



Volleyball Rules

C.V.A. rules shall be applied whenever possible, unless otherwise indicated.

Revised May 2010

General Regulations:

- There are no warm up balls provided. There will be one game ball designated per court and it will remain in the possession of the referees until the commencement of the match. Referees may decide to play with a different ball other than the one provided.
- Team rosters are to be completed online by the team captain (person who registered the team) prior to the players meeting. To complete your roster you will need to know the players U of C Id #'s (Campus Recreation ID) or input the player's names, phone number, date of birth, and email. Instructions can be found at http://www.ucalgaryrecreation.ca/waiver_instructions. After league play has begun, additional players may be added to the roster, but they must be added by the Intramural Sports Office and have completed the waiver before they are allowed to play.
- Waivers must be submitted online prior to first game.
- All players are required to check in with the supervisor for every game with a piece of photo identification.
- To be eligible for playoffs a player must have played in at least one (1) regular season game and be on the team roster. Teams are also to have a fair play rating of **3.75** (coordinator discretion).
- Suspended players may not be present on field or surrounding areas during scheduled games, otherwise the entire team shall be suspended indefinitely.
- Intramural Sports has a **Zero-Tolerance policy for fighting and abuse to staff**. This will be strictly enforced.

For a complete list of policies, see www.ucalgaryrecreation.ca/intramurals/policies_regulations.

Playing Rules:

- Each team shall be allowed to dress twelve (12) players; all players must be listed on the team roster. There is no limit to the number of players a team may list on their roster. Players can only be listed on one team roster.
- There must be a minimum of four (4) players on the floor, and a maximum of six (6) players.
- A team must have four (4) players on the floor within ten (10) minutes of the scheduled start time of the game time in order to avoid a default. Game time will be reduced. **Defaults will be recorded as a 2-0 loss.**
- Mixed divisions must have a minimum of one (1) player of the opposite gender on the court at all times, and a maximum of four (4) players of the same gender on the court at all times. (I.e. one (1) female and four (4) males. The missing spot can not be filled by a male player.)
- Any defaults will result in the default policy being enforced. See www.ucalgaryrecreation.ca/intramurals/policies_regulations
- Players shall rotate positions. It is up to the referee's discretion how rotation should be completed.
- Each game shall be won by best 2 of 3 sets. The first two sets are played to twenty-five (25) points and capped at thirty (30), while the third set is played to fifteen (15) points capped at seventeen (17) points.



Each set must be won by at least two (2) points except when reached capped point. The games are played rally point.

- Substitutions are unlimited.
- The net height should be 2.43m for men's and mixed games and 2.34m for women's games.
- Games starting late must still finish on time. If at scheduled end time the third set is being played but not finished, the score at that time will determine the winner.
- Each team is allowed one (1) thirty (30) second timeout per set. Unused timeouts cannot be carried to the next set.
- Any player receiving official warning will come under disciplinary review by the Intramural Sports Council.