

# 2019 Spring Wednesday Glenmore Low Competitive Co-ed Volleyball League



**Watson Rd. Elem. Gym** – is located at the corner of Glenmore Rd. & Watson Rd. (Glenmore)

**OKM (Blue Gym – if required)** – Okanagan Mission Secondary School is located at 4544 Gordon Dr. Enter gym at the south entrance (to the left of the main entrance).

**Please enter the gymnasiums from the outside gym entrances.**

**Teams must supply their own ball**

**Net height: Senior Boys**

<b>Team Name</b>	<b>Contact Person</b>	<b>Phone#</b>
1. Safe Sets	Quinn Weber	250-681-1252
2. Setters of Catan	Jason Alessio	250-877-9007
3. A View to a Kill	Roy Sutterlin	250-469-4831
4. Pensioners	Robert Eger	250-863-4130
5. Six Pack	Manley March	250-762-9392
6. Avengers	Ramey Rooke	250-801-4800
7. Dirty Bump Sets	Alex Hrywkiw	778-214-1713
8. Empire Spikes Back Again	Morgan Lewis	778-581-5653

**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**

**250-469-8664 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)**

**Pickup 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.  
There are no pick-up players allowed for playoff games.

## **Very Important! Please read...**

In order for teams & leagues to continue to have access to the School District #23 Gymnasiums, the following simple rules must be followed:

1. When putting equipment away at the end of the night, please return the Volleyball post setting to the lowest level (elem. school height). This is very important and is the #1 complaint we get from SD#23.
2. Please do not bring children to the schools and leave them unattended.
3. Do not arrive more than 15 min. prior to your 6:00pm game time. The gym will not be open.

<u>Date</u>	<u>Home</u>	<u>vs.</u>	<u>Visitor</u>	<u>Location</u>	<u>Time</u>
<b>Apr. 10</b>	<b>1</b>	<b>vs.</b>	<b>8</b>	<b>Watson Rd.</b>	<b>6:00pm</b>
	<b>2</b>	<b>vs.</b>	<b>7</b>	<b>Watson Rd.</b>	<b>7:00pm</b>
	<b>3</b>	<b>vs.</b>	<b>6</b>	<b>Watson Rd.</b>	<b>8:00pm</b>
	<b>4</b>	<b>vs.</b>	<b>5</b>	<b>Watson Rd.</b>	<b>9:00pm</b>
<b>Apr. 17</b>	<b>2</b>	<b>vs.</b>	<b>5</b>	<b>Watson Rd.</b>	<b>6:00pm</b>
	<b>8</b>	<b>vs.</b>	<b>6</b>	<b>Watson Rd.</b>	<b>7:00pm</b>
	<b>1</b>	<b>vs.</b>	<b>7</b>	<b>Watson Rd.</b>	<b>8:00pm</b>
	<b>3</b>	<b>vs.</b>	<b>4</b>	<b>Watson Rd.</b>	<b>9:00pm</b>
<b>Apr. 24</b>	<b>1</b>	<b>vs.</b>	<b>6</b>	<b>Watson Rd.</b>	<b>6:00pm</b>
	<b>7</b>	<b>vs.</b>	<b>5</b>	<b>Watson Rd.</b>	<b>7:00pm</b>
	<b>8</b>	<b>vs.</b>	<b>4</b>	<b>Watson Rd.</b>	<b>8:00pm</b>
	<b>2</b>	<b>vs.</b>	<b>3</b>	<b>Watson Rd.</b>	<b>9:00pm</b>
<b>May 1</b>	<b>7</b>	<b>vs.</b>	<b>3</b>	<b>Watson Rd.</b>	<b>6:00pm</b>
	<b>8</b>	<b>vs.</b>	<b>2</b>	<b>Watson Rd.</b>	<b>7:00pm</b>
	<b>4</b>	<b>vs.</b>	<b>6</b>	<b>Watson Rd.</b>	<b>8:00pm</b>
	<b>1</b>	<b>vs.</b>	<b>5</b>	<b>Watson Rd.</b>	<b>9:00pm</b>
<b>May 8</b>	<b>6</b>	<b>vs.</b>	<b>2</b>	<b>Watson Rd.</b>	<b>6:00pm</b>
	<b>1</b>	<b>vs.</b>	<b>4</b>	<b>Watson Rd.</b>	<b>7:00pm</b>
	<b>5</b>	<b>vs.</b>	<b>3</b>	<b>Watson Rd.</b>	<b>8:00pm</b>
	<b>7</b>	<b>vs.</b>	<b>8</b>	<b>Watson Rd.</b>	<b>9:00pm</b>
<b>Playoff Roster Due: May 15</b>					
See submission instructions on roster form (p. 4 of schedule package)					
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.					
<b>May 15</b>	<b>1</b>	<b>vs.</b>	<b>3</b>	<b>Watson Rd.</b>	<b>6:00pm</b>
	<b>4</b>	<b>vs.</b>	<b>2</b>	<b>Watson Rd.</b>	<b>7:00pm</b>
	<b>5</b>	<b>vs.</b>	<b>8</b>	<b>Watson Rd.</b>	<b>8:00pm</b>
	<b>6</b>	<b>vs.</b>	<b>7</b>	<b>Watson Rd.</b>	<b>9:00pm</b>
<b>May 22</b>	<b>4</b>	<b>vs.</b>	<b>7</b>	<b>Watson Rd.</b>	<b>6:00pm</b>
	<b>3</b>	<b>vs.</b>	<b>8</b>	<b>Watson Rd.</b>	<b>7:00pm</b>
	<b>5</b>	<b>vs.</b>	<b>6</b>	<b>Watson Rd.</b>	<b>8:00pm</b>
	<b>1</b>	<b>vs.</b>	<b>2</b>	<b>Watson Rd.</b>	<b>9:00pm</b>
<b>May 29</b>	<b>4</b>	<b>vs.</b>	<b>5</b>	<b>Watson Rd.</b>	<b>6:00pm</b>
	<b>3</b>	<b>vs.</b>	<b>6</b>	<b>Watson Rd.</b>	<b>7:00pm</b>
	<b>2</b>	<b>vs.</b>	<b>7</b>	<b>Watson Rd.</b>	<b>8:00pm</b>
	<b>1</b>	<b>vs.</b>	<b>8</b>	<b>Watson Rd.</b>	<b>9:00pm</b>
<b>June 5 &amp; 12</b>			<b>Playoffs: Schedule will be posted online after 5:00pm, Monday June 3</b>		

**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 [Glenmore Volleyball Score Line](#) within 48 hours of the match completion. Call 250-469-8664. 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**

**2019 Spring Wednesday Glenmore Low  
Competitive Co-ed Volleyball Leagues  
Team Roster**

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

**Contact:** \_\_\_\_\_ **Ph:** \_\_\_\_\_

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

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

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

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

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

**Spare:** \_\_\_\_\_ **Ph:** \_\_\_\_\_

**Spare:** \_\_\_\_\_ **Ph:** \_\_\_\_\_

**Spare:** \_\_\_\_\_ **Ph:** \_\_\_\_\_

**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) , or dropped off at Parkinson Rec. Centre or Sport Kelowna**
- 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 roster changes after deadline (see schedule)**

There will be **No Exceptions** to the above rules.