RA SPORTS LEAGUES

RA VOLLEYBALL LEAGUE RULES

The RA Volleyball League is organized, administered and governed by the Constitution and By-Laws of the Recreation Association of the Public Service of Canada. All Members, participants, guests and staff are required to adhere to the policies of the Association including, but not limited to the Privacy Policy, the Workplace Violence and Harassment Policy, The Smoking & Tobacco Use on RA Property Policy and Accessibility Policy.

This document outlines the Regulations for the operation of the RA Volleyball League. We are an adult league *18+yrs. (Players under 18yrs may be allowed on a case-by-case basis).

The Rules & Guidelines are intended to provide our members' an opportunity to play in a safe and respectful environment. Many of the rules and guidelines are operational in nature designed specifically to protect the interests of the members and the Association.

We also use and abide by the philosophy and Codes of Conduct found below, and on our website, and all players are expected to abide by these codes, as well.

The RA encourages and promotes Member participation within the guidelines of the rules and their intent. Stay fit, stay active, have fun!

The league is deemed Recreational in nature, and players are expected to approach it that way. Fair Play and Good Sportsmanship, and 'fair and reasonable' are integral components and philosophies of the league, and players are expected to adhere to, and abide by those principles of sport.

The RA is, first and foremost, an Adult-oriented league program that adheres to the values and philosophies of True Sport, Good Sportsmanship and Fair Play; and 'Fair and Reasonable'.

These values and philosophies will take precedence over the written rule.

As a not-for-profit association, we recognize that we may not always have sufficient resources to adequately oversee every aspect of the rules or guidelines as they may be printed. This is not a purposeful intent to forego following the rules or guidelines, rather, an unfortunate reality of a not-for- profit's existence.

While we do our best to uphold the rules and guidelines, we place an onus and expectation on all participants that they will play with the values espoused above, and that honour, integrity, good sportsmanship and fair play will be the guiding principles of their participation in the league, over and above any written word.

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Good Sportsmanship and Fair Play, and 'Fair and Reasonable' are guiding principles and philosophies of the RA Sports Leagues and will always be considered when making any decisions or judgments relative to the league.

Creating a fun, positive and friendly environment where people work in a spirit of team co-operation is one of the league's goals. We hope, trust, and expect that you'll share in that philosophy. Share the floor time, share the ball, share the fun.

Athletes Code of Ethics

- I will play the game with a spirit of good sportsmanship.
- I will conduct myself in an honorable manner both on and off the field. • I will never knowingly break a rule, but if I do, I will divulge the breach.
- I will take no action that could be interpreted as an attempt to intimidate or demean my opponents, teammates or officials.
- I will interpret the rules in an impartial manner, always keeping in mind that the purpose of the rules is to ensure that the game is played in an orderly and fair manner.
- will humbly accept any penalty that the governing body at any level of the game deem appropriate, if I am found in violation of the code of ethics or rules of the game.

Fair Play

- Fair Play begins with the strict observance of the written rules; however, in most cases, Fair Play involves something more than even unfailing observance of the written rules. The observance of the spirit of the rules whether written or unwritten, is important.
- Fair Play results from measuring up to one's own moral standards while engaged in competition.
- Fair Play is a consistent demonstration of respect for teammates and opponents, whether they are winning or losing.
- Fair Play is a consistent demonstration of respect for officials, an acceptance of their decisions and a steadfast spirit of collaboration with them.
- Sportsmanship behavior should be demonstrated both on and off the field. This includes modesty in victory and composure in defeat.

LEAGUE MANAGEMENT

The RA Volleyball League shall operate under the Canadian Volleyball Association (CVA) Rule Book except where specified herein. ABSOLUTE DISCRETION - The RAVL Management reserves

the right to exercise absolute discretion over all league-related decisions. While the RAVL rules and guidelines will be used as a guideline, the League Management reserves the right to implement any rules and/or decisions it feels are in the best interest of the league and the Association.

1. The League Management shall consist of the following: Senior Manager League Operations, Manager League Operations, Senior Coordinator League Operations, Head Statistician, the Referee-in-Chief, and the Director of Recreation, Sports and Fitness Services.
2. The application and interpretation of the rules and regulations is the sole responsibility of the League Management.
3. These rules & guidelines establish the administrative and operational conduct of the RA Volleyball League and shall supersede any of those in the CVA rule book.
4. The RA League Management reserves the right to implement judgements and decisions relative to the Volleyball league which are not, or may not be, covered in the League Rules & Guidelines/ or House Rules.
5. The League Management has the right to refuse or admit, or remove, any player/person entrance into the league who has demonstrated aggressive or intimidating play or conduct, and who represents, or is deemed to be a safety concern to other participants, officials, staff etc.
6. Game officials, referees, statisticians, or RA staff can be recognized as suitable to submit evidence regarding league matters, if required.

