

Volleyball Winnipeg
Rules: Adult Co-Ed League

1. Governance & Acknowledgment of Rules

1.1 Acknowledgment of Rules: Prior to the first regular season match of each season, each Team Captain (or Coach) must acknowledge that they and all rostered players have read, understood, and agree to comply with these League Rules and Regulations
1.2 Governing Rules: Apart from the rules stated below, the most recent edition of the Volleyball Canada Indoor Volleyball Rulebook will be followed. The most recent version of the Volleyball Canada rules can be found online at: https://volleyball.ca/uploads/Development/Referee/Rules/Rulebook_Files/Current_Year/2025-26_VC_Rulebook_EN_-_Final.pdf

In the event of any conflict between Volleyball Canada rules and Volleyball Winnipeg League Rules, the Volleyball Winnipeg League Rules shall prevail for league play.

2. Facilities & Equipment

2.1 Net Height: For the Advanced and Intermediate division , the net height will be 2.35m (7 feet 8.5 inches in imperial) and for Novice tiers, it will be 2.3m (7 feet 6.5 inches).
2.2 Setup and Take Down: The first scheduled teams of the day are responsible for proper net and court setup. And the final scheduled teams of the day are responsible for dismantling and properly returning equipment to designated storage areas. I highly suggest the first scheduled teams to arrive **30 minutes**

early and set up the court. This will give the teams time to warm up and start the game at the scheduled time.

3. Team Composition and Eligibility

3.1 Roster Requirements: To be eligible for adult co-ed league, a team must have a minimum of 6 (and a max of 12) permanent players over the age of 18 in their roster during their registration. The composition must have at least 2 people from each gender.

3.2 Roster Additions: The team may add to their roster prior to the beginning of the first Sunday game by emailing the details (name, email, and phone number) of the person to be added to the league coordinator avi@volleyballwinnipeg.ca.

3.3 Playoff Eligibility: To be eligible to participate in the final playoff match, a player must have played a minimum of **50%** of the regular season games.

4. On court Requirements

4.1 At any given rotation, the team must maintain having at least one male and one female both at the front and back row.

4.2 Three players of the same sex must not be in succession (in a row). Teams must maintain legal gender composition throughout substitutions and rotations.

5. Multi-Team Participation

5.1 A player may be registered on a maximum of **two teams** within the same season. In the event of a scheduling conflict, the

player must declare a primary ("home") team and may not miss that team's match to participate with their secondary team.

5.2 Tier 1, 3, 5, and 7 will be played at the same time and Tier 2, 4, 6, 8 will be played at the same time.

6. Substitute

6.1 A team may invite a player as a sub from outside or a permanent player within the league, only to bring the team up to six

players or to have eligible composition (at least 2 male, 2 female) when needed.

6.2 If substituting from within the league, the sub must be from the same or lower tier. If substituting from outside the league,

the sub must be of comparable skill level to the team's division (Advanced, Intermediate, or Novice).

6.3 A player who is a permanent player in two different teams of different tiers, may not sub in a tier lower than his/her upper

tier team. The League Coordinator reserves the right to disallow any substitute deemed to provide an unfair competitive

advantage.

7. Minimum Players & Defaults

7.1 Regular Season: Teams must show up with a minimum of six eligible players at the scheduled time of the game. However, if they drop to five players due to unforeseen circumstances during a regular season match, the match may continue without forfeit. The scores will be considered towards the standing.

7.2 Playoffs: All playoff matches require a minimum of six (6) eligible rostered players. The five-player allowance does not apply to playoff matches. Failure to field six eligible players in playoffs will result in a default forfeit.

8. Co-Ed Specific Playing Rules

8.1 Blocking: Two male players may not simultaneously block a female attacker.

8.2 Screening: A player may not attempt to block the vision of the receiving team by raising any part of their hands or arms above the top of their heads.

9. Match Defaults and FInancial Penalties

9.1 Failure to attend a scheduled regular season match without notice will result in a **$50 penalty**, deducted from the team's

retainer fee. If at least 24 hours notice is provided to the league coordinator and opposing teams, the penalty will be reduced to

$25.

10. Code of Conduct

10.1 All participants are expected to demonstrate sportsmanship and respect at all times.

The following conduct is prohibited:

- Disrespectful, abusive, or profane language toward players, officials, spectators, or staff
- Threatening gestures or behaviour
- Deliberate or dangerous ball striking during stoppages
- Physical intimidation or aggressive conduct

- Any outward display of temper that compromises safety or sportsmanship

10.2 The League Coordinator reserves the right to:

- Remove a participant from the facility for the remainder of the day;
- Suspend a participant for multiple matches;
- Remove a player or team from the league in cases of serious misconduct.

11. Protests & Complaints

11.1 On-Site Concerns: Concerns regarding player behaviour, rule interpretation, or disputes must be raised immediately with the opposing team captain and/or the league convenor if present. A team may declare that they are “playing under protest” at the time of the incident.

11.2 Formal Complaint: A formal complaint must be submitted via email to the League Coordinator within 24 hours of the match. The league coordinator will gather relevant information from both teams and any witnesses; review applicable rules; and issue a written decision to both the team captains.

All decisions made by the League Coordinator are final.

12. League Authority

The League Coordinator reserves the right to interpret and enforce all rules, and to make decisions in the best interest of league fairness, safety, and sportsmanship.

Sincerely,

Avi

League Coordinator

Volleyball Winnipeg