

## **2019-2020 Grande Prairie Ladies Volleyball League**

The Grande Prairie Ladies Volleyball League follows the rules of the Alberta Volleyball Association(VA) Rulebook. For any questions regarding the rules please contact the President Reagan Doerksren at (780) 402-0990.

1. **Amount of Players:** Any team unable to provide at least (5) players for a seasonal league match, will forfeit that match to the opposing team.
2. **Player Eligibility:** Any player who is currently playing high school, club, or college volleyball is only eligible to play in ladies' league as a sub, and only one sub from these categories can sub at a time. This is to prevent stacking teams. This rule will also take effect at the tournament.  
Age limit to play in the GPLVL is 16 years of age and above, with exceptions upon approval from the executive and parent consent.
3. **Subs:** Anyone may substitute for any given team throughout the year. All subs must be listed on the score sheets in the appropriate place. Teams are allowed to pick up players for season league play during the season. If you wish for them to participate at the tournament they must have played 5 matches or 2 ½ nights (15 games) with that team. **You may not play with a team in the tournament if you're on another team's roster.**
4. **Player Release:** Any member of a team wishing to change team's during the regular season must have a release form submitted prior to the Christmas break in order to properly re-assign you to the new team for the 2<sup>nd</sup> half of the season. Any changes in team rosters must be notified to the GPLVL Committee ASAP.
5. **Scores:** The first two games in the match will be played all the way up to 0-25 with a cap at 26-27, then the game is over. The 3<sup>rd</sup> game of the match is played to 0-15 with a two-point win, no cap. All games are to be played in the rally cap style. **All games are to start no later than the scheduled times.** Gyms are only booked for 3 hour time slots, 7:00-10:00pm with the exception of the Comp, which is 7:30-10:30pm.
6. **Score Sheets:** Make sure that the score sheet and roster has been filled in correctly and signed by the two team captains, **before the next match begins.** If there are names on the roster and a player whose name is on the roster that night is not there, that name must be removed.
7. **Time Limits: One hour time limit for each match.** \*All matches are BEST of 3.

	COURT 1	COURT 2
<b>7pm</b>	1 vs 4	2 vs 3
<b>8pm</b>	1 vs 3	2 vs 4
<b>9pm</b>	1 vs 2	3 vs 4

**\*\*Games are to start on time. Games not completed by 10pm, 10:30pm at the Comp, will be stopped immediately and the score at that time is the final score and will be used to determine the stats.**

If a team does not have a minimum of 5 players to:

- a) Start their match, 1<sup>st</sup> game is forfeited (due to scheduled gym time).
- b) If the 5<sup>th</sup> player does not show at **15 minutes** past the hour then the 2<sup>nd</sup> game is forfeited.  
Matches are all best of 3 so match over, 2 sets – 0 sets. Scores for these games would be 25-0 and 25-0.
- c) Both tier bags must be present each night of play.

**NOTE:** If a team who has all their players agrees to start play with the other team that is short players, this decision and the outcome of the decision are final. The outcome will be used to determine tier placements and will not be revoked by council.

8. **Tier Standings:** Points are accumulated to determine the standings in the GPLVL. Placing order is determined by the number of matches won.  
**Match-** a complete set of games a team plays.  
**Sets-** individual games a team plays.  
**Placement-** The team:

- That has the most matches won goes up a tier, and is in 4<sup>th</sup> place in that tier for the next week of play.
- With the 2<sup>nd</sup> most matches won stays in that tier and is in 2<sup>nd</sup> place, and takes a tier bag.
- With 3<sup>rd</sup> most matches won stays in that tier and is in 3<sup>rd</sup> place, and takes a tier bag.
- With team least matches won goes down a tier, and is in 1<sup>st</sup> place in that tier for the next week of play.

**\*All teams are required to have at least 1 player remain at the school until all game are finished playing and placements have been determined.**

**Games will be played best 2 of 3.**

**Example:** Team A vs Team B

Team A wins first 2 games – Match is over, NO 3<sup>rd</sup> game will be played.

Team A wins first game, Team B wins second game – A third game is to be played to determine match winner.

**TIES:**

**Matches-** First matches won vs matches lost is used to determine team placement. If there is a 2 way tie it goes to who beat who. If there is a 3 way tie it goes to games for and against.

**Games-** If there is a 3 way tie use games won vs games lost.

**Example: 3-way match tie**

Team A	Team B	Team C
2W / 1L	2L / 1W	
2L		2W
	2W / 1L	2L / 1W
2W / 3L	3W / 3L	3W / 2L
3 <sup>RD</sup>	2 <sup>ND</sup>	1 <sup>ST</sup>

If there is a 2 way tie after this step is goes to **who beat who**.

If there is a 3 way tie it goes to points for and against.

