

Volleyball (Amended May, 2014)

1. Rules

1.1. League Sport Rules: General rules applying to volleyball competition in the Conference are defined in Section 13 of the Operating Code. Effective the fall of 1976, volleyball commenced operation as a league sport.

1.2. Volleyball Canada Rule Modifications: Volleyball Canada rules shall apply with the following exceptions:

1.2.1. Adopt 5-5 (minute) warm-up time rather than the 5-5-2. *(Added May, 2005)*

1.2.2. In the event of back to back matches the clock will be set to 20 minutes for the time from the net adjusted to the standard height from the previous match. *(Amended May, 2010/Amended November, 2017)*

1.2.3. Ball warm-up is permitted during set intervals and time-outs in the free zone.

1.2.4. ACAC play shall recognize the following center line rule: In the event that the setter, in the act of moving away from the net to play the second contact, crosses the center line, no fault is called provided there is no interference on the play. *(Added May, 2004)*

1.2.5. There will be a minimum of four (4) game balls available for the match. *(Added May, 2006)*

1.2.6. Both teams are permitted 14 players to dress, warm up, sit on the bench, and be listed on the score sheet. *(Amended May, 2012)*

1.2.7. Only those listed on the score sheet are permitted in the warm up zone. *(Amended October, 2011)*

1.2.8. Bench and warm-up area personnel shall be limited to 22 participants, 8 of whom, substitute players, may actively participate in the warmup area. *(Amended June, 2013)*

1.2.9. The head coach is allowed to sit at any chair on the bench *(Amended May, 2012)*

1.2.10. Assistant Coaches will be allowed to stand and move about in the free zone, including the warmup zone. They will also be allowed to communicate with athletes on the bench and on the court while standing as long as they return to a seated position in a timely manner. If communication with the referees occurs while in motion, the coach will be sanctioned at the discretion of the officials. *(Added April, 2019)*

1.3. Length of Match: Each match will consist of a best of 5 sets.

- 1.4. Score Sheet:** The international volleyball score sheet, as amended and printed by the Conference, shall be the official score sheet for ACAC play
- 1.5. Time-Outs:** One 5 minute promotional time out will be permitted between sets 2-3. This promotional time out is optional. If the host institution chooses to utilize the 5 minute promotional time out, they must inform the visiting head coach and the officials prior to the start of both the women and men's match. Hosts are required to conduct some form of promotions during this time out. *(Added May, 2009)*
- 1.6. Libero:** Teams will be able to change their "libero" before the start of each set.
- 1.6.1.** Commencing 2020-21: Teams will have the option to use one of two selected liberos in a set. *(Added May, 2019)*
- 1.7. Team Composition:** Team composition for ACAC competition shall meet the following guidelines:
- 1.7.1. Eligibility:** Only players whose names appear on the ACAC eligibility form and which have been confirmed eligible by the ACAC are permitted to participate in ACAC competition.
- 1.7.2. Roster Size:** The maximum number of players permitted to dress, warm up, sit on the team bench, and appear on the score sheet is fourteen (14). *(Amended May, 2012)*
- 1.7.2.1. Presto Sports Stats:** All tentative Presto Sports Stats rosters for basketball and volleyball, for the purpose of event staff training and exhibition play, be uploaded to Presto Sports Stats no later than September 20th each year. Failure to do so will result in a \$250 fine (Refer to Article II, Section 3, 1.16.1).
- 1.8. Officials**
- 1.8.1. Regular Season Competition:** For league play, the referee and umpire shall be accredited at the provincial level as a minimum. Where possible, the referee should be accredited at the regional, national or international level.
- Play-Off Competition:** The Alberta Volleyball Officials Association shall (be requested to) assign the best available officials for all ACAC play-off matches. These official shall be assigned by the Provincial Assigner Regional Officials Chairman) rather than the local assignor.
- 1.8.2. Assignments:** It is recommended that where possible for play-offs, the assignment of the same first official refereeing two consecutive matches between the same teams be avoided. Should the Regional Officials Chairman be a participating ACAC volleyball coach, the ROC will defer the role of assignor of officials at least one month prior to play-offs

