



## **Gay Ottawa Volleyball (GOV)**

### **GOV House Rules and Officiating Handbook**

**Fall 2021**

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# Gay Ottawa Volleyball League (Wednesdays)

## Format for Fall Wednesday League

For the Fall season, the GOV Wednesday League is playing an adapted format due to limited access to gym facilities. Teams are placed into one of two divisions, which alternate play every other week.

**Division 1:** Oct 13, Oct 27, Nov 10, Nov 24, Dec 8

**Division 2:** Oct 20, Nov 3, Nov 17 Dec 1, Dec 15

On their week, each team has one hour to play one three-set match.

**Teams should always play all three sets.** Matches are self-officiated.

Teams play other similar-skilled teams in a “rating” system, where teams move up or move down standings according to their expected performance based on their existing rank. For example, when playing a lower ranked team, a higher ranked team is “expected” to win.

Depending on the outcome of the match, each team is assigned points based on how many sets they won or lost, weighted by whether they were “expected” to win or not.

Possible match times and locations include:

- **Patro d’Ottawa** (40 Cobourg St):
  - 7:30 pm, 8:30 pm and 9:30 pm
- **Hunt Club-Riverside Park Community Centre** (3320 Paul Anka Dr):
  - 6 pm, 7 pm, 8 pm and 9 pm
- **Albion-Heatherington Recreation Centre** (1560 Heatherington Rd):
  - 8:30 pm

As much as possible, matches will be scheduled to give every team an equitable variety of times and locations.

However, each captain can indicate their team's preferred gyms and geographical areas in the Zuluru league management system. The software considers these preferences when generating the schedule.

**Teams are assigned duties each week for setup and takedown of the volleyball equipment.**

The "home" team of the first match of the night is responsible for setup and the "home" team for the final match of the night is responsible for takedown.

Please take care to put volleyball equipment away according to the specifications of the host facility. If in doubt, please check with the building staff on site, or a veteran GOV player.

**Both captains are responsible for submitting the score within 24 hours of the match.** Captains will receive an automated email one hour after their game is scheduled to begin to enter the score and related spirit points.

Scores should be entered according to the number of sets won and lost, always entering your team's score first: 3-0, 2-1, 1-2, or 0-3.

## GOV House Rules

All participants must abide by **GOV's Code of Conduct, GOV's COVID-19 Protocol**, including the **Policy on COVID-19 Vaccination**, all of which can be found at [govleague.ca](http://govleague.ca).

Gay Ottawa Volleyball follows the *Official Volleyball Rules 2017-2020* set out by the Fédération internationale de volleyball (FIVB). The full rules can be found at [http://www.fivb.org/EN/Refereeing-Rules/documents/FIVB-Volleyball Rules 2017-2020-EN-v06.pdf](http://www.fivb.org/EN/Refereeing-Rules/documents/FIVB-Volleyball_Rules_2017-2020-EN-v06.pdf).

Gay Ottawa Volleyball has also adopted the following House Rules, in order to facilitate safe, timely and inclusive match play:

