

Airdrie Volleyball Club Rules & Procedures

Updated September 2, 2027

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League Information:

- The recreational league was established in the early 1990's with a handful of adult co-d teams playing out of Meadowbrook Schools gymnasium
- The league grew from one week night to three week nights with 3 divisions (A, B, C) and over 20 teams by the late 1990's
- In 2014 the league was made up of 36 teams across 4 week nights and 4 divisions (A, B1, B2 and C)
- In 2015 the league was legally registered as a Not for Profit Society with the Government of Alberta and given the name "Airdrie Volleyball Club"
- From 2014-2020, the league enrolled between 34-36 teams per season across 4 divisions (A, B1, B2 and C)
- In 2020 the league was postponed until October 2022 due to COVID-19 restrictions for adult recreational leagues and Rocky View School Community Use policies and procedures
- In 2022 the league resumed with 24 teams, and restructured the divisions from A/B1/B2/C to Tier 1/Tier 2/Tier 3 across 2-week nights
- In 2023 the league was restructured to have designated league nights and competitive double headers on two of the nights – Tuesday Tier 1, Wednesday Tier 2, Tier 3, Thursday Tier 2
- In 2023 the sportsmanship award was renamed in remembrance of Lily Sadler a prominent member of the league for numerous years

League Executive Members - Roles & Responsibilities

Roles	Responsibilities	Executive Member
President	• Coordinates with Rocky View Schools and Alberta Volleyball • Insurance • School gym bookings • League communications • League enrollment • Social Media/website accounts • Society declarations	Stephanie Doel
Vice-President	• Signing Financials	Lori Foster-Elder
Tier Representative	• Communication with team reps • Scheduling • Year-end wind up	Tier 1 - Lori Foster-Elder Tier 2 Wednesday- Lori Foster-Elder Tier 2 Thursday – Stephanie Doel Tier 3 – Chris Armstrong
Treasurer	• Budget • Financial communications	Kris Locking
Secretary	• Meeting minutes • Signing Financials	Chris Armstrong
Website Manager	• Updating league website with handouts, team contacts and schedules etc.	Stephanie Doel

Contact Information:

Stephanie Doel	stephmdoel@gmail.com	(587) 580-6166
Lori Foster – Elder	lowdown_on_lori@yahoo.com	(403) 803-5678
Chris Armstrong	cla2321@shaw.ca	(587) 215-9775
Kris Locking	kris.locking@gmail.com	(403) 923-6315

General Rules & Information:

School Policies and Rules:

- All league games are at the Meadowbrook School gym
- Please enter through the parking lot doors on the east side of the building
- The doors will be locked at all times. The community use supervisor will open the doors before the start time
 - If the door is not open by 6:50pm please call your league representative & ring the doorbell at the front of the school (South side)
- The league follows the Rocky View School division calendar, and will be subject to Meadowbrook's school event calendar
- Each team will have to supply a HARD COURT INDOOR VOLLEYBALL for each game
- Two shoe policy is enforced – indoor court shoes are required
 - Anyone caught with outdoor shoes on the court can and will be fined by Rocky View School District

Rocky View Schools Rental Agreement

- \$50 / hour on instructional days
- \$125 / hour on non-instructional days
- \$30 per event for mezzanine – this will be rented and available on the Saturday of playoffs

Insurance

- Airdrie Volleyball Club follows the guidelines, policies and procedures outlined within the Rocky View Schools Insurance Coverage. Insurance extends to all participants and spectators for Airdrie Volleyball Club
- For the safety and respect of all teams, any spectators that are in the gym must be seated or standing on your team's sideline, out of play and cannot cause any distraction
- Should this cause any concerns or issues for our teams, it will be addressed as a league
- Players MUST be 18 years of age as of the first league game to play in our league. This is nonnegotiable, as for our agreement with Rocky View Schools and our insurance provider
- Players only need to be listed on one roster to have coverage in the league - regardless of night of play for substitutions

