.

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, but please remember that you are only one division up from Recreational. This means that all teams should expect some of the players in Intermediate to be a little more inexperienced. If you have the skill level that allows hard-smashing, please abide by the following guidelines:
 - Respect the other team and keep it fun for them.
 - You must be able to control where you are spiking the ball.
 - Use discretion: in where you spike the ball, in whose direction, and with what force.
 - Do not spike the ball in an unsafe manner.
 - If teams are finding that their opponent is playing in a reckless or dangerous manner, please have your Team Captain talk to the other Team Captain to come up with a resolution.

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 (e.g. wearing a different colour of jersey/shirt, creating an 'L' on the front of their shirt, wearing a unique colored head band, etc.).
 - 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.

6. REPORTING AND STANDINGS

After each game/match, both captains must ensure that the scores are written on the appropriate standings print-outs provided by the SSC. Teams that do not report scores will receive a zero for that game/match.

HOW TEAMS ARE RANKED

At the end of the round robin, teams will be ranked based on the criteria below:

1. Matches won (2 pts.), lost (0 pts.) or tied (1 pt.).
2. Number of games won.
3. Point differential (total points for minus total points against).
4. Results in the match versus the team you are tied with (if applicable).
5. The Event Coordinator will flip a coin to determine who places higher.

7. WEATHER

The SSC does not cancel any indoor games due to inclement weather. The only time that games would be cancelled is if the facility is closed. Teams would be contacted in that scenario.