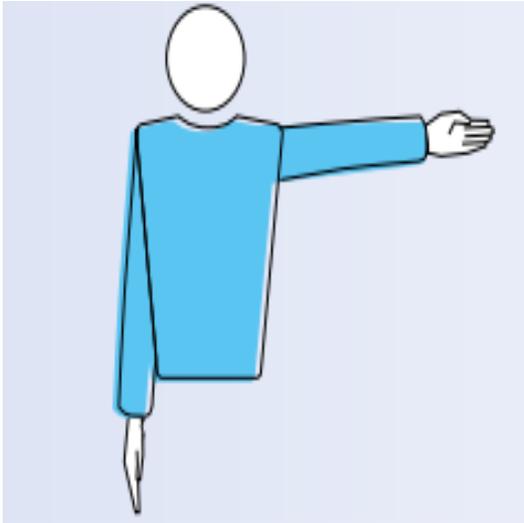
### GOV House Rules

- **A player may not pursue and play the ball into the adjacent court.** If the ball crosses the centre line dividing two neighbouring courts, the ball is considered out of bounds. A player may cross past the centre after contacting the ball, so long as the ball had not crossed first.
- Depending on the facility, teams may permit **a step on or over the service line during serve**. This may be when there is not sufficient space behind the service line to allow for a reasonable approach.
- **Short-handed teams.** A team may play short-handed with five players on the court. A team may never play with fewer than five players. Short-handed teams are subject to the **Ghost Rule**.
- **Ghost Rule.** When the ghost rule is in effect, 1 spot is designated as the spot for the “ghost player.” This is the space where the missing player would stand if they were present. The ghost rule is enforced in order to keep rotation matchups consistent on both sides of the court.
  - When the ghost player rotates to the serving position, the team will automatically lose their serve (as if the ghost missed their serve), and the other team is awarded a point and serves.

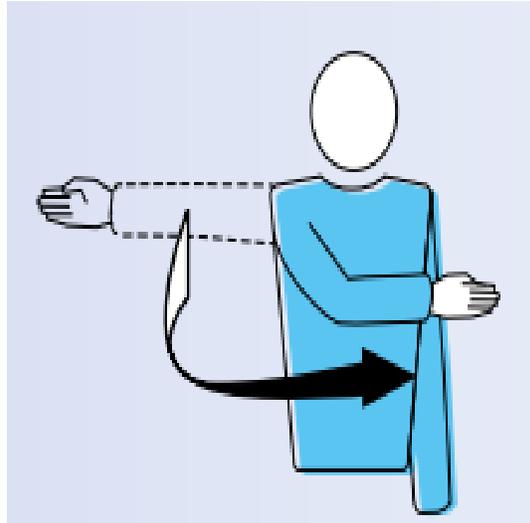
- The “ghost” does not have to be rotated through the playing positions. Teams may play with 3 players in the front row and 2 players in the back row at all times.
- Players arriving late may automatically take over the ghost position (but not during a rally).
- **Set Default.** A team will default the first set if at the scheduled start time they have fewer than five players on the court. The second set is defaulted 15 minutes after the scheduled start time.
- **Time caps.** All players and captains are expected to help each other keep an eye on the time for all teams to get their full hour of play. A **two-minute warning** should be called before the start time of the next match. **At one minute, the last serve should be called.**
- **Time outs.** Each team is permitted one 30-second time out per set.
- **Injury time outs.** An injury time out is 3 minutes and does not count as a regular time out. Players should use their judgment and allow as much time as possible for the player to safely leave the court.
  - If an injury results in blood on the court, the court surface must be cleaned before play can continue.
  - If the injured player cannot continue and there is no substitute, a team can finish the night with the remaining players without penalty. This only applies if the players sustained the injury during play on that same night.
- **Spare players.** Spare players are permitted but must register online in order to accept the liability waiver and code of conduct, and to enable contact tracing if necessary. A spare player may play for more than one team on the same night.
- **Substitutions.** Except in the case of a libero, teams with more than six players must use official substitutions to bring players on and off the court. In other words, teams cannot rotate players in and out on the serve.

- **Spirit points** are awarded to a team from their opponent after each match to encourage sportsmanship, honesty, integrity and fair play. Spirit points have a small influence on a team's overall rating and could be used to break ties.
- **All matches are self-refereed.** Players are expected to be honest and courteous and call their own violations. If there is uncertainty or a good faith disagreement regarding a call, captains should simply call a re-serve.
- More resources on hand signals and commonly difficult calls are included below.

