

# NEW WESTMINSTER PARKS & RECREATION RECREATIONAL VOLLEYBALL LEAGUE PLAYING GUIDELINES

*The New Westminster Parks and Recreation Recreational Volleyball Program strives to provide volleyball for individuals of all abilities and skill levels based on the principles of low cost to the participant, maximum participation and socialization, and most importantly...FUN! As such, the following guidelines have been developed, to help facilitate the conduct of play:*

## THE PLAYERS & TEAM:

1. Teams are expected to play with six players on the court. If your team shows with only five players, your team can play the game without defaulting, but you will have to play with a “ghost” player, (an empty space in your rotation). The “ghost” player must have a position on the floor and participate in the rotation, when the “ghost” player comes up to serve, your team will receive an automatic loss of serve.

The ratio of men to women must be one of the following:

5 Players            3 men & 2 women or 2 men & 3 women

6 Players            3 men & 3 women

2. Players must be at least 19 years old to participate in this league.
3. All players must be listed on the final team roster and submitted to the Sportsplex with the application form. No team shall commence play until a roster is submitted to the league coordinator or a referee. Additions or changes to the final team roster may be done prior to the commencement of the third week of play (each season) by submitting the changes to the league coordinator or a referee. A Pick-up Player’s list is available from the league coordinator and can be used for emergency substitutions throughout the year.
4. Players must play in at least 30% of the regular season games in order to be eligible to participate in the playoffs.
5. Teams may participate in only one division in the NWPR Volleyball League.
6. It is expected that members of this league execute respectful behavior to their fellow players and staff.

## THE GAME:

*All rules as stated in the Volleyball Canada Rule Book shall apply with the following amendments:*

1. A coin toss will determine service for the first game.
2. Blocking or spiking a serve is not permitted.
3. When receiving a serve, players may only bump or set the ball.
4. The ball can make a single contact with any part of the body, except when receiving a serve or driven ball.
5. Should the ball contact any equipment (i.e. basketball hoops, ropes, etc.) and the referee judges it to be a playable ball, there will be a re-serve. If the ball would have been obviously out of play, then a point or loss of serve will be awarded.



**NEW WESTMINSTER**  
**Parks & Recreation**

6. All teams will play 4 games to 25 points, with a 2 point spread (capped at 27). Teams must be ready to play at their scheduled time with a minimum of five players. Failure to be ready to play will result in a first game default. Fifteen minutes will be allowed for the team to be ready for the second game. The same procedure will be used for the remaining games.
7. Point System:

WIN	1 POINT
LOSS	0 POINTS
DEFAULT	0 POINTS
8. Any team showing with less than 5 players to play, will default the game and be awarded 0 points. Any team failing to show, (meaning: no players showing up at the gym or a team showing with 4 players or less but deciding not to play, even for fun) for more than two nights of play will be dismissed from the program with no money refunded, at the coordinator's discretion.
9. Only team captains may approach the referee to discuss their ruling. Please remember this is a recreational program and the referee's decision should be respected.
10. If time runs out during the final match of the set of games, both teams must mutually agree on the number of points which the final game will be played. This decision will be made upon the discretion of the referee.

**ALL THE REST:**

1. All games are to be played as scheduled unless the team captain has been contacted by NWPR staff.
2. The facility is to be left clean and free of all litter.
3. Please wear non-marking footwear and remove any jewelry that may harm yourself or others during play.
4. Children who require supervision are not to be left unattended.
5. No smoking anywhere in the schools.
6. The use of drugs or alcohol are not permitted in the facility.
7. League fees are non-refundable.
8. Teams and players will comply with current Provincial Health Orders.
9. Should there be any questions or concerns, team captains may contact Sloane at 604-777-5123, [selphinstone@newwestcity.ca](mailto:selphinstone@newwestcity.ca).