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- 1.8.3. Linespersons/Play-Offs:** It is recommended that ACAC matches utilize AVOA local and provincial officials as linesmen and for scoring. (Added June, 2011)

1.9. Uniforms

- 1.9.1. Regular Season Play:** Regular Season Play: Each Conference volleyball team shall have two sets of uniforms; one basically light and the other basically dark in colour. (Amended November, 2011)
- 1.9.2.** Student athletes requesting to wear a *kirpan* while competing in the ACAC **will be allowed** as Volleyball Alberta doesn't currently have a policy regarding this item. (Added July, 2018)
- 1.9.2.1.** Each Conference volleyball team shall have two sets of uniforms; one basically light and the other basically dark in colour. The home team will wear light and the visiting team will wear dark, excepting that:
- 1.9.2.2.** On weekends where one institution hosts both matches, the home team will wear light and the visiting team will wear dark on the first day, and the home team will wear dark and the visiting team will wear light on the second day. (Amended November, 2011)
- 1.9.2.3. Championship Tournament:** The following uniform assignments shall be employed:
- Day #1 higher ranked team wears white/light
 - Day #2 higher ranked team wears dark
 - Day #3 higher ranked team wears white/light

2. League Format

- 2.1. Divisions:** The league will be comprised of two divisions: north and south. Each college will play the other colleges in their division 4 times during the season using either an alternating home/home format or a 2 home-2 away format, dependent on geographical distance between competing colleges.

2.2. Designation of Divisions

North Division: Concordia University of Alberta, Grande Prairie Regional College, Keyano College, The Kings University, Lakeland College, NAIT, University of Alberta - Augustana Campus

South Division: Ambrose University, Briercrest College, Lethbridge College, Medicine Hat College, Olds College, Red Deer College, SAIT

3. Time of Game

- 3.1. Start times:** Starting times for league games are as follows (may be adjusted by mutual agreement only):

3.1.1. Single Games:

3.1.1.1. Evening game to begin at 7:00 PM

3.1.1.2. Afternoon game to begin at 2:00 PM

3.1.2. Double Headers:

3.1.2.1. Monday – Friday games

3.1.2.1.1. First evening game to begin at 6:00 PM for women.

3.1.2.1.2. Second evening game time will be posted at 8:00 PM but shall commence 20 minutes after the net is adjusted to the standard height. *(Amended May, 2008/Amended November, 2017)*

3.1.2.2. Saturday games:

3.1.2.2.1. First evening game to begin at 6:00 PM.

3.1.2.2.2. Second evening game time will be posted at 8:00 PM but shall commence 20 minutes after the net is adjusted to the standard height. *(Amended May, 2008/Amended November, 2017)*

3.1.3. Quadruple Headers (Saturdays only)

3.1.3.1. First afternoon game to be played at 1:00 PM with the second afternoon game time posted at 3:00 PM but shall commence 20 minutes after the net is adjusted to the standard height. *(Amended May, 2008/Amended November, 2017)*

3.1.3.2. Third game to be played at 6:00 PM with the fourth game time posted at 8:00 PM but shall commence 20 minutes after the net is adjusted to the standard height. *(Amended May, 2008/Amended November, 2017)*

3.1.4. Where no Friday night stay-over is involved, all Saturday league games shall be played in the evening unless both teams mutually agree otherwise. See 3.1.1.1 and 3.1.2.2.

3.2. Order of Play: In a double header situation, the women's match shall be played first.

3.3. Gym Availability: Gymnasia shall be scheduled for set-up one (1) hour before start time for all ACAC league games and for all ACAC play-off games.

4. League Standings

4.1. The conference standings will reflect a North and South Division, matches played, matches won, matches lost, games won, games lost and total points. Two points will be awarded for each win.