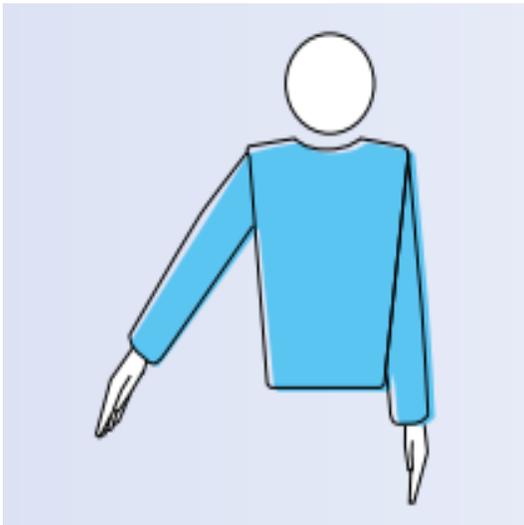
## Hand Signals



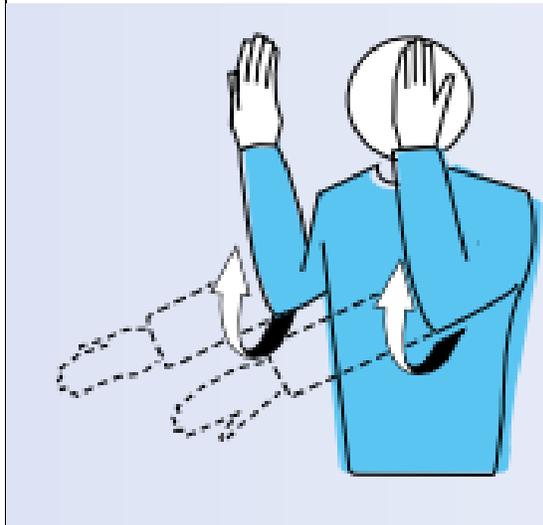
Team to serve



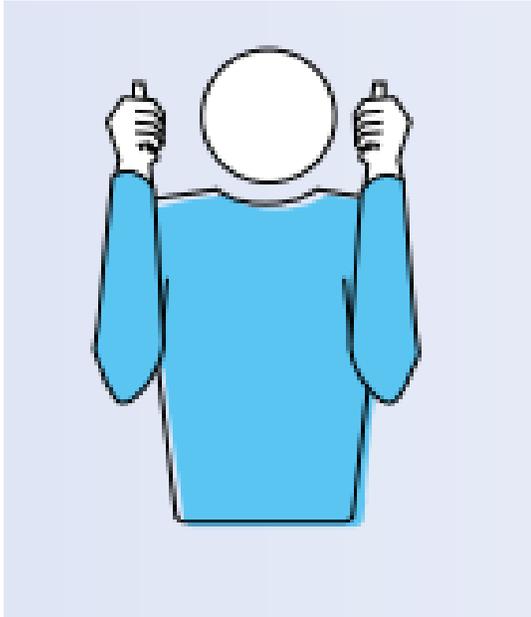
Invitation to serve



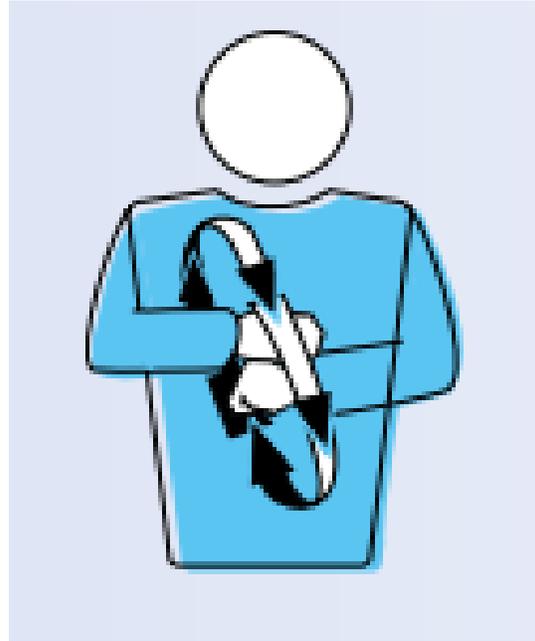
Ball in



