

# 2021 Fall Wednesday Parkinson Rec. Centre Co-ed Volleyball Leagues



## Low Competitive 'C'

<b>Team Name</b>	<b>Phone#</b>
1. All Stars	250-826-0813
2. Avengers	250-878-9750
3. Get Krackin	250-486-6664
4. Serv-Ivors	250-826-0549
5. Smack Pack	250-808-4788
6. Wild Sets	250-870-7720

\*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.

## High Recreational 'R'

<b>Team Name</b>	<b>Phone#</b>
1. All Work and No Play	
2. B+	286-696-4606
3. Free Ballin	250-870-2628
4. Setters of Catan 2	250-215-6686
5. Tigers	
6. Wilson 1	250-870-3371

\*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 <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 [sportsleagues@kelowna.ca](mailto:sportsleagues@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.

Low Competitive 'C'

1. All Stars
2. Avengers
3. Get Krackin
4. Serv-Ivors
5. Smack Pack
6. Wild Sets

High Recreational 'R'

1. All Work and No Play
2. B+
3. Free Ballin
4. Setters of Catan 2
5. Tigers
6. Wilson 1

Date	Home	vs.	Visitor	Location	Time
Sep 22	C2	vs.	C1	North Court	6:00pm
	C3	vs.	C6	South Court	6:15pm
	C4	vs.	C5	North Court	7:15pm
	R2	vs.	R1	South Court	7:30pm
	R3	vs.	R6	North Court	8:30pm
	R4	vs.	R5	South Court	8:45pm
Sep 29	R3	vs.	R4	North Court	6:00pm
	R6	vs.	R1	South Court	6:15pm
	R2	vs.	R5	North Court	7:15pm
	C3	vs.	C4	South Court	7:30pm
	C6	vs.	C1	North Court	8:30pm
	C2	vs.	C5	South Court	8:45pm
Oct 6	C6	vs.	C4	North Court	6:00pm
	C2	vs.	C3	South Court	6:15pm
	C1	vs.	C5	North Court	7:15pm
	R6	vs.	R4	South Court	7:30pm
	R2	vs.	R3	North Court	8:30pm
	R1	vs.	R5	South Court	8:45pm
Oct 13	R4	vs.	R1	North Court	6:00pm
	R5	vs.	R3	South Court	6:15pm
	R6	vs.	R2	North Court	7:15pm
	C4	vs.	C1	South Court	7:30pm
	C5	vs.	C3	North Court	8:30pm
	C6	vs.	C2	South Court	8:45pm
Oct 20	C5	vs.	C6	North Court	6:00pm
	C1	vs.	C3	South Court	6:15pm
	C4	vs.	C2	North Court	7:15pm
	R5	vs.	R6	South Court	7:30pm
	R1	vs.	R3	North Court	8:30pm
	R4	vs.	R2	South Court	8:45pm
Oct 27	R3	vs.	R6	North Court	6:00pm
	R4	vs.	R5	South Court	6:15pm
	R2	vs.	R1	North Court	7:15pm
	C3	vs.	C6	South Court	7:30pm
	C4	vs.	C5	North Court	8:30pm
	C2	vs.	C1	South Court	8:45pm

Date	R6	vs.	R1	Location	Time
Nov 3	C6	vs.	C1	North Court	6:00pm
	C2	vs.	C5	South Court	6:15pm
	C3	vs.	C4	North Court	7:15pm
	R6	vs.	R1	South Court	7:30pm
	R2	vs.	R5	North Court	8:30pm
	R3	vs.	R4	South Court	8:45pm
Nov 10	R2	vs.	R3	North Court	6:00pm
	R1	vs.	R5	South Court	6:15pm
	R6	vs.	R4	North Court	7:15pm
	C2	vs.	C3	South Court	7:30pm
	C1	vs.	C5	North Court	8:30pm
	C6	vs.	C4	South Court	8:45pm
Nov 17	C1	vs.	C4	North Court	6:00pm
	C3	vs.	C5	South Court	6:15pm
	C2	vs.	C6	North Court	7:15pm
	R1	vs.	R4	South Court	7:30pm
	R3	vs.	R5	North Court	8:30pm
	R2	vs.	R6	South Court	8:45pm
Nov 24	R6	vs.	R5	North Court	6:00pm
	R3	vs.	R1	South Court	6:15pm
	R2	vs.	R4	North Court	7:15pm
	C6	vs.	C5	South Court	7:30pm
	C3	vs.	C1	North Court	8:30pm
	C2	vs.	C4	South Court	8:45pm
Dec 1	C4	vs.	C6	North Court	6:00pm
	C3	vs.	C2	South Court	6:15pm
	C5	vs.	C1	North Court	7:15pm
	R4	vs.	R6	South Court	7:30pm
	R3	vs.	R2	North Court	8:30pm
	R5	vs.	R1	South Court	8:45pm
Dec 8 & Dec 15			Playoffs: Schedule will be posted online after 5:00pm, Fri Dec 3		

### 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**

**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**