Rosters

- The majority **(85%) of Airdrie Volleyball Club participants MUST live in the Rocky View/local area.** Policy 22 Community Use of Schools Facilities and Equipment, Administrative Procedure AP5025
- Players MUST be 18 years of age as of the first league game in order to play in our league. This is non negotiable, as for our agreement with Rocky View Schools and our insurance provider
- Teams must have a minimum of 6 players registered
- Teams must have a minimum of 2 female and 2 male adults registered
- Players must play 6 league NIGHTS to be eligible to play in playoffs
- Teams must have a minimum of 2 females and 2 males on the court at all times,

- with the exception in Tier 2 and 3, minimum of 2 females and 1 male on the court at all times
- there are specific rules around playing with 5 players (1 female and 4 males) in Tier 1 and 2 - see designated down rule (page 9)
- **Rosters for the fall are due by 11:59pm September 25th** – if rosters are not provided by this date a \$100 fine will be enforced, a \$100 fine will incur each week after until the roster has been submitted
- **Rosters are to be finalized for playoffs by 11:59pm January 31st** - no further changes can be made after this date
- If players are added before January 30th please let your tier representative know as soon as possible to add them to your roster to ensure they are covered by insurance

Subs

- A sub list is available on the website under the Message Board
 - <https://www.airdrie-volleyball.com/board/>
- Subbing between Tiers
 - Registered Tier 3 players are allowed to substitute for all Tier 1, 2 and 3 teams
 - Registered Tier 2 players are allowed to substitute for all Tier 1 and Tier 2 teams
 - Registered Tier 1 players are allowed to substitute for Tier 2 teams - a MAXIMUM of one Tier 1 player is allowed to play down on a Tier 2 team per game

Defaults & Forfeiting , League Fines

- Teams are committed to showing up every week with enough players
- A minimum 4 registered players on the roster are required to avoid forfeiting
 - If an injury occurs during the match or during an earlier match on the same evening and this causes a team to have insufficient players, the match will be completed as if the team with the injury still has their injured player. ie - no forfeits or defaults due to injury of someone who showed up to play
- If you do not have enough players or are unable to play a scheduled league game, **you must give the other team 24 hours notice**
- **Notify the opposing teams representative by phone & email**
 - CC league rep & airdrievolleyballclub@gmail.com
- A three strike policy is in place for forfeits per each individual team
 - First Forfeit - Okay
 - Second Forfeit - \$50 fine
 - Third Forfeit - \$50 fine & loss of early registration privilege for next season
- **All forfeits with less than 24 hours' notice will incur a \$100 fine**
- During playoffs the forfeit fine increases to \$300 per occurrence
- This is meant to be a fun recreational league – any disputed calls shall result in a re-serve. **Abuse of any kind will not be tolerated and will result in a \$100 team fine and a warning and possibly immediate termination from the league for that individual(s)**
- All fines are payable via Etransfer to airdrievolleyballclub@gmail.com

- Fine enforcement
 - New teams will pay an upfront bond of \$100 at the beginning of the season, this bond will be used for any fines given to a team. The bond must be repaid when a team is fined. The fine stays with the league until the team leaves
- Fine deadlines
 - If a team incurs a fine during the regular season this fine is due within 7 calendar days and the bond of \$100 repaid. Failure to pay this fine results in an immediate removal from the Airdrie Volleyball Club for the season
 - If a team incurs a fine during playoffs this results in the removal from playoffs and a \$300 fine. Playoffs fines must be paid within 7 calendar days. Failure to pay this fine results in the removal from the league for the next season
 - Teams must have a minimum of 6 players registered on their team roster by September 26th. If teams fail to do so: teams forfeit weekly games and the team incurs \$100 fine + \$100 every week with weekly forfeits until paid
- ALL outstanding fines must be paid by the Annual General Meeting of the next season. If a team fails to pay any fines, the team will not be accepted into the Airdrie Volleyball Club for that season or any season until the fine(s) have been paid
- League fees for the 2026/2027 season
 - Tier 1 – Tuesday - \$875 per team
 - Tier 2 – Wednesday - \$625 per team
 - Tier 3 – Wednesday - \$625 per team
 - Tier 2 – Thursday - \$825 per team