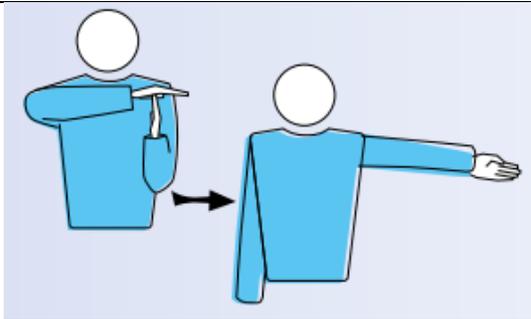
Ball out



Replay or Double Fault



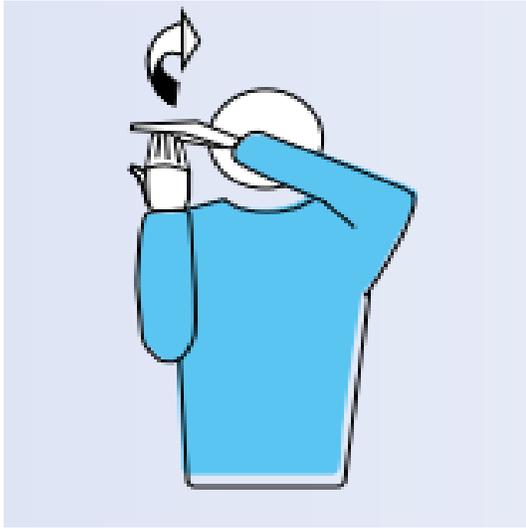
Substitution



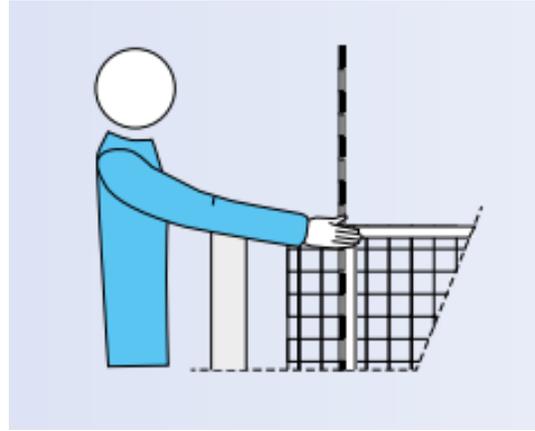
Time out



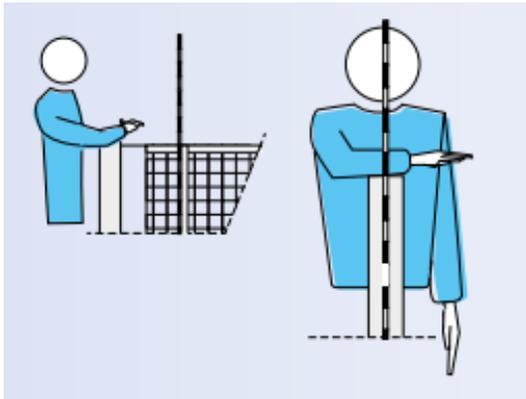
Calling captains (lol)