4.1.1. Tie-Breaker Procedure *(Amended December, 2010)*

If 2 or more teams finish the regular season with identical records and all tied teams have played each other during the course of the regular season, then the teams will be ranked in accordance with Volleyball Canada Tie-breaking procedures.

5. ACAC Volleyball Championships

5.1. Championship Qualification: The top four teams in each division will qualify for the ACAC Champions with the following exception:

5.1.1. When the host team does not finish in the four in their division, they will take the place of the fourth place team in that division.

5.2. ACAC Championships – Elite 8’s

5.2.1. Hosts: Men's & Women's Elite 8’s shall be held at separate sites as selected through the annual bid process with selection at the preceding AGM. (Added June, 2012)

5.2.2. Tournament Schedule: The Championship Tournament shall be scheduled either Thursday through Saturday or Friday through Sunday.

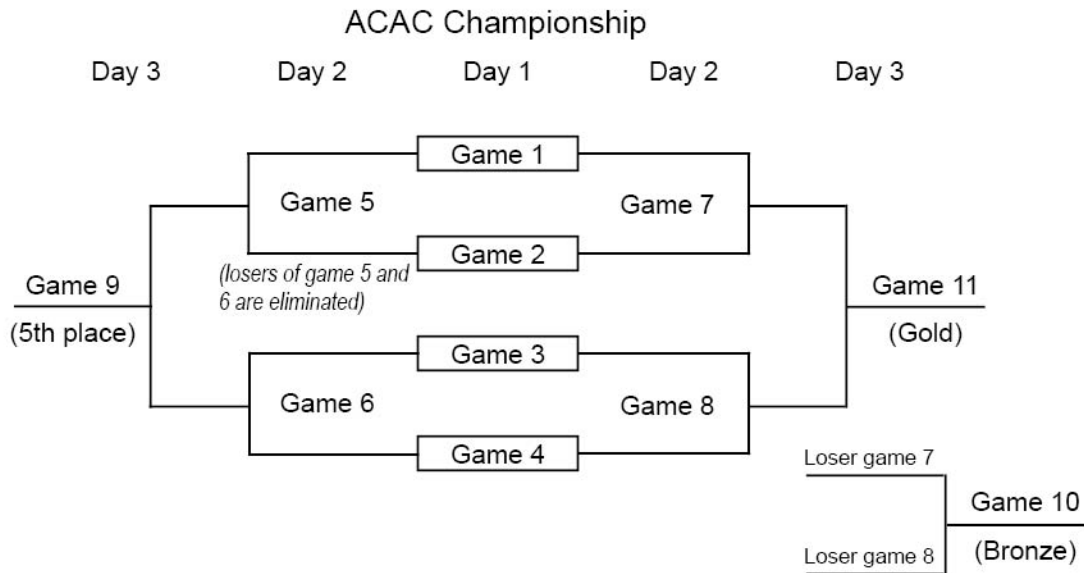
5.3. Tournament Format: The Elite 8 tournament format for women and men will be and 8 team, Oregon draw with the following brackets:

Bracket 1- North #1 vs South #4 and South #2 vs North #3

Bracket 2- South #1 vs North #4 and North #2 vs South #3

Losers of Game 5 and Game 6 are eliminated from competition

ACAC Volleyball Championship



5.4. Day 1 Schedule: The tournament host may adjust the game schedule on day 1 to maximize marketing opportunities as long as it does not affect the integrity of the brackets.

6. Championship Host Bid Selection (Added June, 2012)

- 6.1.** Bid applications are due by March 31st of each year in the season preceding the championship.
- 6.2.** The ACAC Office will distribute all applications to Council members by April 15th
- 6.3.** At the AGM each applicant will be given 10 minutes to present a summary of the application and 10 minutes for a question and answer period on their application.
- 6.4.** Council will then select the successful host bid for the upcoming season's championship. All members bidding for the championship will be excluded from the vote.

