

# 2019 Spring Monday Parkinson Rec. Centre Co-ed Volleyball Leagues



## High Recreational

<i>Team Name</i>	<i>Contact Person</i>	<i>Phone#</i>
1. Disappointments	Taylor Pich	250-826-8741
2. Giddy Up!	Tonia MacGregor	778-822-0424
3. All Sets Are Off	Carrie Pansegrau	250-808-6889
4. Hardcore Sets	Nancy Ling	778-821-3215
5. Bump Up the Jam	Dan Atkinson	778-363-3032
6. Ball Squad	Cara Woods	250-575-2272
7. Bertram Park	Mike Demic	250-717-3464
8. Super Six	Dragana Babic	778-581-4581
9. Notorious DIG	Dan Minkley	250-535-0820
10. To Kill a Blocking Nerd	Trish Fortin	250-718-6462
11. Team Wilson	Matt Delorme	250-870-3371
12. Serves You Right	Randall Harper	250-317-2984

## Low Competitive

<i>Team Name</i>	<i>Contact Person</i>	<i>Phone#</i>
13. Ball Busters	Erika Lachance	250-317-5707
14. School of Hard Blocks	Micky Goutier	250-212-2769
15. Ballhouse	Delaney Ross	250-309-5052
16. Spiked Punch	Hailey Kanigan	250-608-0946
17. Will Work for Sets	Michelle Ungaro	250-863-9419

*Teams must supply their own ball*

*League Schedules and Standings posted online at [www.kelowna.ca/recreation](http://www.kelowna.ca/recreation) Check standings frequently to ensure that game results are recorded and roster has been received.*

***Winning teams must report the match results to the PRC Volleyball Score Line***

***250-469-8666 within 48 hours of match completion for the 3<sup>rd</sup> win point.***

***Report the result as follows:***

***The Night and League, Your Team Name and Number, The Team Name & Number You Beat, 2-0 or 2-1***

*Drop-off Roster at the Sport Kelowna Office, Parkinson Rec. Centre, Fax @ 250-862-3327, or email to [sportsleagues@kelowna.ca](mailto:sportsleagues@kelowna.ca)*

Low Competitive teams please note: due to the odd number of teams, teams will have BYE and **DOUBLE HEADER** nights.  
Please read schedule carefully.

Date	Home	vs.	Visitor	Location	Time
Apr. 8	2	vs.	11	North Court	6:00pm
	1	vs.	12	Middle Court	6:00pm
	3	vs.	10	South Court	6:00pm
	4	vs.	9	North Court	7:00pm
	6	vs.	7	Middle Court	7:00pm
	5	vs.	8	South Court	7:00pm
	Bye	vs.	17		
	13	vs.	16	South Court	8:00pm
	14	vs.	15	North Court	8:00pm
Apr. 15	1	vs.	11	South Court	8:00pm
	3	vs.	8	Middle Court	7:00pm
	2	vs.	9	North Court	8:00pm
	12	vs.	10	North Court	6:00pm
	4	vs.	7	Middle Court	6:00pm
	5	vs.	6	South Court	6:00pm
	17	vs.	15	North Court	7:00pm
	17	vs.	16	Middle Court	8:00pm
	13	vs.	14	South Court	7:00pm
Apr. 22	Holiday. No Volleyball				
Apr. 29	2	vs.	7	North Court	7:00pm
	11	vs.	9	Middle Court	7:00pm
	12	vs.	8	South Court	7:00pm
	1	vs.	10	North Court	8:00pm
	3	vs.	6	South Court	8:00pm
	4	vs.	5	South Court	6:00pm
	Bye	vs.	15		
	16	vs.	14	Middle Court	6:00pm
	17	vs.	13	North Court	6:00pm
May 6	1	vs.	9	North Court	6:00pm
	10	vs.	8	Middle Court	6:00pm
	6	vs.	12	South Court	6:00pm
	7	vs.	11	North Court	7:00pm
	2	vs.	5	Middle Court	7:00pm
	3	vs.	4	South Court	8:00pm
	15	vs.	14	South Court	7:00pm
	15	vs.	13	Middle Court	8:00pm
	16	vs.	17	North Court	8:00pm
<b>Playoff Roster Due: May 13</b>					
See submission instructions on roster form below.					
Failure to submit roster by due date will result in removal from playoffs.					
Check online standings board to confirm roster has been received <input checked="" type="checkbox"/> . Allow 2 business days for update.					
May 13	1	vs.	8	North Court	8:00pm
	12	vs.	4	Middle Court	7:00pm
	10	vs.	6	South Court	8:00pm
	11	vs.	5	North Court	6:00pm
	9	vs.	7	Middle Court	6:00pm
	2	vs.	3	South Court	6:00pm
	Bye	vs.	13		
	14	vs.	17	North Court	7:00pm
	15	vs.	16	South Court	7:00pm

