

**Rules: Adult Co-Ed League – Volleyball Winnipeg: Winter Season 2025**  
(as of Jan 11/25)

It is the responsibility of team captains to make the referees (or convenor, as appropriate) aware of any rule infractions or concerns regarding the rules or other.

Where teams do not have team jerseys or matching shirts, team are asked (non-mandatory) to make an effort wear the same colour shirt (i.e. black, white, etc.).

- **1-A: Acknowledgment of Rules:** Before the beginning of the first regular season game of each season, each Coach will acknowledge that they and their players are aware of the rules below.
- **1-B: Rules Reference:** Apart from the rules stated below, the most recent edition of the Volleyball Canada Indoor Volleyball Rulebook will be followed, especially regarding 'B' (14 & under), 'A' (16 & under) and 'AA' (18 & under) age groups. 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/2023-24\\_VC\\_Rulebook\\_-\\_EN.pdf](https://volleyball.ca/uploads/Development/Referee/Rules/Rulebook_Files/Current_Year/2023-24_VC_Rulebook_-_EN.pdf).
- **1-C: Net Height:** For each Division (Advanced, Intermediate and Novice), for the Winter 2025 Season, the net height will be 2.35m. It is the responsibility of the first teams of the day to set up the nets and gym. This includes checking the net height (at 'front row middle') using a Volleyball Winnipeg 2"X2" wooden measuring stick that should be in the gym equipment room at each venue before the start of the first game of the day.
- **2-A: Team Composition: Minimum Number of Players:** For regular season games, a team can begin a set with less than six players (i.e. five, or four, but no less than four). For the playoffs, a team must have at least six players ready to play in order to begin a game (set).
- **2-B: Team Composition Maximum Number of Players:** A team may not have more than 12 players on the roster for any one set. For regular season games, at least, and possibly playoff games, team rosters will be listed as part of the Score Submission Google form (for which there is a link on the League web page [<https://www.volleyballwinnipeg.ca/wmvadultleague>]).
- **2-C: Team Composition: Team Subs During the Regular Season:** A team can invite players to play for their team during the regular season without that player being submitted to the League Convenor by email as a roster addition before playing IF the addition of such players is needed in order for the team to have at least six players on the court or the minimum number of either men or women on the court at the time of the sets/games.
- **2-D: Team Composition: League Players Subbing for Other Teams:** A League player who is a permanent member of one home League team may **ONLY** sub for a team in a **HIGHER** tier and **not for a team in a LOWER tier**.
- **2-E: Team Composition: Player Skill Level Concerns:** If a team perceives that a sub for a team is VERY CLEARLY too skilled to be playing in that Division (i.e. Advanced [Tiers 1-2], Intermediate [Tiers 3-4], Novice [Tiers 5-8]) or for the lowest tiers in the Recreational Division: i) the Team Captain can immediately share this concern with the Team Captain of the opposing team; ii) if the two Team Captains are not able to come to an agreement, the concerned team can let the opposing team know that they will be playing under protest and then follow the protest procedure outline in **Rule 8-A** below.
- **2-F: Team Composition:** In order for a player to be eligible to play in the playoffs on Championship Sunday, each player must be i) listed on the collective team's rosters that the team has **EMAILED** to the Convenor with before the start of the season (texts and WhatsApp messages will not be counted as roster submissions or updates) or as roster email updates during the regular season, but by 6am the day before the start of Championship Sunday, ii) **AND** must have played a minimum of four sets spread over at least two game days during the regular season. Roster additions or updates that are emailed to [Kev@VolleyballWinnipeg.ca](mailto:Kev@VolleyballWinnipeg.ca) should start the Subject heading with: ROSTER UPDATE.
- **2-G: Team Composition:** If a team is short players, other teams may lend players to that team for the set or match, providing that each player is on the collective Premier League teams rosters for the current season **AND**, in order for the games to count, is from a **LOWER** tier than the one for which they are subbing. A player who has shown up to sub for one team can be loaned to the opposing team. However, if another team loans players to the team short players, the team short players will forfeit the set(s) and the sets will not count for points in the Standings (apart from the forfeit).

