

Fitsports Sunday League - Women's 6v6

All team captains and players are responsible for familiarizing themselves with the rules and details of the league, and the Fitsports Code of Conduct.

If there are discrepancies between the two documents, **this document will take precedence.**

League Contact Information

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Details

- **Designated day:** Sunday
- **Location:** Fitcourts (3545 Odyssey Dr Unit 14, Mississauga, ON L5M 2S4)
- **Times:** matches can be held any time between 4-9pm
 - All teams may be subject to sitting off games in between their matches
- **Season duration:** January 21 - March 24
 - 8 weeks of regular season (January 21 - March 10)
 - 2 weeks of playoffs (March 17 & 24)

*****Please note that we **WILL** be playing during the Family Day weekend (February 18)*****

Rules

- Standard Volleyball Canada rules apply with the following exceptions:
- Players are only allowed one foot past the baseline on serve contact
- Teams will receive one 30-second timeout per set (these do not carry over)
- If the ball hits the ceiling on your side, it is still live (unlimited touches)
- Any balls that go past the net poles will be considered dead, and cannot be brought back into the play
- Basketball nets, walls, curtains, and any other objects are considered out-of-bounds

All games are self-officiated except the semi-finals and finals.

Players are to call their own violations, and may also question other players' violations.

If both teams do not come to a mutual agreement, a re-serve shall be called.

Gameplay

- Players are responsible for arriving at the facility on time. Please allocate **no more than 5 minutes** from your designated time slot for warm-up
- Round robin:
 - To maximize competitive balance, teams will get the chance to face as many teams as possible during round robin period
 - This will take place during the first 2 weeks (January 21 & 28)
 - Each team will face their opponents outlined on the schedule in a one-set match (~25 minutes)
- Regular season:
 - After round robin series, your team will play against two other teams each night
 - You will have 45 minutes to complete 2 sets against each team
 - 2 matches / 4 sets total per night
- **All sets will begin at 0-0, first to 25, hard cap at 27**

If your game heavily exceeds the time limit, your game will be forced to end to accommodate future matches.

In this instance, the difference between the two team scores will be applied to a full 25-point match to determine overall rankings

For example, if the match were forced to end at 15-10 (5-point difference) then 25-20 would be reflected on the standings

Ladder Description

The tiered ladder system was designed to ensure a competitive learning environment that allows women to focus on building their volleyball skills by facing teams that are relatively at the same level.

- January 21 & 28 will be a round-robin series for tier placement
- There will be a tier adjustment after every 2 weeks based on performance
- The top 6 teams in the league will be placed in GOLD tier (based on overall standings)

- The bottom 6 teams in the league will be placed in SILVER tier (based on overall standings)

To break a tie in the standings, the following categories will take priority:

- 1) Overall wins/losses
- 2) Head-to-head match
- 3) Net point differential (points scored — points scored against)

Substitutions & Playoff Eligibility

- Teams are permitted to get a sub from other teams in the league if they are not playing at the same time
- Players coming from outside the league, and were not indicated on the original roster are permitted to sub **ONLY IF** they are of **SIMILAR LEVEL** (*or lower*) to the original player
 - If there is a large skill discrepancy between the original player and the subbing player, the subbing player will be asked to leave for the rest of their matches
- Subs are **highly discouraged** during playoffs. In the case where subs are imperative, they must have played at least **2 full weeks** (4 matches) in order to be eligible. Previous rules regarding skill level also apply
- Subbing players **MUST** fill out the Fitsports waiver before playing - failure to do so will result in immediate ejection