

## VPEI Senior Women's League 2010 Rules and Regulations

All matches will be played under current Volleyball Canada Rules, except as modified by the following VPEI League

### I. REGULATIONS

1. Games will begin promptly at scheduled times.

a. Seven players minimal shall make up a team roster due January 7, 2010 with payment of \$65.00 per player along with the \$100 performance bond (per team). Players must be at least in grade 12 or above. Players will not be permitted to play on multiple teams. There are no spares this season; player may be added to the roster up to February 11, 2010. All players must play a minimum of 4 league nights to be eligible to play provincials.

\*\*All UPEI/AVC full-time students are *free* (based on an agreement we have with UPEI). Teams must still provide rosters will all information in addition to their UPEI Student number. Their teams would still need to pay the \$100 performance bond.

b. A game may not be started with less than five players on either side. Teams with five players will follow the rotation rules and players will play both front and back row following either a 3/2 rotation or a 2/3.

c. All games are timed and a team must win by 2 points. Provincial's format will be decided by the beginning of February.

d. If a team forfeits matches during a season (less than 5 players or no show) the following will take place:: 1<sup>st</sup> time- warning and team moves to lower tier, 2<sup>nd</sup> time - team moves to lower tier and forfeits \$100 performance bond, 3<sup>rd</sup> time -. Teams that forfeit three times will be dropped from the current season and may not sign up for the succeeding seasons until approved by VPEI. There will be no refunds given. Score for forfeit matches will be 1-0.

e. Teams sitting off are expected to keep score for the other teams. One person in each gym is responsible for getting the scores to Cheryl by Friday noon.

f. The league starts Jan. 14<sup>th</sup> and goes every Thursday night, ending on March 25<sup>th</sup>. The provincials will be March 27<sup>th</sup> at UPEI with a social to follow (Those under 19 years may not be permitted to attend the full social depending on establishment rules & regulations). The league will have 2 divisions, East & West : with the West locations in KISH and SIS (tentative right now) and the East at UPEI and Bluefield.

g. The inter-league tournaments will be on Thursdays, March 4<sup>th</sup> in the West, March 18<sup>th</sup> (week of March Break) in the East. These will be optional for teams to attend but will give teams a chance to play the other divisional teams before provincials if they so choose.

### II. PLAYING RULES

1. The Players

a. The Players will be responsible for knowing the rules and calling their own faults.

b. A team may substitute players only when the ball is dead.

c. Players will rotate in a clockwise direction.

## 2. Rules of Play

- a. Starting service and sides are to be determined by rock/paper/scissors.
- b. The league standings will be based on the percentage of games won out of the total games played due to different number of games. **In the event of identical records, the tie-breaker will be based on head-to-head match's first, win-loss, then point differential.**
- c. Striking the Ball During the Game
  - (1) The ball may be struck by any part of the body.
  - (2) A player who touches the ball, or is touched by it, is considered to have played the ball.
  - (3) When a ball rests momentarily between the hands or arms of a player, it is considered to be held. The ball must be cleanly struck; if it is followed, lifted, pushed, or carried, it shall be considered to be held.
  - (4) Four Hit Rule – The blocking of a spiked ball does not constitute a hit. In other words, when a team attempts to block the ball, that team still has the right to three more contacts with the ball.
  - (5) If two opposing players simultaneously strike the ball above the net, the team in the court in to which the ball falls has again the right to three hits
- e. Play at the Net
  - (1) It is illegal to block or spike a served ball.
- f. Hands Passing Over the Net
  - (1) During blocking, the passing of the hands over the net and contacting the ball over the opponent's court is allowed, provided the opponent contacts the ball first.
- d. **Each team captain is responsible for the conduct of their players and spectators before, during, and after all games, as well as for picking up their bench area prior to departing the facility.**

## III. Snow Policy

In the event that school in the Eastern and/or Western School board is closed early or for the day, all games scheduled in those schools will also be cancelled. Listen to the radio for details on school closures. The following schools are in each zone:

**West:** Summerside (SIS) and Kensington (KISH)

**East:** Bluefield

In the event that schools are not closed, but conditions still prevent teams from travelling, a decision will be made by 5pm by Volleyball PEI to cancel the Sr. Women's League for the evening. All efforts will be made to contact team reps by 5pm via email as well as we will call the radio stations (K-Rock and Ocean 100) to get them to put an announcement on the radio. The Volleyball PEI phone (569-0583) will also have a message stating "VPEI Sr. Women's League has been cancelled for this evening due to the weather and/or driving conditions". It is all team reps responsibility to ensure they check their messages and contact their team members prior to setting out for league play.