- **3-A: Forfeit:** For the regular season, a team can play with five, or even four, players, and take their chances (see also Rule 2-A immediately above). For the playoffs, a team having less than six players present, after five minutes into the scheduled match time, will forfeit. After 20 minutes into the scheduled match, the second set will be forfeited if a team still doesn't have six or more players, the second set will be forfeited.
- **3-B: Forfeit:** If a team only has six players, and the number is reduced to five players during a set, for any reason (including injury), the set may be forfeited. Accordingly, it is recommended that teams be composed of, or play with, eight, nine or more players to allow for injuries, illness or other unforeseen circumstances.
- **3-C: Re-Scheduling vs. Forfeit:** While it is reasonable to expect that games that are not able to be played for exceptional reasons be re-scheduled, or at least that attempts to re-schedule be made, the reality is that it is very difficult to re-schedule games due to available gym time. Acknowledging that we are playing in a recreational league, and that all teams make the playoffs, there may be very rare occasions when games may not be able to be played.
- **4-A: Substitutions:** Regular Volleyball Canada rules apply for substitutions unless noted here. When no referee is present, players may substitute for each in-between stoppages of play. When a referee is present, the player substituting in must go to and stand in the substitution zone and wait for the referee's authorization to cross onto the court (and for the other player to cross off).
- **4-B: Order of Rotation:** Teams must remain in order of rotation.
- **4-C: Composition of Players on the Court:** With ours being a co-ed league, there must be at least two men and two women on the court at any point during play. Three players of the same sex may not be in succession (in a row). To prevent this from happening, if there are only two players of one sex on the court, they must play opposite each other (i.e. positions #1 and #4, and so forth) so that a representative of one sex is always in the front row and a representative for the other is always in the back row.
- **4-D: Service and Screens:** The serving team may not screen by forming a wall of players for the purpose of obstructing the view of the receiving team from seeing the server AND the ball not being visible by the receiving team until the ball crosses the vertical plane above the net. BOTH of these conditions must occur in order for it to be deemed that a screen occurred. In addition (in Manitoba and elsewhere since September 2024), 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.
- **4-E: Service Foot Faults:** When serving underhand or (non-jump) overhand serves, one foot can enter the court. However, the second foot must not enter the court (extended vertically also) or touch the service line before the call is contacted. In addition, for jump serves, neither foot can touch or cross the service line but the jump must occur entirely behind the service line.
- **5-A: Passing on Service Reception:** As per Canada rules, players are permitted to use an overhand pass (volley) when receiving a serve.
- **5-B: Ball Handling:** Expectations for (i.e. the tightness of calling) ball handling infractions should be in approximate relation to the skill level. However, carrying/holding or throwing are never permitted..
- **6-A: Net Violations and Centre Line Infractions:** As per Volleyball Canada rules, a player's foot entirely crossing the centre line (consisting of both the front and back of a player's foot touching down entirely across the centre line and on the opponents' side) is not permitted. This is for the purpose of player safety and to prevent injuries. Other than the feet, the parts of a player's body may cross the centre line.
- **6-B: Play at the Net - Blocking Women:** Two men may not block one woman.
- **6-C: Play at the Net:** When blocking a ball coming from the opponent's court, it's illegal to contact the ball when reaching over the net if your opponent has not used 3 contacts AND they have a player there to make a play on the ball.
- **6-D: Play at the Net - Attacking:** When attempting to attack a ball coming from the opponent's court, contacting the ball when reaching over the net is a violation if the ball has not yet broken the vertical plane of the net.
- **6-E: Back Row Players:** A back row player's hand or body must not make contact with the ball above the height of the net while that player is in the front row (unless a tall player can do so without their feet leaving the floor)..

- **7-A: Code of Conduct:** The following are not permitted: i) disrespectful or profane speech or threats or gestures towards other people at the venue; ii) showing outward displays of temper (including: throwing or kicking balls hard during stoppages in play, especially in the direction of another person, or other outward displays of temper). Referees (or the League Convenor if referees are not present) may use verbal warnings, yellow cards and red cards (the Convenor won't be using cards) as appropriate. In more extreme circumstances, the Convenor has the right to eject the person from the gym and venue.
- **8-A: Protests:** In cases where a team has a complaint about the behaviour of one or more players on another team, or any grievance regarding the above, or other, and the Convenor is not aware, the issue must immediately be brought to the attention of the Team Captain of the opposing team or to the Convenor, as appropriate. A team has the option to communicate to the Team Captain (and possibly League Convenor) that they will be playing under protest, while filing a complaint with the League Convenor within 24 hours by EMAIL to Kev@VolleyballWinnipeg.ca