**Example: Points for and against**

Team A	Team B	Team C
25-20	20-25	
25-15	15-25	
	25-19	19-25
	25-10	10-25
16-25		25-16
20-25		25-20
+5, +10, -9, -5	-5, -10, +6, +15	-6, -15, +9, +5
+1	+6	-7
2 <sup>nd</sup>	1 <sup>st</sup>	3 <sup>rd</sup>

**\*The games vs the team not in the tie are excluded.**

9. **Team Responsibilities:** The GPLVL runs on a tier system that works as follows:

Beginning of the night- **ALL TEAMS MUST HELP SET UP NETS! Play starts at 7:00pm sharp, or 7:30pm if playing at the Comp.**

End of the night- 1<sup>st</sup> place team - enter stats online and **help take down nets.**

2<sup>nd</sup> place team - take tier bag and **help take down nets.**

3<sup>rd</sup> place team - take tier bag and **help take down nets.**

4<sup>th</sup> place team – **help take down nets.**

Stats will be entered on the GPLVL website only!! [www.gplvl.com](http://www.gplvl.com)

- **The stats have to be entered no later than noon, 12:00 pm, following the day of play.**
- The data base system does record time and date stats have been entered; therefore
- Fines will be applied if incorrect information is given, i.e. wrong team names, only supplying 1 or 2 team names, wrong tier entered, stats not entered on time.
- It may be helpful to enter the stats on your phone before you leave the gym that night.

*\*\*Because of the nature of the tier system there will be no rescheduling matches. No exceptions!! Failure to field a team will result as a forfeit.\*\**

10. **Net Height:** The height of the net for women's is 2.24 meters.

11. **Common Rules:**

**Hitting Characteristics:**

- The ball may touch any part of the body.
- The ball may not be caught and/or thrown, it can rebound in any direction.
- The ball may touch various parts of the body if the contact takes place simultaneously.
- The 1<sup>st</sup> hit can be a double hit but cannot be caught or thrown. The 2<sup>nd</sup> and 3<sup>rd</sup> hit must be clean.

**Back row attack:** A back row player can complete an attack at any height from behind the attack line, as long as their foot has not touch or crossed the attack line on take-off. A hit can be made in the front zone by a player if at the time of contact a part of the ball is lower than that the top of the net.

**Rotation/position faults:** Rotation order is determined by the team's starting line-up. Player placement on the court must abide by the rotation order until the server has made contact with the ball.

**Net:** The net cannot be touched.

**Center line:** Any part of the body can cross the center line as long as this act does not interfere with play. The entire foot crossing the center line is a fault.

**Serving:** The server has 8 seconds to complete once the server is behind the service line. Only 1 toss is allowed.

**Antennas:** If present use, if not present be honest and play fair.

**\*\*\*YOU CANNOT HIT OR BLOCK A SERVE!**

12. **Officiating:** All teams will be officiating themselves. **Honesty and fair play are expectations.**

13. **Supervision:** When taking children to any scheduled game you become totally responsible for their well-being. Please **DO NOT ALLOW CHILDREN TO RUN AROUND FREELY**; they must remain in the gym and be supervised at all times. If we receive further complaints from the schools and other teams, the privilege of bringing children to games will be taken away.

14. **Sportsmanship:** Unnecessary language and unsportsman like conduct will not be tolerated towards players or refs, or anyone else in the building. Treat everyone as you wish to be treated.

15. **School Property: ANYONE CAUGHT SMOKING IN THE SCHOOL WILL AUTOMATICALLY AND IMMEDIATELY BE EXPELLED FROM THE LEAGUE.** If you smoke outside the school, **pick up your cigarette butts and smoke in the designated smoking areas.** Dispose of butts, do not leave them in the snowbanks or on the sidewalks.
- As per our contracts with the City and the schools, the custodians have the authority to evict any user group if they feel it is necessary.
  - If the gym doors do not open until 7:00pm your full team should still be there before that so when you do get in you are ready to start **immediately.**
  - Only water is permitted in the gyms. No food or other beverages.
16. **Disciplinary Action:** We as an executive Committee of the GPLVL reserve the right to initiate disciplinary action against any individuals, teams, or officials, as we deem necessary. **Unprofessional behavior will not be tolerated.** This is a team sport and each team represents the entire league. Disciplinary action will go as follows:  
**1<sup>st</sup> warning** – Verbal warning at the AGM.  
**2<sup>nd</sup> warning** – 1 week forfeit and \$250 fine, play will not resume until the fine is paid.  
**3<sup>rd</sup> warning** – Out for the remainder of the season and next season, including all players on the roster.
17. **Libero Player:** This is an optional player; you do not have to use this position. **You may use this position ONLY IF your team notifies the ref and opposing teams that you are using a Libero.**
18. **Refunds:** There will be NO REFUNDS in whole or in part handed out to teams leaving the GPLVL of their own accord or otherwise.
19. **Gym Cancellation:** If your gym is unfortunately cancelled at the last minute or you rescheduled at the last minute it is not the executives fault. Rescheduling will be attempted but this is not a guarantee as gym space is limited. Please do not hassle the person who has had to pass on the news. If rescheduling is impossible the teams will be arranged in the same order they finished the previous week.
20. **Complaints:** If your team wishes to lodge a complaint two things must happen: 1) you must wait **24 hours** after the end of your matches to email or call in a complaint (24 hours will give you enough time to calm down and decide if the issue is worth pursuing) and 2) only the team captain can lodge a complaint on behalf of the team.

## Executive

The Volunteer Executive is made up of the following people:

Reagan Doerksen President 780-402-0990	Pam Rintoul Vice-President 780-933-0964	Crystal Sitek Secretary 780-832-0819	Muranne Haight Treasurer 780-512-3506
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If you ever have any questions regarding the league please feel free to contact anyone on the executive. You can contact them through the league email of [president@gplvl.com](mailto:president@gplvl.com), and phone numbers are listed.