GENERAL

1. Mission of the RA Volleyball League coincides with the Mission Statement of the RA Centre https://www.racentre.com/about-us/ We strive to provide organized League games in Competitive, Intermediate, Recreational and/or Beginner levels of play, based on overall demand.
2. The League Executive may consist of the Manager of League Operations, Coordinator of League Operations, Director of Recreation, Sports and Fitness Services.
3. The League shall operate under the guidelines of the Canadian Volleyball Association rule book.
4. Games are played in the west gymnasium. Court One is located closest to the main entrance, while Court Two is located furthest from the main entrance.
5. The season will consist of regular season games; and playoffs for those who qualify.
6. Game times and schedule are at the discretion of the League Management.

7. Each match will have a running time of one hour (Including warm-up time). Hard stop! Games are self-officiated. Good Sportsmanship and Fair Play reign supreme!
8. If a match cannot be completed within the time allotted, the score at the end time will be used as the final score.
9. Matches will be a three (3) set contest. Teams will play all three sets of each match.
10. Sets will be played 'first to 25 pts' and must be won by 2 pts. Cap is set at 27 pts. *The third set (3rd) will be played to 17 points and must be won by 2 pts. Cap is set at 21 pts. Rally scoring will be in effect – e.g. A point is scored for one team or the other every serve.
11. Both teams will be REQUIRED to submit all scores to League office: sportsleagues@racentre.com within 24 hrs. upon completion of the match. Un-reported scores will be recorded as 0-0 ties. Report scores based on the number of games won in the match, e.g. 3-0, or 2-1.
12. *COVID RULE* Team captains are to ensure they have an accurate list of players who played in each game when submitting the score. This is for contact tracing purposes
13. Failure to comply with Covid Rule above will result in a double default being entered (0-0).
14. For all matches, the team captain or designate will be available for mediation with the opposing captain or designate to settle game calls or disputes. If a dispute cannot be resolved, the point will be re-played.
15. League players are asked not to set up nets or other league equipment. If nets are not set up, please contact Member Services ASAP at 613-733-5100, ext. 0
16. Each team and all players are required to conduct themselves according to the RA Code of Conduct and Ethics, on and off the court. These can be found on our website at https://www.racentre.com/about-us/

PLAYER/TEAM REGISTRATION

1. All players must complete in full the RA Player Registration form. The link is as follows: www.racentre.com/ra-sportsleagues-registration
2. ALL players must be registered by the start of the 3rd regular season game. Adult league, players must be 18 years old or older.
3. Any player who is not registered may be restricted from league play.
4. Teams may register up to 12 players. The roster could include 6 full-time players and 6 spares.
5. Teams not remitting payments for the entry fees on the prescribed dates the league sets will be suspended from playing matches until payments are received.

6. Spares from other RA teams are permitted to play on other teams. Spares must be registered on the website and have completed the player form prior to participating in each game. *League Management reserves the right to 'ok' or veto the use of any spare(s).
7. Teams are allowed one (1) spare to play for them in a playoff game. *Spare must be part of their roster or a member of another team in the league. *League Management reserves the right to 'ok' or veto the use of any spare(s).

GAME PROCEDURES

1. *COVID RULE* Teams will be required to sanitize their hands and the ball before stepping onto the court. Hand sanitizer will be available inside of the gym.
2. *COVID RULE* Players are asked not to arrive more than 15 minutes prior to game time. Upon completion of game players are asked to leave the gymnasium immediately
3. Games are played six (6) players aside.
4. For co-ed leagues, teams must have a minimum of two (2) female players on the court at all times. *If opposing team agrees, teams may play with one (1) female player on the court.
5. Teams are allowed to dress a minimum of five (5) players for all league games.
6. In co-ed leagues, teams must start with a minimum of 1 female and 1 male on the court. If a team is forced to play with 5 players, there will be an "empty" position in the rotation. One player of the five must be female and play at all times. *No loss-of-serve will occur when the 6th position comes to serve.
7. Teams must have a minimum of three (3) roster players to avoid a forfeit.
8. Teams must have a minimum of five (5) players to start the game and avoid a forfeit. One player must be female. Players rotating into the game in progress shall do so at the six positions.
9. Any team failing to field the minimum of five (5) players within the first 10-minutes after the scheduled start of the game will forfeit that set. After 15-minutes, if a team still cannot field the minimum five (5) players, the match will be defaulted. The clock in the gym will be the time used for the official time.
10. If the clock in the gym is not displayed, then the earlier time of the two captain's watches/cell phones will be used.
11. Games that are cancelled or postponed due to unforeseen circumstances may be rescheduled. Rescheduled games may include playing multiple games a night; on a different night; or later in the season. The League offers no guarantees that games will be rescheduled.