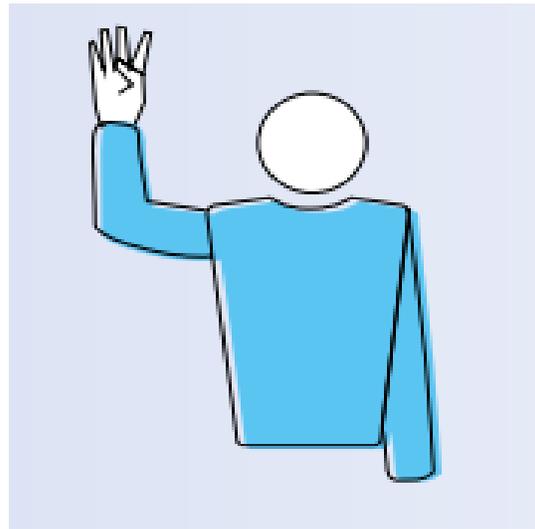
Ball Touched



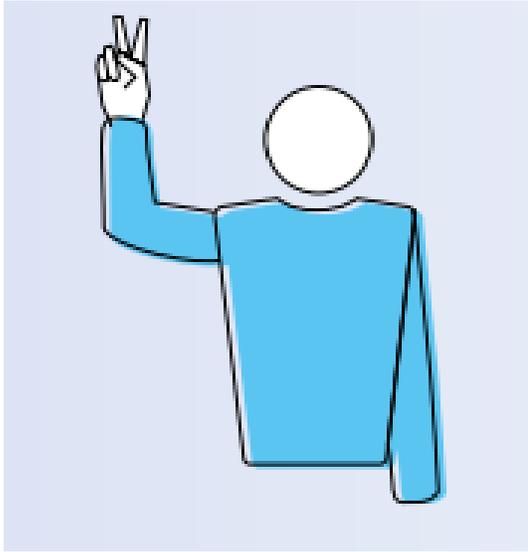
Net touched by player



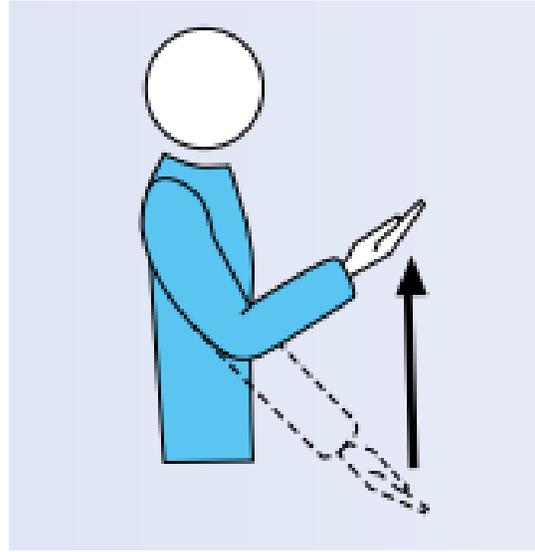
Reaching beyond the net



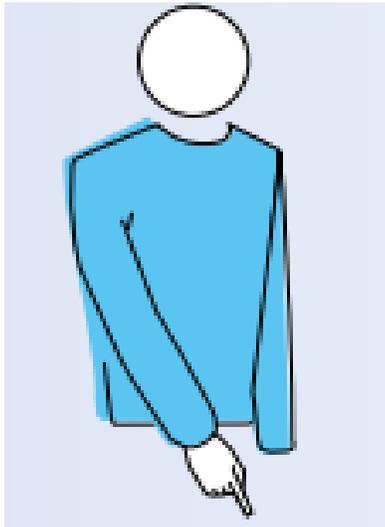
Four contacts



Double contact



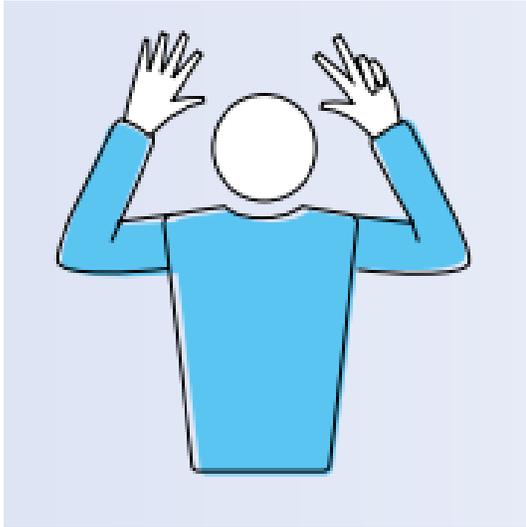
Lift/Carry/Catch



Line violation



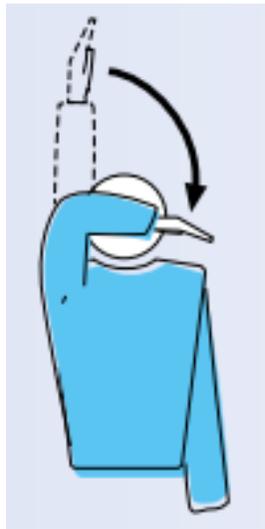
Position/rotational fault



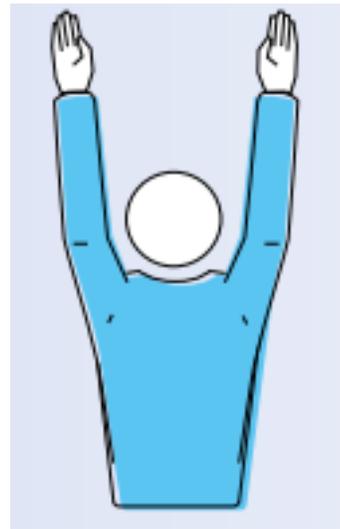
Delay of serve (8 seconds)



End of set/match



Attack fault (back row or libero)



Screening or illegal block

## Clarifications on Commonly Difficult Calls

### **Ball Handling Errors – Double Contacts and Lifts**

A **double contact** is when a player hits the ball twice in succession, or the ball contacts various parts of their body in succession. A **lift** is when the ball is caught and/or thrown.

