

2021 Fall Monday Parkinson Rec. Centre Co-ed Volleyball Leagues



High Recreational 'R'

<i>Team Name</i>	<i>Phone#</i>
1. Block to the Future Part III	250 863 4740
2. Hardcore Sets	250-859-4760
3. Notorious DIG	250-535-0820
4. Six Pack	250-762-9392
5. Thats What She Set	250 215 8190

*If you are the captain (or primary contact) for your team, please submit the [Team Contact Waiver Form](#) prior to each season you are actively playing in to allow your information to be displayed online for other teams to contact you in the event of a cancellation and/or rescheduling.

Location:

PRC Parkinson Recreation Centre ([1800 Parkinson Way](#))

Rules:

All rules can be found on the last page of the schedule or online at Kelowna.ca – [Indoor Volleyball Leagues](#)

Equipment:

General equipment (Nets, poles, etc.) are supplied. Please bring your own volleyballs.

Facilities:

Please respect the facilities we operate out of by cleaning up after your team, following building rules and respecting all on-site staff (City, contractors and/or partners).

Team Captain (or Primary Contact) Information

Team Contact Waiver Form:

If you are the captain (or primary contact) for your team, please submit the [Team Contact Waiver Form](#) prior to the start of each season you are actively playing in to allow your information to be displayed online for other teams to contact you in the event of a cancellation.

Reporting Results:

The winning team must report the match results to the Sports League Score Line: 250-469-8666

Reporting Format:

Include the following: The Night and League, your Team Number and Name, the Number and Name of the team you beat, and the Score.

Example: Monday PRC High Recreational Volleyball, Team 1 – Crocodiles defeated Team 2 - Pandas, 2 sets to 1

Point System:

Win (2-1 or 2-0) = 2 pts	Loss (2-0) = 0 pts	Loss (2-1) = 1 pt	Default = 0 pts	Unreported = 1pt each
Results must be reported accurately by the winning team within 48 hours to receive the 3 rd 'win' point				
Default Rule – Teams defaulting and/or forfeiting 3 or more matches will be disqualified for playoffs				

League Standings:

Weekly standings are posted online on our [Indoor Volleyball](#) page.

Roster Submission:

Rosters need to be submitted prior to the start of league play. Email rosters to sportsleagues@kelowna.ca.

Match Play:

Please review the rules specific to your facility and/or league with your players prior to the season.

Participant Code of Conduct:

Team captains are responsible for ensuring team members are upholding the [Participant Code of Conduct](#) outlined by the City of Kelowna.

Reporting Results

Results need to be reported within 48 hours of match with all of the following information included to receive the 3rd 'win' point:

The Night and League
Your Team Name and Number
The Team Name & Number You Beat
2-0 or 2-1
Score Line: 250-469-8666

Rosters must be submitted to sportleagues@kelowna.ca prior to the start of the season.
 Only players on the roster are eligible to play in league play.
 Review the Indoor Volleyball COVID Safety Guidelines with all of your players prior to the start of play.

1. Block to the Future Part III
2. Hardcore Sets
3. Notorious DIG

4. Six Pack
5. Thats What She Set

Date	Home	vs.	Visitor	Location	Time
Sept 20	1	vs.	BYE	North Court	6:00pm
	2	vs.	5	South Court	6:15pm
	3	vs.	4	North Court	7:15pm
Sept 27	2	vs.	3	North Court	6:00pm
	4	vs.	BYE	South Court	6:15pm
	1	vs.	5	North Court	7:15pm
Oct 4	5	vs.	3	North Court	6:00pm
	4	vs.	1	South Court	6:15pm
	2	vs.	BYE	North Court	7:15pm
Oct 11			No Volleyball		
Oct 18	3	vs.	1	North Court	6:00pm
	5	vs.	BYE	South Court	6:15pm
	4	vs.	2	North Court	7:15pm
Oct 25	1	vs.	2	North Court	6:00pm
	3	vs.	BYE	South Court	6:15pm
	5	vs.	4	North Court	7:15pm
Nov 1	1	vs.	4	North Court	6:00pm
	2	vs.	3	South Court	6:15pm
	5	vs.	4	North Court	7:15pm
Nov 8	1	vs.	4	North Court	6:00pm
	3	vs.	5	South Court	6:15pm
	2	vs.	1	North Court	7:15pm
Nov 15	1	vs.	5	North Court	6:00pm
	4	vs.	3	South Court	6:15pm
	5	vs.	2	North Court	7:15pm
Nov 22	4	vs.	2	North Court	6:00pm
	5	vs.	1	South Court	6:15pm
	3	vs.	2	North Court	7:15pm
Nov 29	3	vs.	1	North Court	6:00pm
	4	vs.	5	South Court	6:15pm
	2	vs.	3	North Court	7:15pm

Dec 6 & Dec 13

Playoffs: Schedule will be posted
 online after 5:00pm, Thu Dec 2

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

OBJECT OF THE GAME

- The object of the game is to send the ball over a net in order to ground it on the opponent's court, and to prevent the same effort by the opponent. The ball is put in play with a service: hit by the server over the net to the opponents. The rally continues until the ball is; grounded on the playing court, goes "out" or a team fails to return it properly.

PLAYING AREA

- Net height is set at 2.35 meters
- The court boundaries are the DARK GREEN lines for the side and back lines.
- Please note that teams are required to play within their designated court area when 3 courts are in use.
 - Do not enter an adjacent court to continue play.

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 pick up 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.

RULES OF PLAY

- Three hits aside maximum.
- The ball may touch any part of the body (this includes the feet).
- The ball must be HIT; not caught, thrown, and/or be hit with separated hands unless it is obvious that a one-handed hit is intended.
- Players of the serving team must not prevent their opponent from seeing the server or the path of the ball by use of screening.
- The one-hour time limit or best two-out-of-three wins the game, whichever comes first.
- Service zone is the full width of the court.
- If the ball hits any part of the line (DARK GREEN Lines), it is considered in and good.
- All three (3) games go to 25 points and are played using the rally point system.
 - Each game is to be won by 2 points. ** Remember, one-hour time limit
- Re-serve/replay is done when the ball hits:
 - the basketball nets
 - the gymnastics rings
 - the gym curtain
 - another ball enters the court of play
 - both teams foul simultaneously
 - or there is an injury to player
- Jump Serves are not allowed in the Recreation Level Leagues.
 - They will only be permitted in Competitive Level Leagues.

FOULS AND ERRORS

- More than three hits on one side.
- A player touching the net or stepping over the centerline. Centerline infractions are a major causes of injuries on the court, please be aware of this hazard, particularly while blocking.
- A double hit by a player.
- Back row players leaving the floor ahead of the attack line to spike.
- Server hits the ball out-of-bounds or into the net.
- Ball hits the floor, ceiling, wood supports on the ceiling, the fans, the walls, or light fixtures.
- Blocking or spiking a serve. Serve receptions may be set or bumped.

REPORTING RESULTS

- The winning team is responsible for reporting the match result to the appropriate Score Line (outlined on their schedule) within 48 hours of the match completion.

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