



AVL - ASPIRE WOMEN'S ELITE VOLLEYBALL LEAGUE 2025

LEAGUE INFORMATION:

- Gym will be open at 5:15pm for game time. Games will be expected to begin 6:00pm and 8:00pm Sharp.
- All matches will be 4 sets (5th set only if tied 2-2)
 - Capped at 27, 5th set NO CAP
- All matches will have one carded head referee
- Teams may be asked to supply lines people
- Rules
 - Substitutions: Unlimited
 - Can use the 2 libero rule
 - Set 1 and 2: All Players must start a set
 - Set 3 & 4: All Players must start a set but substitutions are allowed at 15 points
 - Set 5 (if needed): Coach Decision
 - Time Outs: 2 - 1 minute timeout per set

Teams:

1. Carbon (CBN) - Cheri
2. PCL Construction (PCL) - Erminia
3. Bessette Wealth Management (BWM) - Jen
4. All Sports Courts (ASC) - Kerri

PLAYOFF RANKINGS:

- 1st. PCL
- 2nd. CARBON
- 3rd. BWM
- 4th. ASC

Schedule:

Date	Venue	Time (Estimated)	Teams (Winner)
May 13, 2025	U of A - Van Vliet	6:00-8:30pm	
May 20, 2025	Strathcona High School	Slot 1: 5:45-7:30pm Slot 2: 7:45-9:15pm	Slot 1: PCL & ASC Slot 2: BWM & Carbon
May 27, 2025	Strathcona High School	Show Up @ 5:15pm 6:00 pm - 7:45 pm	1 vs 2 (2-3)
		Show Up @ 7:15pm 8 pm - 9:45 pm	3 vs 4 (3-1)
June 3, 2025 (MEDIA DAY) 6:00pm BWM (Jen) 6:45pm Carbon (Cheri) ~7:45pm PCL (Erminia) ~8:30pm ASC (Kerri)	ASPIRE Training Facility - New Facility @ All Sports Courts	6:00 pm - 7:45 pm	2 vs 4 (4-0)
		8:00 pm - 9:45 pm	1 vs 3 (4-0)

June 10, 2025	ASPIRE Training Facility - New Facility @ All Sports Courts	6:00 pm - 7:45 pm	2 vs 3 (1- 3)
		8:00 pm - 9:45 pm	1 vs 4 (1- 3)
June 17, 2025	ASPIRE Training Facility - New Facility @ All Sports Courts	5:45 pm - 7:30 pm	1st vs 4th (PCL vs ASC)
		7:45 pm - 9:30 pm	2nd vs 3rd (Carbon vs BWM)
June 24, 2025	ASPIRE Training Facility - New Facility @ All Sports Courts	5:45 pm (Best of 5)	ASC vs Carbon
		7:45 pm (Best of 5)	PCL vs BWM