



Volleyball

Rules and Regulations

General Rules

- Online Team Roster Form: Each player on a team must be represented on a team roster.
- Verbal or physical abuse will not be tolerated. Do not taunt or bait opponents and refrain from using foul or abusive language.
- Violations will result in your removal from the game and possible removal from the league.
- All games are officiated by City of Markham Staff.
- Verbal or physical abuse of staff or other participants will not be tolerated under any circumstances and will result in your removal from the league.
- The City of Markham Staff have the final decision in all matters.

League Rules

Game Format

- Games will be scheduled for a 60-minute time slot.
The 60-minute time slot includes a 10-minute warm up and 50-minute game play.
Games will start at the 10-minute mark of the hour (i.e. 7:10, 8:10).
Each game will have to commence within 5 minutes of the start time.
If the match does not start after the 5-minute window has passed, the match will be deemed a forfeit and/or void.
- Matches will be best of 3 games.
The first 2 sets are won by the team which first score 25 points with a minimum lead of 2.
In the case of a 24-24 tie, play is continued until a 2-point lead is achieved.
If the match goes to a 3rd game, the first team to 15 points wins.
If the 3rd game does not finish within the 1-hour duration, whoever is leading, is the winner.
- Each team will be given one 30-second time-out per set.
- After each set, the team will have a 1-minute break before the start of the next set.

Game Rules

- Teams must play with a minimum of 4 players, including 1 woman. Teams must always have 2 women on the court. If a team only has 1 woman, then they must play with 5 players.
- Having no female players will result in a forfeit. Inability of meeting the minimum requirement of 4 players will result in a forfeit.
- The forfeiture score will be 25-0, 25-0, 15-0.
- Teams must have jerseys by the 3rd regular season game. If three or more players are without jerseys by this point, teams must play with 5 players on the court for the first set. Jerseys do not have to match. Duplicate numbers are not permitted.

- Teams with 3 members (or less) may choose to pull in a substitute player from another team. The substitute cannot be from the opposing team. The substitute stats will not count toward their individual stats. However, all players must be members of MSL and complete the online team roster form prior to participation.

Player Rules

- All players must complete the team waiver process prior to the first set. Players who have not are ineligible.
- All players on a team's roster must play a minimum of 3 regular season games with their team to be eligible to play in the playoffs. Exceptions to the rule may be permitted for valid medical/personal reasons submitted to the program's supervisor for review.
- New players may be added until the 3rd regular season game. At which point rosters will lock. No exceptions for the playoffs will be made.
- Injured players may be replaced at the League Supervisor's discretion but must be removed from the team's roster to add the new player if maximum roster capacity of 12 players has been reached. Once the injured player returns, the new player must be removed. Injuries must be reported to the League Facilitator immediately.
- Players must have a clear number on the back of their jersey. Taped on numbers are not permitted.
- Substitutions – continuous rotation: all team members (on the court and on the bench) must be played in a game where the bench player rotates in for the player who served last in a continuous circle. No player may be skipped when using this option. The person that served last takes a place on the bench. The person replacing them starts at the middle back position.
- Unless otherwise stated, tiebreakers in standings will be determined as follows: points earned, win/loss, percentage – wins, plus/minis (+/-) points differential between the tied teams, head-to-head versus tied teams.

Technical Rules

- Rally point scoring (every serve is a point.)
- You cannot block a serve.
- Eight-second service rule will be implemented.
- Stay off the net (if you do touch the net, it is the other team's ball.)
- No crossing over the centerline.
- If the ball lands on the line, it is in.
- A maximum of three (3) touches are permitted, with the exception of the touch on the block, which then permits four (4) touches; the ball must be played over the net on or before the last permitted touch.
- You may use your feet.
- No lifting (open hand upward movement of the ball) or scooping (hand staying in contact with the ball as the arm moves in an upward position).
- Let serves are permitted and must be played (i.e., if the ball hits the net and lands in then it counts.)
- Only one foot can step into the court on serve.
- A player must wait for the whistle and referee's signal before serving the ball.
- The referee will conduct the match. Any calls made by the referee will not be questioned during a match. ONLY the team captain may ask a referee during a game to repeat the call but may not ask for justification of a call.