

# 2021 Fall Wednesday OKM High Competitive Co-ed Volleyball League



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<b>Team Name</b>	<b>Phone #</b>
1. Alligators	Cascade Tong
2. Donald Bump and Spike Pence	778-215-5551
3. No Sets Till Hump Day	250-681-3669
4. Notorious D.I.G.	250-868-7227
5. Notorious Dig.	250-460-2282
6. Serving Pancakes	250-718-7052
7. Shanks For The Memories	587-832-1343
8. Dive Harder	250-575-6226

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\*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 and/or rescheduling.

## **Location:**

OKM NLC                      Okanagan Mission Secondary NLC Gym                      ([4544 Gordon Dr.](#))

## **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).

## School District #23 Gymnasiums Rules:

1. Return the volleyball post setting to the lowest level (elem. school height) at the end of the night.
2. Please do not bring children to the schools and leave them unattended.
3. Do not arrive more than 15 min. prior to your game time.
  - The gym will be in use by other programs.

## 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](#) 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: 250-469-8664**

### 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 <sup>rd</sup> "win" point				
Default Rule – Teams defaulting and/or forfeiting 3 or more matches will be disqualified for playoffs				

### League Standing:

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](mailto: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.

Rosters must be submitted to [sportleagues@kelowna.ca](mailto: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.

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|--------------------------------|----------------------------|
| 1. Alligators                  | 5. Notorious Dig.          |
| 2. Donald Bump and Spike Pence | 6. Serving Pancakes        |
| 3. No Sets Till Hump Day       | 7. Shanks For The Memories |
| 4. Notorious D.I.G.            | 8. Dive Harder             |

**Make-up game required,** please contact league coordinator @ [sportsleagues@kelowna.ca](mailto:sportsleagues@kelowna.ca) or 250-469-8852 to reschedule.

<u>Date</u>	<u>Home</u>	<u>vs.</u>	<u>Visitor</u>	<u>Location</u>	<u>Time</u>
Sep 22	2	vs.	1	OKM – South Court	6:30pm
	3	vs.	8	OKM – North Court	6:45pm
	4	vs.	7	OKM – South Court	7:45pm
	5	vs.	6	OKM – North Court	8:00pm
Sep 29	8	vs.	6	OKM – South Court	6:30pm
	1	vs.	7	OKM – North Court	6:45pm
	2	vs.	5	OKM – South Court	7:45pm
	3	vs.	4	OKM – North Court	8:00pm
Oct 6	6	vs.	2	OKM – South Court	6:30pm
	5	vs.	3	OKM – North Court	6:45pm
	4	vs.	1	OKM – South Court	7:45pm
	7	vs.	8	OKM – North Court	8:00pm
Oct 13	7	vs.	5	OKM – South Court	6:30pm
	6	vs.	1	OKM – North Court	6:45pm
	2	vs.	3	OKM – South Court	7:45pm
	8	vs.	4	OKM – North Court	8:00pm
Oct 20	1	vs.	3	OKM – South Court	6:30pm
	4	vs.	2	OKM – North Court	6:45pm
	6	vs.	7	OKM – South Court	7:45pm
	5	vs.	8	OKM – North Court	8:00pm
Oct 27	4	vs.	5	OKM – South Court	6:30pm
	8	vs.	1	OKM – North Court	6:45pm
	2	vs.	7	OKM – South Court	7:45pm
	3	vs.	6	OKM – North Court	8:00pm
Nov 3	6	vs.	4	OKM – South Court	6:30pm
	8	vs.	2	OKM – North Court	6:45pm
	1	vs.	5	OKM – South Court	7:45pm
	7	vs.	3	OKM – North Court	8:00pm
Nov 10	3	vs.	8	OKM – South Court	6:30pm
	4	vs.	7	OKM – North Court	6:45pm
	5	vs.	6	OKM – South Court	7:45pm
	2	vs.	1	OKM – North Court	8:00pm

<u>Date</u>	<u>Home</u>	<u>vs.</u>	<u>Visitor</u>	<u>Location</u>	<u>Time</u>
Nov 17	2	vs.	5	OKM – South Court	6:30pm
	4	vs.	3	OKM – North Court	6:45pm
	6	vs.	8	OKM – South Court	7:45pm
	1	vs.	7	OKM – North Court	8:00pm
Nov 24	7	vs.	8	OKM – South Court	6:30pm
	4	vs.	1	OKM – North Court	6:45pm
	5	vs.	3	OKM – South Court	7:45pm
	6	vs.	2	OKM – North Court	8:00pm
Dec 1	7	vs.	5	OKM – South Court	6:30pm
	6	vs.	1	OKM – North Court	6:45pm
	2	vs.	3	OKM – South Court	7:45pm
	8	vs.	4	OKM – North Court	8:00pm
Dec 8 & 15			Playoffs: Schedule will be posted online after 5:00pm, Monday, Dec 6		

### 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: 250-469-8664**

**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 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. 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 center 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 **OKM 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**