Date	Home	vs.	Visitor	Location	Time
May 20	Holiday. No Volleyball				
May 27	1	vs.	7	South Court	6:00pm
	8	vs.	6	Middle Court	7:00pm
	9	vs.	5	South Court	7:00pm
	10	vs.	4	North Court	8:00pm
	11	vs.	3	Middle Court	8:00pm
	12	vs.	2	South Court	8:00pm
	13	vs.	17	North Court	6:00pm
	13	vs.	16	North Court	7:00pm
	14	vs.	15	Middle Court	6:00pm
Jun. 3	10	vs.	2	South Court	7:00pm
	1	vs.	6	Middle Court	7:00pm
	8	vs.	4	South Court	6:00pm
	9	vs.	3	North Court	8:00pm
	7	vs.	5	Middle Court	8:00pm
	11	vs.	12	South Court	8:00pm
	14	vs.	16	North Court	6:00pm
	14*	vs.	13	North Court	7:00pm
	17	vs.	15	Middle Court	6:00pm
*Does not count in the standings for team 14					
Jun. 10 & 17			Playoffs: Schedule will be posted online after 5:00pm, Friday, Jun. 7		

2019 Spring Monday Parkinson Rec. Centre  
Co-ed Volleyball Leagues  
Team Roster

Team: \_\_\_\_\_

Division: \_\_\_\_\_

1. (Contact): \_\_\_\_\_ Ph: \_\_\_\_\_

2. \_\_\_\_\_ Ph: \_\_\_\_\_

3. \_\_\_\_\_ Ph: \_\_\_\_\_

4. \_\_\_\_\_ Ph: \_\_\_\_\_

5. \_\_\_\_\_ Ph: \_\_\_\_\_

6. \_\_\_\_\_ Ph: \_\_\_\_\_

(7) Spare: \_\_\_\_\_ Ph: \_\_\_\_\_

(8) Spare: \_\_\_\_\_ Ph: \_\_\_\_\_

(9) Spare: \_\_\_\_\_ Ph: \_\_\_\_\_

(10) Spare: \_\_\_\_\_ Ph: \_\_\_\_\_

The following rules will be strictly enforced for playoff reasons during the Indoor Volleyball season. Teams found in violation of any of these rules will be withdrawn from playoffs, or placed in a non-prizing playoff division.

1. Rosters can be faxed to 250-862-3327 or email to [sportsleagues@kelowna.ca](mailto:sportsleagues@kelowna.ca)
2. Only players on the roster are eligible for playoff action.
3. All players on the roster must have played a minimum of 3 league games
4. See schedule for roster due date.
5. Maximum amount of players on the roster is **10**
6. No changes to roster after deadline (see schedule).

There will be No Exceptions to the above rules.

**City of Kelowna – Active Living & Culture**  
**INDOOR VOLLEYBALL**  
**RULES**

**OBJECT OF THE GAME**

- To cause the ball to strike the ground on opponent's court or to cause an opponent to engage in faulty playing.

**NET HEIGHT**

- Net height will be set at 2.43 meters (Sr. Boys)

**PLAYERS**

- Minimum 5 players on the court at all times of which at least 2 must be female.
- The match is forfeited if a team does not have the minimum player requirement by 10 minutes past the scheduled start time.
- Player Pick-up Rule: A team may pickup 1 player only from another team in the league to reach the minimum number of players required (5 players of which at least 2 must be female). The team must continue to play with 5 players throughout the match. If the team's regular rostered player shows up then he/she must take the place of the substitute player and the team must continue with the legal minimum 5 players. This is for league play only. Teams cannot pick up players from any other team during playoffs.

**SCORING**

- Each match is the best 2 out of 3 sets (time permitting – 1 hour time limit). Once a team has won 2 sets the match is over. Once a team has won 2 sets and the match is over, any further games are for fun and not for points.
- Match results are posted online at [www.kelowna.ca/recreation](http://www.kelowna.ca/recreation)
- Sets go to 25 points. A two-point advantage is needed to win. The Rally-point scoring system is used.
- If the ball hits any part of the line, it is considered in.
- Service zone is the full width of the court. A serve that hits the net, goes over, and lands in is considered good.

**FOULS AND ERRORS**

- More than three hits on one side.
- A player touching the net or stepping over the centre line.
- A double hit (only one consecutive hit per person).
- Contacting the ball on the opponent's side of the net prior to their 3rd hit. (NOTE: A follow-through on a spike that started on the right side of the net is not considered a foul.)
- Server hits the ball out-of-bounds or into the net.
- Ball hits the roof or floor.
- Blocking or spiking a serve.

**CHARACTERISTICS OF THE HIT**

- The Ball may touch any part of the body.
- The Ball must be hit, not caught and/or thrown. It can rebound in any direction.

**REPLAY**

- There is interference (i.e. ball on court).
- If ball hits an object that is hanging down. ie: gym curtain.
- Both teams foul simultaneously.
- Injury to player.

**Reporting Results**

- The winning team is responsible for reporting the match result to the **PRC Volleyball Score Line** within 48 hours of the match completion. Call **250-469-8666** Report the result in the following order to receive 1 additional point:

**The Night and League**  
**Your Team Name and Number**  
**The Team Name & Number You Beat**  
**2-0 or 2-1**