

Playing Regulations 2021/2022 **VOLLEYBALL**

Rule modification

The following articles have been abrogated, amended or added:
No changes have been made.

All modifications are indicated in **red**.

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1. Rules and Regulations

The playing rules and regulations are those of Volleyball Canada and the U SPORTS Playing Regulations, most recent editions, with the following exceptions, additions and particularities:

1.1. Official Ball

The official ball is the Mikasa V200W.

1.2. Match Times and Intervals

Recommended match times are:

- For a double feature, the 2nd 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 bulletin.

1.3. Weather Conditions and Travel

A team showing up late to a match due to bad weather will be given 35 minutes to warm up upon arrival.

1.4. Uniform

Home team: dark

Visiting team: light

2. Eligibility

Eligibility rules in use are those of U SPORTS and the RSEQ University Sector, most recent editions.

3. Competition

3.1. Team Composition

Teams may dress up to a maximum of 14 players, including two (2) liberos.

3.2. League 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

The top four (4) teams in the standings following regular season play advance to the RSEQ championship according to the format below:

Semifinals 1	Best of 3	4 th	vs	1 st
Semifinals 2	Best of 3	3 rd	vs	2 nd
Final		Lowest remaining seed	vs	Highest remaining seed

In women's volleyball, playoff matches opposing Ottawa against Laval or Sherbrooke can be held between Wednesday and Sunday.

In men's volleyball, 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.

When a Quebec team plays a Maritime team in the playoffs, the number of nights varies according to the number of games:

- Two (2) nights for two (2) matches;
- Three (3) nights for three (3) matches.

When a Quebec team plays a Quebec team in the playoffs or a Maritime team plays a Maritime team in the playoffs, the number of nights varies according to the number of games:

- One (1) night for two (2) matches;
- Two (2) nights for three (3) matches.

4. Scoring

4.1. Standings

Points are allotted as below:

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

4.2. Tie Breaking Procedure

The tie breaking procedures in use are those of the RSEQ University Sector Rules, most recent edition.

5. Host Institution's Responsibilities

The host institution's responsibilities are as defined in the latest edition of the RSEQ university sector's rules, with the following exceptions, additions, and particularities:

5.1. Minor Officials, Game Staff and Responsibilities

All championship matches must be webcast.

5.2. Medical Services

Medical services required are as defined in the latest editions of the national/provincial sport federation and the RSEQ university sector's rules, with the following exceptions, additions and particularities:

- A (1) certified first aid respondent must be in attendance at each game.

5.3. Game Statistics and Post-Game Requirements

All host teams are expected to follow the accepted procedure as described in the document to that effect.

Game statistics must be shared with coaches after each set.

A paper game sheet must be available at the minor officials table.

5.4. Video Recording and Sharing

5.4.1. Technical requirements, shot/angle of view

- Filming must follow U SPORTS technical specifications;
- All matches must be framed with an angle shot from behind the court.

5.4.2. Video Exchange Platform

All schools must use the Perfbok exchange system to upload video of their respective regular season and playoff home games.

5.4.3. Timeline

- 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;
- All regular season and championship games shall be available for download to all members and officials via the agreed upon online exchange system;
- Film transfers must be done normally even if one of the teams does not play the following weekend;
- Film transfers before the first game of the regular schedule must be agreed upon by the teams involved.

5.4.4. Penalties if Technical Requirements/Timetable Not Met

Sanctions are as defined in the RSEQ University Sector Rules, most recent edition, with the following exceptions, particularities and additions:

- In the event of a problem, it is the responsibility of the institution to contact the teams involved and the Commissioner.

6. Officials

The by-laws, policies and procedures pertaining to the officials are those defined in the memorandum of understanding of the provincial sports organisation's referee appendix and the RSEQ University Sector Rules, most recent editions with the following exceptions, additions, and particularities:

- 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. Discipline

Issues related to discipline will be handled in accordance with the RSEQ Organizational Policy and University Sector Rules, most recent editions.

8. Awards

8.1. Championships

	Women	Men
Banner	1	1
Caps	18	18
Gold medals	18	18
Silver medals	18	18
Trophy	1	1

8.2. All-Star Teams

The selection of the All-Star teams is done via a coaches' vote as defined in the latest edition of the RSEQ university sector's rules;

- In women's volleyball, there are two (2) All-Star teams (1st and 2nd) made up of seven (7) student-student-athletes;
- In men's volleyball, there are one (1) All-Star teams (1st and 2nd) made up of seven (7) student-student-athletes;
- The composition of All-Star teams follows the U SPORTS one.

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

The selection of Individual Awards is done via coaches' or administrators' vote as defined in the latest edition of the RSEQ university sector's rules:

- Athlete of the year;
- Rookie of the year;
- Coach of the year;
- Leadership and community involvement Award;

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

1. Appendix 1 | Match Protocol

1. Equipment:

- Net, posts, referee's chair, scorekeeping sheet;
- Nine (9) 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 60 minutes before the start of the match;
- Teams warm up on their respective sides for the first 15 minutes;
- The official countdown starts 50 minutes before the beginning of the match;
- The first referee calls both captains 32.5 minutes before the beginning of the match for the coin toss;
- Teams warm up together on the court for 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 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:

Team	Home	Away
LVL	Red	Black
MCG	Red	White
MTL	Blue	White
SHE	Green	White/Yellow
UQM	Light Blue	Navy Blue
OTT	Garnet	Grey