



THE RULES AT UPWARD SPORTS

Upward Sports

Futsal, Ball Hockey, Volleyball
Marie Victorin Sports Complex
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Zero Tolerance on Fights and Extreme Aggressive Play:

- Instigator rule which dictates that a player who purposely and knowingly begins a fight or attempts to injure results in an automatic expulsion from the league.
- The player who is protecting themselves by fighting back will be subject to a suspension if necessary by the league. Keep in mind that there is a clear difference between protecting yourself and continuing the fight.
- **Important Penalty rule!!!** When a player exceeds 30 minutes of total penalty minutes throughout the course of the season, he automatically receives a 1 game suspension. 50 minutes will be a 3 game suspension. 70 minutes will be expulsion from the league. Suspensions carry onto the playoffs. All penalty minutes are deleted once the playoffs begin.

Safety and Respect:

- We ask all players to slow down in the corners. However it is the player's responsibility to be aware of their surroundings and distance from the walls.
- We ask all players to shake hands after the game as a show of sportsmanship.
- You are responsible for any damages caused in the arena, dressing room and sports complex environment. The player will not be allowed to play until the damages have been reimbursed.
- Any damages to our equipment while playing because of frustration (banging hard the stick on the net, boards, etc...) will be an automatic 10 minute misconduct and 2 minute penalty.
- Any players playing under the influence of drugs or alcohol will be automatically dismissed from the league. The team will also be deducted two points. You are jeopardizing the safety of the opposing team and yourself. It is selfish and disrespectful.
- Zero tolerance abuse applies also to refs. Expulsions and suspensions are a possibility with continued abuse. You can disagree with calls (they are only human after all) but our refs are experienced and impartial. They will make the call they think is the right one.

Upward Sports Specified Rules:

- **Time keeping:**
 - Ball Hockey: 3 periods of 15 minutes + 2 minute intermissions. There is no stop time.
 - Futsal: 2 halves of 25 minutes with a 2 minute break in between.
 - Volleyball: No timekeeping
- **In case of a tie after regulation time:**
 - Ball hockey – penalty shootouts. Playoffs – Overtime.
 - Futsal – ends in a tie. Playoffs – penalty shootout.
- **Time-outs:**
 - Ball Hockey: 2 timeouts per team. Max of 1 in the 3rd period.
 - Futsal: 2 timeouts per team. Max of 1 in the 2nd half.
 - Volleyball: 1 timeout per team.
- **Point system:**
 - Ball hockey - 2 points regular win. 1 pt in shoout-out loss. 0 points in regulation loss.
 - Futsal – 3 points in a win. 1 pt in a tie. 0 points in a loss.
- **Playoff qualification:** Players must play 4 games with that particular team. Goalies 2 games. Exhibition games do not count. Before playoff games, all season scoresheets are present.
- If the ball hockey goalie is significantly late for the start time of the game, the team is assessed a 2 minute penalty to start the game.
- **Equipment:**

Ball hockey	Futsal	Volleyball
<ul style="list-style-type: none"> ▪ Hockey stick ▪ Shin pads ▪ Gloves ▪ Helmet (face mask/cage/ shield is recommended, but not obligatory) 	<ul style="list-style-type: none"> ▪ Running shoes ▪ Shin pads (recommended, but not obligatory) ▪ Socks (recommended, but not obligatory) 	<ul style="list-style-type: none"> ▪ Running shoes (Any shoe is acceptable. No shoes, i.e. socks or barefoot is not allowed.)

--- No jewelry can be worn during games for both hockey and futsal ---

- Upward Sports policy with regards to suspensions:
All infractions are different. Discretion of the ref and the league may weaken or strengthen disciplinary measures, depending on the infraction at hand. The following is the *general procedure*.

☆ 1st offence: Penalty or match penalty (depending on infraction)

AND a warning that the next infraction will lead to a suspension

☆ 2nd offence: Suspension of x amount of games

AND a warning that the next infraction will lead to expulsion from the league

☆ 3rd offence: Expulsion from the league

Proper behavior leads to a proper season and a proper league.

Help us in making sure we have a quality league for everyone involved!

- The "**Mercy Rule**" is applied when one team scores 8 goals more than then other team.
 A mercy rule cannot occur within the first period.

- **Tie-breaking procedure within the standings:**

1 - The greater number of points earned in games between the tied teams. If more than two teams are tied, the higher percentage of available points earned in games among those teams.

2 - The greater differential between goals for and against for the entire regular season. NOTE: In standings a shootout win counts as 1 goal for, while a shootout loss counts as 1 goal against.

Volleyball: Head to head match-up. If head to head record is tied, then a knockout match will be set.

Extra Volleyball Rules:

Remember – this is a strictly recreational league. These rules can help provide a structure to the league, but it shouldn't form a competitive spirit where players are overly competitive and not creating a welcoming environment for everyone else involved. Let's be mindful of this!

1. **A match is composed of a best-of-3 games.** The first 2 games are played to 25. The third game is played to 15. Winners must lead by at least 2 points.
2. **Spikes are not allowed.** We believe in longer rallies and a league where all levels of skill are welcome! We also believe it to be a safer game without spikes.
 - Intention is key. If there is intent to spike, it will be disallowed.
 - Tips where the ball goes straight down are not spikes.
 - Accurate shots where the ball goes straight down, and without speed, is not a spike.
 - A spiking motion to simply get the ball over the net, will not be called a spike.
3. **Carries are not allowed.**
 - In order to welcome all skill levels, we don't hold carry rules like a highly competitive volleyball league. A slight carry will be permissible to allow play for beginners.
 - We call carries that show a clear movement of the ball from point A to point B, while within the player's hands or hand.

Ultimately the referee's decision. You may disagree with calls (they are only human after all) but our refs are completely impartial. They will make the call they think is the right one. Thanks for your understanding and in cooperating within our recreational league!

4. Teams can take **substitutes** from either outside the league, from friends, or from inside the league, including players from other teams. Both teams must agree on substitutes.
5. **There are no rules regarding roster formation.** Men and women, young and old, are all welcome.
6. **There is only one toss on the serve**, failure to serve the ball over the net after one toss will result in a loss of serve and a point for the other team. **The ball may touch the net on the serve.**
7. Players can contact the ball with **any part of their body.**
8. If the ball makes **contact with the ceiling or basketball net**, the rally is restarted immediately.

Have you ever been to an Indoor Volleyball game and there was uncertainty when it came to the net rule? Sometimes the reason for this confusion is because different volleyball organizations may play with different rules when it comes to touching the net.

Here at Upward Sports, **the NET RULES** are as follows:

9. **Players can penetrate under the net**, as long as they don't interfere with the opponent's play.
10. **Players may not pass their hand over the net** to interfere with an opponent's attack.
11. **Players are permitted to pass their hand** over the plane of the net when ***following through* on a hit.**
(So essentially at the point of contact, the hand(s) must not cross the plane of the net.)
12. **Players may contact the net** as long as it does not interfere with play.
13. **Players can not touch the top band of the net.**

Some of the reasons why we've chosen to allow teams to touch the net as long as it doesn't interfere with the play is because we feel it is more fun to keep the rally going, some players/teams are newer and may have more accidental net touches that do not affect the game, and we believe the game feels more fair when teams must 'earn' their points.

Have yourself a great season!

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