

## Kwantlen Polytechnic University

### Mixed Volleyball Rules & Regulations

#### General Rules

Review the following rules and regulations before the Volleyball season begins to avoid any confusion. The rules are available below, and will be posted online at

<https://www.kpu.ca/sportrec/league/volleyball>

#### KPU Drop In/Intramural Policies

All participants are expected to follow the KPU code of conduct and respect the Coordinator, Officials, Sport and Opposition. KPU encourages sportspersonship and fun. When participating in sports and recreation there is a tendency to get competitive, this is encouraged but aggressive behavior and disrespectful language is not. If this is an issue you and whoever is associated with you, (friends/spectators coming to watch) will be asked to leave the facilities. Depending on the severity, you may be asked to permanently leave from the sport drop-in/league for the rest of the semester.

All participants must have their valid **KPU STUDENT/STAFF/ALUMNI ID** with them when registering for the league. Every Wednesday they must present their KPU ID at the Front Desk to enter the KPU facility.

#### Authority

If any individual has questions or concerns regarding Volleyball, please contact [sportrec@kpu.ca](mailto:sportrec@kpu.ca) or the Sport and Recreation Programs Coordinator, [orion.ng@kpu.ca](mailto:orion.ng@kpu.ca).

#### Sportspersonship

Please play safely in a respectful manner and with good spirit at all times with opposing players and KPU Sport & Rec staff. Derogatory language, fighting, hate speech or any such verbal or physical abuse will **not be tolerated**. Any player not abiding by the rules and regulations will be removed from the league.

#### Sportspersonship Program

After each game, Intramurals Staff will assess and rank the fair play of each team on a scale of 0-5 by answering the following: "Did the team significantly contribute to the enjoyment of this game in spirit and sportspersonship?".

If a team is given a score equal to or less than 3, the captain will be notified by the Sports and Recreation Programs Coordinator and possibly required to make corrective action prior to the next game.

At the end of the season, teams will be disqualified from playoffs if their sportspersonship average is below 4. Teams will be provided with a written rationale for this decision. Team Captains may provide a written appeal within 3 business days of receiving a disqualification statement. The final decision will be made by the Sports and Recreation Programs Coordinator and Intramurals Staff.

Scaling:

0 – Poor Sportspersonship (fight, player ejection, etc.) or Default without 2 days' notice

1 –

2 –

3 –

4 –

5 – Good sportspersonship

**Scheduling:** Teams will play 1 match each week. Matches are scheduled on Thursdays and each team will play over a 7-week season with up to 3 weeks of playoffs.

- 1) Refer to the game schedule to check who is playing and be at the court 10 minutes prior to the start of the game.

**a) Players: Forfeit Rule**

- i. If a team has an insufficient number of players to begin (4), a 5-minute delay to the start of the game will be granted
  1. A team can wait the 5-minute grace period until 4 members of the team arrive (maximum 2 members may self-identifying as male);
- ii. Should a team still have too few players following the delay, the team will receive an automatic forfeit. Opposing team will be awarded a win 1pt, 10-0 score.
- iii. Teams may avoid forfeiting in regular season by playing with a minimum 4 players of that roster.

**Dress Code:** Must have appropriate athletic attire and shoes. NO JEANS.

**Eligibility:** To be eligible to play in the league all players must have registered online or in-person and must pay the \$15 registration fee + complete waiver form.

<https://sportrec.kpu.ca>

**Playoffs:** Players on each team must play in at least half of the league games to be eligible for playoffs. Injured players who attend game days but do not play will be considered as attended for that day as to not lose out on playoffs once able to play.

**Roster:** Max team size: 10, 6 vs 6 on court, no spares for games will be permitted outside of each team's roster.

The recreational league is a mixed league (formerly known as co-ed) and will play at the

women's net height of 2.24m. Teams must adhere to a minimum of 2 women (cis, trans, and non-binary welcome) on the team at all times and who must play a minimum of 50% of games in the regular season. Women must play during playoff games.

## **In Game Rules**

### **Game Time:**

All regular [Volleyball Canada](#) rules apply, exceptions are as follows.

### **Net Height:**

This Mixed Volleyball recreational league will play at a women's net height of 2.24m. This height allows and encourages all individuals to participate from all genders, including those who identify as cis, trans, and non-binary.

### **Refs Discretion:**

1. Obvious lifting/scooping will be called.
2. Double hits will be called.

**Length:** Games are scheduled every 50 minutes. The game will consist of 2 sets with a 25 point rally system, win-by-2 (max of 30 points). 3rd set goes to 15 points (max of 20 points).

**Substitutions:** Substitutions on service change.

**Rotation:** Players must rotate after the ball is turned over. Every player must serve.

1. If a team is out of rotation and the opposition Team Captain calls it, the ball will be awarded to the opposing team as well as they will be awarded a point.

### **Spiking**

1. Players from the back court must spike from beyond the 3-meter attack line.
2. There is no spiking on the first serve.

**The Serve:** First serve decided by rock, paper scissors between captains of both teams.

1. Jump serves, overhead and underhand serves are all permitted.
2. The server must wait for the referee's whistle to serve. If they do not wait the point will be awarded to the opposing team.
3. If Server steps over the line, the point will automatically go to the opposing team as well as they will be awarded the next serve.
4. No blocking or spiking the serve.

**Contact with the Net and Crossing the Centre Line:** Violation and ball is turned over to other team and point is awarded.

**Sign In:** At the start of each game day, sign in with the Sport & Rec staff at the scorekeeping table. This will help keep track of players and will impact playoff eligibility.

**Playoff Seeding:** Playoffs are determined by seed via total number of game wins.



1. Players on each team must be signed in to at least half the league games to be eligible for Playoffs.