Tip: a lift can be characterized as “over-control” of the ball. This is when the ball stays in a player’s hand for too long. A double contact can be characterized as “under-control” of the ball.

Tip: it is probably a lift if the player must reach behind them to contact the ball (because they have found themselves under the ball rather than behind it). In this situation, the player must hold on to the ball for that much longer to give it a forward motion, making it a lift.

Note: The fact that the ball is spinning after a volley does **not** necessarily mean there was a double contact.

### **Double Contact Exception – First Team Contact**

For the first team contact of the ball (i.e. on serve reception and during the rally), the ball may contact various parts of the body consecutively, provided that the contacts occur during one action. A lift (also known as a carry, catch, or throw) is never permitted.

## **Net Violations**

A player may not touch any part of the net inside the antennas while in the act of playing the ball (take-off, hit or hit attempt, landing)

It is acceptable for a player to touch the net, if they are not in the act of playing the ball and are do not interfere with play. Interfering with play includes:

- Using the net as a support or stabilizing aid;
- Creating an unfair advantage over the opponent by touching the net;
- Actions that hinder an opponent's legitimate attempt to play the ball;
- Catching or holding onto the net.

When watching for net violations:

- The first (up) referee should watch the attacker's side
- The second (down) referee should watch the defender's side

## **Reaching Beyond the Net**

A blocker may touch the ball beyond the net provided that they do not interfere with the opponent's to play the ball.

When the ball has crossed the vertical plane of the net totally or partially, the receiving team may play the ball.

After an attack hit, a defending player is permitted to pass their hands beyond the net, if the contact is made within their own playing space.

If the ball goes out after a joust (when two opponents touch the ball simultaneously over the net), it is the fault of the team on the opposite side of where the ball landed out.

## Centre Line Violations

Unlike the service and attack line, a player's foot (or other body part) may touch or partially cross the centre line, **provided that the action does not interfere with an opponent's play**. However, safety first! Players should avoid partially crossing the centre line, to reduce the chance of collisions that can cause an injury.



**X**



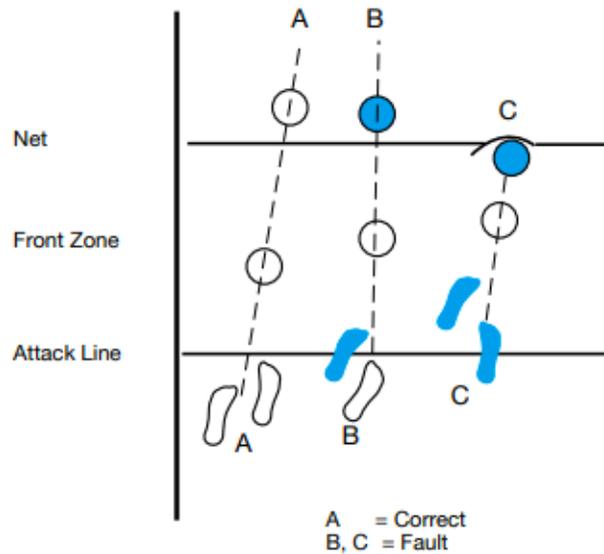
**X**

## Attack and Service Line Violations

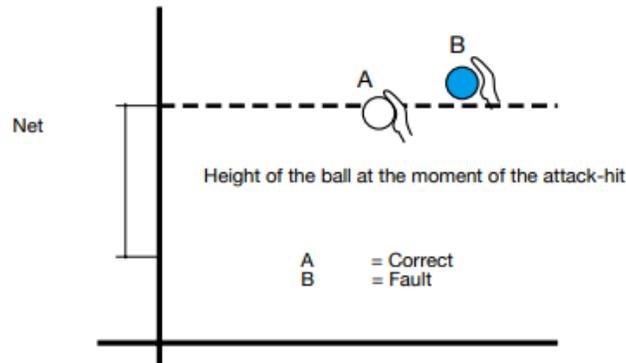
For the Service Line and the Attack Line (during a back row attack), with the centre line, the foot or other body part may not touch the line at all, let alone cross it.