12. Teams may be asked to play multiple games in a day.
13. Phantom games may be used if there are an odd number of registered teams. Phantom games count in the standings for the opponent but not for the designated Phantom team.
14. *COVID RULE* Teams will remain on their own side of the net for the duration of the game.
15. *COVID RULE* After each set teams WILL NOT shake hands.
16. Should a ball from the other court enter the playing surface during the play, play will be stopped immediately and the serve redone. No point will be awarded. *If the stray ball can be retrieved quickly with little, to no interference, the 'affected' court may continue to play, if they choose. The discretion is with the impacted teams.
17. Teams are to call their own fouls. A foul will result in a point for the other team. Fouls will include, but are not limited to the following: Carries, Lifts, Net Touches, etc.
18. The red lines will be used as boundary lines.
19. For purposes of serving only, the thick black line will be used as a boundary line for the server, e.g. player may serve up to, but not over, the black line.
20. Server must rotate after five (5) consecutive serves, and the same team may continue to serve if they've scored the 5-consecutive points.
21. The non-serving team may sub a player in/out after losing 5-consecutive points. The sub must come in at the 6-position, (back middle).
22. Alternate 'start serve' from set to set.
23. Teams will rally prior to the start of the game to determine who serves first.

TIE-BREAKERS

1. The following tiebreakers will be used if TWO teams are tied in points at the end of the Regular Season:
    a. most wins;
    b. least losses;
    c. most ties;
    d. record between tied teams
    e. Head-to-Head matches
    f. Most wins; least losses
    g. The discretion of the League Management
2. The following tiebreakers will be used if THREE OR MORE teams are tied at the end of the Regular Season (Just games involving tied teams):
    a. most wins;

b. least losses;
c. most ties;
d. record between tied teams
e. Best winning % between the teams involved
f. The highest ratio of Sets For divided by Sets For plus Sets Against [SF/ (SF + SA)] (up to the 5th decimal)
   Note: If a further tiebreaker is still required after the above, a flip of the coin will decide the winner.
g. The discretion of the League Management

PLAYOFFS

1. The playoff format will be communicated to each captain by the league coordinator.
2. Each team may qualify for the playoffs, receiving a minimum of one (1) playoff game.
3. Playoff games will be played as single elimination.
4. Playoff matches will be played 'best two out of three sets; same points as regular season. The only exception is that 3rd set is capped at 25 points. Simply need to win.
5. Referees may be assigned for all playoff games but are not guaranteed.
6. Teams must be prepared to play multiple games in a night for playoffs.
7. Teams may use one (1) Spare in a playoff game to bring their total to six (6) players. Teams using ineligible players will forfeit the game(s) in question.

PROTESTS

1. All protest appeals must be submitted verbally by noon the next business day AND in writing to the League Management within 24 hours of the incident and must be accompanied by a $100.00 deposit which will be refunded should the protest appeal be upheld. If the protest deals with player eligibility the $100.00 deposit will cover the protest of 2 players. The protest will be adjudicated by the League Management. A written reply of the decision of the protest appeal will be made within one week of the submission.
2. In the event a protest review or decision cannot be made prior to the next league/Playoff game, the League Management reserves the right to determine the playing status of any individual who may be involved in a protest.
3. Team personnel who conduct themselves in an unsportsmanlike manner on or off the court while on RA premises shall be subject to disciplinary action up to and including player suspension.

4. Any League participant who abuses another participant, spectator, or League Official will receive a minimum two (2) games suspension. Abuse can be defined as using profane or vulgar language; derogatory, inappropriate words or obscene gestures; intimidation, etc. Depending on the severity of the incident, further suspension or expulsion from the League may occur.
5. An immediate and indefinite suspension of all league privileges shall be levied to any League participant who physically abuses/contacts/ or threatens to physically abuse another participant, spectator, staff, or League Official. Depending on the severity of the incident, the length of suspension will range from three games to indefinite expulsion from the League.
6. Any suspension handed out will be communicated via email to the team captain within 48 hours of the incident.
7. The RA reserves the right to implement disciplinary actions if/when required.

SOCIAL MEDIA

1. RA Sports Leagues participants are encouraged to share, discuss, and promote their affiliation with the RA through social media. Players are reminded that as an active participant in the RA community they have agreed to the principles of the Members' Code of Ethics located herein.
2. Should a player/participant use social media to defame, verbally assault, embarrass, post vulgar, abusive, or harassing remarks regarding RA members, participants, employees, volunteers, or property, the player/participant would be considered contravening the aforementioned code of conduct, and appropriate disciplinary action will be taken, including suspension and/or the possibility of legal action.
3. Please be aware for promotional purposes, the RA Centre may take pictures/videos of league games. By registering for, and participating in the RA league, you are authorizing your 'consent to use' in publication or other media events. These events include, but are not limited to: Facebook, Twitter / X, Instagram, website, etc.
4. The RA Centre will not use names on such posts unless given consent. Self-identification is allowed and encouraged. Should such an occurrence happen where someone is identified wrongfully, the post will be removed or corrected. If you do not want a picture captured, please let us know.