General rules of play for all tiers

- The season will be in a round-robin format, followed by play-offs. Playoffs will take place during the last week of the league
- The scheduler makes every attempt to give an even distribution of early and late playing times
- Teams will be allowed a 10-minute window after the designated start time in order to show up
- Teams not having the required 4-player minimum will default 1 game. After 20min. – 2 games, 30 min – 3 games
- Teams have a minimum number of girls always required on the court (4 guys, 2 girls)(4 guys, 1 girl)(3 guys, 1 girl)
 - there are also specific rules around playing with 5 players (1 female and 4 males) in Tier 1 and 2 - see designated down rule (page 9)
- Teams must immediately leave the court when their time is up
- Do not enter the gym before your scheduled start time
- Do not interfere with the other team that may or may not still be playing on the adjacent court
- Nets are set up by the teams that play the first scheduled game of the night, and taken down by teams that play the last scheduled game of the night
- No contact is allowed with the net with any body part during play
- Jump serves are NOT allowed in any Tier
- Serves can be made anywhere along the back service line. Players are **allowed one step into the court while serving**
- Blocking serves is NOT allowed
- Ball contact is permitted below the waist
 - A kicking motion is NOT allowed - A deliberate, dangerous or uncontrolled kicking motion is NOT allowed. If the foot is brought backwards and then forwards in a swinging motion it is NOT allowed
 - Foot planted on the ground is okay, forward lunging motion is okay
- Ball Crossing the Plane of the Net
 - As soon as **ANY PART of the ball crosses the vertical plane of the net**, the opposing team has the right to make contact with it
 - This means the defense can legally block or play the ball, even if most of it is still on the attacker's side
- Exceptions / When You *Cannot* Reach Over
 - **Interfering with the Setter** – If the ball has *not* yet broken the plane and the setter (or another attacker) still has a legitimate chance to play it, opponents cannot reach over to take it
 - **Before the Third Contact** – The attacking team is allowed up to three hits. If the ball hasn't crossed the plane and they still have hits left, the defense must wait. – Teams cannot reach over the net on a second hit at ANY time
 - **Reaching Under the Net** – Illegal at all times, as it interferes with play and safety
- Foot/center line violations
 - it's **legal for your foot or hand to touch the center line** as long as part of the foot/hand stays in contact with the center line

- It becomes a fault if your **entire foot or hand crosses completely over** into the opponent's court, or if stepping across interferes with the opponent's play or creates a safety risk
- Back row attacks – a back row player jumping to hit the ball must leave the ground before the 3-meter (attack) line to spike, they are allowed to land between the attack line and net
- **All leagues are run by the honor system. Please call your own faults**
- On-court players are responsible for calling their own faults, such as net violations or carries
- If a rule infraction occurs and isn't being called, the proper approach is to discuss it with the team rep before or between sets—not to interrupt play
- Bench players and spectators cannot make calls during the game. Calls must come from the players actively involved in the play
- If there is a dispute over a call, the standard resolution is a re-serve
- Team Representatives/ Team Captains are responsible for recording their wins on the league website. Please remember to record your results. ** IF NOT RECORDED we will try to contact the 2 teams to get a result - if we don't hear back, IT WILL BE COUNTED AS A TIE **
- Team reps are responsible for finding out game times and communicating with their players. We will try to keep all schedules and standings as current as possible on the website

