

Competitive Volleyball

C.V.A. rules shall be applied whenever possible, unless otherwise indicated.

Revised July 2025

General Intramural Sports Regulations:

- There is no warm up equipment provided.
- Games that start late will finish on time. Halves will be shortened to accommodate the scheduled end time. There will be no extra time added.
- Team rosters are to be submitted and completed online by the team captain (individual who registered the team) prior to league start date. To complete your roster you will need to know each players UCID number and associated email address. All players who do not have a UCID number must contact Client Services at 403-220-7749 to request a UCID number.
 - Input your roster online at <http://www.ucalgary.ca/activeliving/> (Click on your name, drop down to 'My Teams', add email).
- All players must be added to the roster no later than 24hrs before the league play commences. Players may be added after at the Coordinator's discretion.
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- Captains are expected to:
 - a) Function as the exclusive point of contact for all communication between IMS and players
 - b) Appoint an alternate captain, who will function as a second contact if the captain is unavailable.
 - c) Contact Active Living Client Services with any playing preferences or requests prior to their sports registration deadline. Requests will not be accepted after the registration deadline.
 - d) Share the League Introduction email and all relevant documents with your team.
 - e) Review all documents, resources, and policies related to their sport in detail.
 - f) Complete the captains quiz (found in the league introduction email) 24h prior to the league start date.
 - g) Ensure that all teammates are aware of all IMS policies and rules relating to their sport.
 - h) Ensure that all teammates are registered and have their online waivers signed.
 - i) Maintain control of your team and spectator behavior in terms of conduct, safety, and sportsmanship before, during, and after all matches.
 - j) Ensure that any player(s) or spectator(s) exit the vicinity if they are ejected or otherwise asked to leave.
- All players **must complete an online waiver before they are allowed to play**. Instructions on how to sign online waivers can be found at <http://www.ucalgary.ca/activeliving/how-to-register> (Click on shopping cart next to name, waivers).
- All players who have not signed their waivers prior to league play **will be removed** from their rosters.
- All players **must provide photo identification** to the supervisor before they may begin their matches.
- In Competitive Leagues, to be eligible for playoffs, a player must:
 - Be on the team roster.
 - Sign the online waiver.
 - Compete in at least (1) regular season match.
- Teams must meet the Fair Play requirements (3.5 average) to be eligible to compete in playoffs.
- **Suspended players may not be present during scheduled games, if so, the entire team shall be suspended indefinitely.**

- Any games that end after 30 minutes or 1 half of play of scheduled playing time will be considered a completed game and will not be rescheduled.
- Intramural Sports has a **Zero-Tolerance policy** for **fighting** and **abuse** of staff and other intramural participants. This will be strictly enforced.
- Ineligible players include but are not limited to:
 - Current intercollegiate varsity athletes while in season (in the same or similar sport)
 - Current professional athletes (in the same or similar sport)
 - Current national team/Olympic athletes (in the same or similar sport)
 - Individuals under the age of 18 and not currently enrolled at the University of Calgary
 - Suspended and or delinquent participants.

For a complete list, see [Intramurals policies and procedures](#)

Defaults:

- A default will occur when a team fails to appear or fails to have a minimum of **four (4)** players (1 of the opposite gender in mixed) on the field within ten (10) minutes of the start of the game time. If after another 10 minutes (20 minutes total) there still aren't at least 4 players, the match will be forfeited.
- Defaults will result in the loss of the \$60 Default Bond, and a second \$120 bond will be due before the next match. A second default will result in the loss of this second bond and may result in removal from the league.
- Defaults will be recorded as a **2-0 loss**, resulting in 0 Fair play Points, and are -1 points in the standings.
- Teams that give Intramural Sports a minimum of twenty-four (24) hours' notice that they will not be able to field a team will not be charged with a default; the game will be declared a forfeit.
- Forfeits will also be recorded as a **2-0 loss**; fair play rating will be awarded at the coordinator's discretion.
- If a team falls below the minimum number of players (due to penalties, injuries, etc.) throughout the game, it will be canceled. Games that are cancelled after 30 minutes or 1 half of play of scheduled playing will be considered a completed game and the score will be upheld. If the game is cancelled before the 30 minutes or 1 half of play of scheduled playing, it will be considered a forfeit.
- Players must be on the roster to play. Players may only be on one team roster per division (ie. Men's, Women's or Mixed). If a team is short players, they may **NOT** pick up players from another team. A forfeit will be declared if a team has used an ineligible player. This may also involve removal from the league, as outlined in the Intramural Sports policies and procedures.

Playing Rules:

- The Competitive Leagues will be provided with referees. Teams can provide their own linesmen if they want.
- **The net height should be 2.34m (half way between Men's and Women's) for Mixed leagues, 2.24 for Women's, and 2.44 for Men's**
- **Divisions will be assigned after the seeding round.**
- **When playing in the Mixed League:**
 - All Divisions must have a minimum of one (1) player of the opposite sex on the court at all times, and a maximum of four (4) players of the same sex on the court at all times. (I.e. one (1) male and four (4) females. The missing spot cannot be filled by a female player).
 - In the event that a team is **short players** they may play with four (4) players on the court and at least one (1) player of the opposite sex on the floor. **Teams must rotate as if they have 6 players which means that the vacant position (the ghost) must remain empty and in rotation. This means that during a normal rotation there may only be 2 people in the front**

row. When the ghost is supposed to serve, a point is given to the opposing team and the possession of the serve.

- Substitutions are unlimited, but must be made when the ball is dead. Just remember to ALWAYS have at least one (1) player of the opposite sex on the court (if playing with 5 players) and at least two (2) players of the opposite sex on the court (if playing with 6 players).
- If teams are playing with a Libero, the Libero may count for the minimum sex requirement. At the time when the libero is not on the court, there may be five of one sex instead of the maximum of four, provided the Libero is of the opposite sex. (i.e. If the libero is male, then while the team is serving and the libero is off, there may be five females and one male on the court or vice versa). The team captain must inform the other captain that they are playing with a Libero before the start of the first set.
- The matches shall consist of a best 2 of 3 games. The first two games are to 25 and are capped at 27, while the third game is played to 15 points, with a cap at 15 points.
- Full sets must be played, no partial sets. The games are played rally point.
- **Leagues with 45-minute games will be played to 21 points, capped at 23, with the third game played to 15 points, with the cap at 15.**
- No set will start with 10 minutes left of the scheduled playing time. This is at the discretion of the on-site supervisor and the referee.
- During Playoffs matches will be played best of 5. Sets will be played to 25, capped at 27, with the 5th set to 15, capped at 20.
- Substitutions are unlimited, but must be made while the play is dead.
- Each team is allowed 1 (30 second) time out per set. Unused timeouts cannot be carried over to the second set of the match.