



VOLLEYBALL

2019-20 Playing Regulations

Updated 2019/05/22

Rule Changes for the 2019-20 Season

The following sections have been repealed, amended, or added:

- 3.3 Championship (amended)
- Appendix - Match Protocol (amended)

All amendments are shown in red.

The French language text will be used in case of a dispute of interpretation.

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1. RULES

The rules in effect are the most recent rules of Volleyball Canada and U SPORTS, with the following exceptions, additions, and particulars:

1.1 Official Ball

The official ball is the Mikasa MVA 200.

1.2 Match Times and Intervals

Recommended match times are:

- For a double feature, the men's match is scheduled at 7:30 p.m.
- For a single match on a weekday, the match is scheduled between 6:00 p.m. and 8:00 p.m.
- For a single match on a weekend, the match is scheduled at 6:00 p.m. on Friday, 2:00 p.m. on Saturday, and 1:00 p.m. on Sunday.

For a double feature, a 12-minute warm-up period starting when the volleyball net is up should be provided between matches. Players warming up on the court should stay clear of the 3-meter zone while hosting staff is raising the net.

Hosting committees can schedule a 5-minute interval instead of a 3-minute interval between sets 2 and 3 as long as the visiting team has been informed via the newsletter.

1.3 Substitution Paddles

"Quick Sub" paddles must be used when a substitution occurs. Paddles must remain on benches when teams change sides, and one of the officials must ensure both sets of paddles are complete between sets.

1.4 Weather Conditions and Travel

If bad weather is expected, the visiting team must provide a phone number to the RSEQ and host team representatives. A team showing up late to a match due to bad weather will be given 35 minutes to warm up upon arrival.

2. ELIGIBILITY

Eligibility rules in effect are the most recent rules of U SPORTS and the RSEQ university division.

3. COMPETITION

3.1 Team Composition

Teams can list 14 players, including two (2) liberos.

3.2 Competition Format

In women's volleyball, RSEQ teams play each other four (4) times for a total of 20 matches per team.

In men's volleyball, RSEQ teams play each other four (4) times, and RSEQ and AUS teams play each other three (3) times over three (3) weekends for a total of 17 matches per team.

3.3 Championship (amended May 2019)

In women's volleyball, four (4) teams will move on to the provincial championship. The final round will be played according to the following format:

- Semi-final 1 (best of 3): 4th vs. 1st
- Semi-final 2 (best of 3): 3rd vs. 2nd
- Final: opposing the winner of semi-final 1 to the winner of semi-final 2

Note: **Playoff matches opposing Ottawa against Laval or Sherbrooke can be held between Wednesday and Sunday.**

In men's volleyball, four (4) teams will move on to the provincial championship. The final round will be played according to the following format:

- Semi-final 1 (best of 3): 4th vs. 1st
- Semi-final 2 (best of 3): 3rd vs. 2nd
- Final: opposing the winner of semi-final 1 to the winner of semi-final 2

Note: All matches are hosted by the best-ranked team of the regular season. The host team will provide eight (8) hotel rooms per night to the visiting team.

The number of nights varies according to the number of matches, i.e. 2 nights for 2 matches, and 3 nights for 3 matches when a RSEQ team plays against a AUS team. For matches opposing two RSEQ teams or two AUS teams, the number of nights is set to 1 night for 2 matches, and 2 nights for 3 matches.

4. STANDINGS

4.1 Standings

Standing points are allocated as follows:

- Two (2) points for a win.
- Zero (0) point for a loss.

4.2 Tie-breaking

Tie-breaking procedures are established in the most recent RSEQ university division rules.

5. HOSTING REQUIREMENTS

Host institution's responsibilities are established in the most recent RSEQ university division rules with the following exceptions, additions and particulars:

5.1 Minor Officials, Match Staff and Responsibilities

All championship matches must be webcasted.

5.2 Medical Services

Medical services are provided as established in the security protocol set forth by the national or provincial sport federation and the most recent RSEQ university division rules, with the following exceptions, additions and particulars:

- A first aid responder certified by a recognized organization must be present at each match.

5.3 Results and Statistics

Requirements regarding results and statistics transmission are outlined in the most recent document to that effect.