Tier 1 – Tuesday and Tier 2 – Thursday Match Format

Game format – Match play

- Each team plays 2 consecutive matches within a 95-minute period. There is a 5- minute warm-up period allotted prior to the first match only, followed by 2 x 45-minute matches. If you are in the middle of a rally when the time is up, finish the rally, then the game is over. If the game is tied after that point, then play 1 more point (only) to determine a game-winner
- **Matches are BEST of 3 games.** The first 2 sets are played to 25 points. Teams must win by 2 points, the games are capped at 27 points. **Only if required**, a 3rd set will be played to 15 points, capped at 15 points or until the allotted match time expires. If time expires before the game is completed, a team must have scored a **minimum of 5 points** to be awarded the win for that game. If the leading team has fewer than 5 points when time expires, the final score will be recorded as a **tie**.
- If the time is up during the middle of a rally you finish the rally you are in. If the game is tied after that rally, then you must play 1 more point to determine the winner of that game
- **Teams that win the game, in 2 or in 3 sets will be given 2 points**
- If the time is up and a third set was required but not played, it will be counted as a tie, each team will get 1 point
- IF NOT RECORDED we will try to contact the 2 teams to get a result - if we don't hear back, it will be counted as a tie, 1-1
- Teams finished within the 45 minutes can start their next match if the other teams are also ready
- Nets will be put up by teams that play at 6:45pm and will be taken down by teams that play at 9:15. Time is allotted in the schedule to set up and take down the net
- The net is to be at the top hole: Use the measuring pole in the drawer to measure from the middle of the net. Nets should measure to 2.43m in the middle
- Designated down rule – mandatory when a team only has 5 players, in which 4 are male and 1 female are playing
 - When **three male players rotate into the front row at the same time, one of them must be “designated down.”**
 - The designated down male is **not allowed to jump and attack the ball above the height of the net** when positioned in the front row
 - The designated down male is **not allowed to jump to block on defense**, they cannot leave the ground during the rally
 - Designate the player before each serve so there is no confusion or conflict
 - This player may still hit the ball, as long as it is below the top of the net when contact is made
 - If playing with 4 or 6 players this rule is void

Schedule:

- 6:45pm-6:55pm - nets setup
- 6:55pm-7:40pm - first match of double header
- 7:40pm-8:25pm - second match of double header
- 8:25pm-8:30pm - switch & warm-up

- 8:30pm-9:15pm - first match of double header
- 9:15pm-10:00pm - second match of double header and clean-up

- Each team plays 1 match within a 60-minute period. There is no warm-up outside the 60 minutes. If you are in the middle of a rally, finish the rally, then the game is over. If the game is tied after that point, then play 1 more point (only) to determine a game-winner
- If you win a game you get a point. Matches are 3 games; with each game played to 25, teams must win by 2 points with a cap at 27 and played within a 60 minute time slot (capped at 27 - winning by 1 point is OK when score is 27-26). If the time is up during the middle of a rally you finish the rally you are in. If the game is tied after that rally, then you must play 1 more point to determine the winner of that game. If the third game is not finished within the time, the current score in the 3rd game is taken as is at the end of the 60-minutes, and the team with the most points is awarded the win
- No below waist contact is allowed

Schedule:

- 6:45pm-8pm - net setup & game 1
- 8pm-9pm - game 2
- 9pm-10pm - game 3 & clean-up

Tier 3 – Wednesday Court Play

- Each team plays 1 match within a 60 minute period
- There is no warm-up outside of the 60 minutes
- Serve Point Scoring - 3 games first team to 15 points and played within a 60 minute time slot
- Servers will rotate after 5 successful serves
- No blocking or spiking of serves
- Serves may be returned with a bump or set
- Net serves are good
- Contacting the red line is allowed if it does not interfere with the play. Only the hands or feet are allowed to cross the center line if some part (of hand or foot) stays in contact with the center line (the shadow of the foot does not cross the line).
- Any contact of the ball or play on the side marker poles is a fault
- Nets are to be set at ladies height – second hole from the top

Schedule:

- 6:45pm-8pm - Net Setup & Game 1
- 8pm-9pm - Game 2
- 9pm-10pm - Game 3 & Clean-up