



## Winnipeg Senior Coed Volleyball League – General Rules

1. Volleyball Canada Reverse Co-ed Rules will apply.
2. The net is Women's regulation height (2.24m or 7'4").
3. Players are allowed one step in on serve at Bernie Wolfe
4. **All matches are rally point and best of 5.**
  - a. **Sets 1 to 4 are 25 pt games no cap.**
  - b. **Set 5 if necessary is to 15, cap at 17.**
5. Libero players are not allowed.
6. If a match is completed before the end of the allocated time, both teams must leave the court to allow the next teams 15 minutes for warm-up. If the match exceeds the time allocated, the next two teams will receive a 10-minute warm-up prior to the start of the match.
7. Teams must have 3 registered male and 3 registered female players on the court at all times.
  - a. Starting rotation of each rally must alternate between male and female.
8. We permit teams to sub players after each rotation at position 6, teams must be consistent on how they sub.
9. Teams must be warmed up and ready to play at the scheduled match start time.
10. A penalty is assessed to a team for being late for a match:
  - a. Scheduled start time = 1 game default
  - b. 15 minutes after scheduled start time = 2 games default
  - c. 30 minutes after scheduled start time = match default, \$25.00 default fee
11. Males can only complete a legal attack, if it performed as a back-row player, regardless of their position on the court.
12. Side-by-side blocking by 2 males is not allowed.
13. HOME TEAM is the first team listed on the schedule
14. Home Team is responsible for providing the game ball and score sheet and completing it correctly, including the referee's signature
15. Matching uniform shirts with contrasting 4" numbers on the centre front and contrasting 6" numbers on the centre back are mandatory.
16. Matching team shirts with short sleeves and/or long sleeves are legal uniforms. Matching shorts are not required.
17. Both teams set up and remove net, standards, and court dividers (curtains).
18. A registered player may spare for a team in a higher Tier.