7. Official All-Conference Volleyball Team

- 7.1.** An official All-Conference Volleyball Team shall be selected in full accordance with OC Article III, Section 11.

8. Discipline

8.1. Ejection from Game

8.1.1. Suspension in a League Game: Any player or coach ejected from a league match shall receive a minimum of a one match suspension, which shall be served the next scheduled league match.

8.1.2. Suspension in a Non-Conference Game: Any player or coach who receives a suspension in a non-conference match shall serve that suspension in the next scheduled match. Matches added to a team's non-conference schedule and date stamped on the ACAC website the day of the infraction or thereafter cannot be used to serve the suspension.
(Amended March 2010)

8.1.2.1. Suspensions shall be carried over to the post-season where applicable.

8.1.3. Sanctions Levied During ACAC Hosted Tournaments: All suspensions that arise from play in ACAC non-conference contests must be served in the next scheduled match. (Added October, 2012)

8.1.3.1. ACAC members are obligated to enforce sanctions to non conference participants as per ACAC guidelines at any competition hosted by them (i.e. should a visiting non-ACAC team acquire a sanction, for example, requiring a one game suspension, the ACAC host is required to ensure this sanction is served at the next competition, should one be played – e.g. in a tournament). ACAC members are encouraged to inform

tournament invitees in advance of this requirement (i.e. at the point of invitation to the tournament).

8.1.4. Carry-Over Suspensions: The above rules shall also apply to play-offs and, if necessary, shall be carried over into the next season.

8.1.5. Reporting Sanctionable Offences: An Official Game Report shall be used to record the disciplinary action taken by the game official. It is the responsibility of the host institution to ensure that the Reports are completed satisfactorily and then submitted to the Commissioner and the ACAC Office as required.

8.1.6. Submission of Game Sheets/Officials' Reports: Volleyball teams are required to submit game sheets and official's reports to ACAC Dropbox by 12:00 pm on first working day following the infraction, including exhibition contests beyond the jurisdiction of the ACAC, where a major infraction resulting in a game ejection, technical or flagrant foul is called. A fine of \$50.00 shall be assessed to any institution which fails to comply with this requirement.

8.1.7. Disqualification: If a coach or player is disqualified from a league match, he/she must sit out the next league match.

8.1.8. Carry-Over Suspensions: Suspensions will be carried over to the post season where applicable.

8.1.9. Removal from Venue: Suspension from an ACAC volleyball match implies removal from the gymnasium and any connected viewing areas.

9. Schedules and Scores (Amended April, 2011)

9.1. Non-conference schedules, for the purpose of determining the precise games where sanctions are applicable and resulting suspensions must be served, are to be entered onto the ACAC web page prior to any games being played. Compliance implies an automatic approval of receipt by the Commissioner and the ACAC Office. This shall apply to the following sports: basketball, hockey, soccer and volleyball. (Amended May, 2005)

9.2. All exhibition games/tournament schedules are to be posted on the ACAC website system 48 hours prior to game time. Institutions who fail to post schedules on the ACAC website 48 hours prior to game time shall be assessed a fine of \$25.00 per game, to a maximum of \$250.00 in the case of a tournament. Note: In the event of a tournament, a skeleton schedule must be posted. (Added April, 2011)

9.3. All exhibition games/tournament scores are to be posted on the ACAC website system by 4 pm on the second business day following the competition. Institutions who fail to post scores shall be fined \$25.00 per game, to a maximum of \$250.00 in the case of a tournament. (Added April, 2011)

10. Coaches Meetings

- 10.1.** Full year league sports will have 2 coaches meetings per year. The first meeting in December is to be a conference call and the second meeting will be a face to face in the Spring. The convenor of the SMT and appropriate committee chair (Court Sports, Non-Court Sports) for each sport will select the dates by May 31st of the previous year for both meetings. (Amended May, 2012)