### Back Row Attacks

A back-row player may complete an attack hit at any height from behind the attack line, provided that at their take-off, the player's foot (feet) has not touched nor crossed over the attack line. After their hit, the player may land in front of the attack line.



A back-row player may also complete an attack hit from the front zone, if at the moment of the contact a part of the ball is lower than the top of the net.



## Back Row Blocks – Violation

Only front-row players may block or attempt to block.

It is only considered a block if at the moment of contact with the ball, a part of the body is higher than the top of the net. If the player contacts the ball below the top of the net, it is not considered a block, but a first team contact.

## Attack Hits by the Libero

A libero is a specially designated player, who is allowed to replace any player in a back row position without using an official substitution.

They are restricted to perform as a back row player and are not allowed to complete an attack hit from anywhere (including playing court and free zone) if at the moment of the contact the ball is entirely higher than the top of the net (see above diagram).

## Sets from the Libero

When the Libero completes an overhand finger pass (i.e. a volley set), while standing in the front zone (standing on, or in front of the attack line), the player contacting the ball next may not complete an attack hit when the ball is entirely higher than the top of the net.

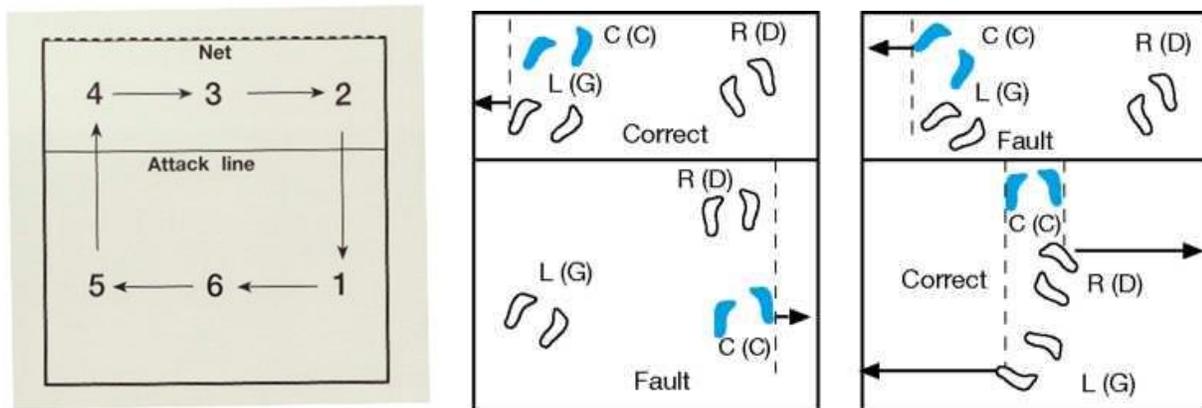
When the Libero completes an overhand finger pass (i.e. a volley set), while standing completely behind the attack line, the ball may be freely attacked.

## Positional Faults

The team commits a positional fault, if any player is not in their correct position at the moment the ball is hit by the server.

To be in the correct position, each back-row player must be positioned further back from the centre line than the corresponding front-row player; and the front-row players and the back-row players, respectively, must be positioned laterally in the correct order:

- Front Row: positions 4 (front-left), 3 (front-centre), 2 (front-right)
- Back Row: positions 5 (back-left), 6 (back-centre), 1 (back-right)



As seen in the diagram above, the positions of players are determined and controlled according to the positions of their feet.

**When calling positional faults**, first give a warning if players are overlapping. Please do not call minor overlaps, and do not be petty with calling positional violations.

## **Additional Resources**

In addition to the *Official Volleyball Rules 2017-2020*, the FIVB has published *Refereeing Guidelines and Instructions*, and it also maintains a *Rules of the Game – Volleyball Casebook*.

All of these resources can be found at [www.fivb.org](http://www.fivb.org).