Match statistics must be provided to coaches after each set.

5.4 Video Swap

- All matches must be framed with an angle shot from behind the court, and filming must follow U SPORTS technical specifications.
- Video swaps will be done using Vidswap.
- During regular season, host institutions must make their video available before noon on the Monday following the match.
- During championship, the host institution must make its video available before 9:00 a.m. on the day following the match.

6. OFFICIALS

Statutes, processes and policies regarding officials are explained in the refereeing appendix included in the memorandum of understanding with the provincial sport federation and the RSEQ university division rules with the following exceptions, additions and particulars:

- In the absence of one or all officials assigned for a match, the match must be played. Coaches must identify the most competent person to referee the match.
- In the absence of one or all line judges, the match must be played without line judges.

7. MISCONDUCT AND SANCTIONS

Sanctions are established in the most recent RSEQ university division rules.

8. AWARDS

8.1 Championship

- Champions' banner (1)
- Caps (18)
- Gold medals (18) and silver medals (18)
- Trophy

8.2 All-star Team(s)

- Selection of all-star teams is done by a coaches' vote as established in the most recent RSEQ university division rules.
- **In women's volleyball**, two (2) all-star teams (1st and 2nd) of seven (7) student-athletes are named.
- **In men's volleyball**, one (1) all-star team of seven (7) student-athletes is named.
- The composition of all-star teams is aligned with U SPORTS rules.

Note: Coaches must respect the priority order submitted by coaches, and only the first- and second-ranked players can be interchanged.

All-star certificates are handed to players during the first home match. However, all recipients must be introduced.

8.3 Individual Awards

Selection of the following individual awards is done by a coaches' vote or administrators' vote as established in the most recent RSEQ university division rules:

- Athlete of the Year
- Rookie of the Year
- Coach of the Year
- Leadership and Community Involvement

All-star certificates are handed to players during the first home match. However, all recipients must be introduced.

9. APPENDIX - MATCH PROTOCOL (Amended May 2019)

1. EQUIPMENT:

- Net, posts, referee's chair, scorekeeping sheet.
- Nine official Mikasa MVA 200 balls for the opponent.
- Towels for wiping the court, and on benches for players.

2. SET-UP PROCEDURES:

Prior to the first match of a double feature or prior to a single match:

- The court must be set up sixty (60) minutes before the start of the match.
- Teams warm up on their respective sides for the first fifteen (15) minutes.
- The official countdown starts fifty (50) minutes before the beginning of the match.
- The first referee calls both captains thirty-two and a half (32.5) minutes before the beginning of the match for the coin toss.
- Teams warm up together on the court for twenty (20) minutes.
- Teams get five (5) minutes each for specific warm-up, during which the announcer introduces all athletes and coaches.
- Two and a half (2.5) minutes before the beginning of the match, the announcer introduces officials and the seven starting players of both teams, who enter the court when their names are called.

For a double feature, procedures change as follows:

- While the staff is raising the net, players warming up must stay clear of the 3-meter line.
- When the net is raised, teams get **fifteen (15)** minutes to warm up.
- Teams get five (5) minutes each for specific warm-up, during which the announcer introduces all athletes and coaches.
- Two and a half (2.5) minutes before the beginning of the match, the announcer introduces officials and the seven starting players of both teams, who enter the court when their names are called.

3. SERVICES PROVIDED BY THE HOST INSTITUTION:

- Team locker room to change and/or meeting room.
- Safe zone to set up video equipment.
- Medical services (sport therapy or other services, and area for taping) before and after the match (ice, if necessary).
- Music during warm-ups and time-outs, and between sets.
- Announcer.
- Three-ball system.
- Floor wiping and/or mopping (according to VC rules).
- Beverages after the match for players, coaches and officials.
- Transmission of results.
- **Minimum of three (3) meters between court and team benches and spectators' bleachers if they are on the same side.**

4. UNIFORM COLOURS:

The home team must wear dark-coloured uniforms; and the visiting team, light-coloured uniforms:

- Laval: red/black
- McGill: red/white
- Montreal: blue/white
- Sherbrooke: green/white-yellow
- UQAM: light blue/navy blue
- Ottawa; garnet/grey