



THE RULES AT UPWARD SPORTS

Upward Sports

Futsal, Ball Hockey, Volleyball
Marie Victorin Sports Complex
7000 Maurice Duplessis

Joe Macchiagodena

League Manager
upward.sports.mv@gmail.com
514-688-3048

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 Hockey Penalty rule!!!** When a player exceeds 20 minutes of total penalty minutes throughout the course of the season, he automatically receives a 1 game suspension. 40 minutes will be a 3 game suspension. 60 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. There is no stop time.
 - Futsal: 2 halves of 25 minutes. There is no stop time.
 - Basketball: 2 halves of 20 minutes. There is no stop time.
 - 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.
 - Basketball – ends in a tie. Playoffs – Overtime.
- **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 per entire match.
- **Point system:**
 - Ball hockey - 2 points regular win. 1 pt in shootout 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 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 & Basketball
<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 or comfortable shoes only. Boots, sandals, or even barefoot – are all 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 "**Mercy Rule**" is applied (ball hockey or futsal) 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 BH standings a shootout win counts as 1 goal for, while a shootout loss counts as 1 goal against.

Volleyball: 1) Head to head match-up.

(If more than 2 teams are tied, all matches between the tied teams will be considered.)

2) Points differential (+/-). (This means total points scored minus total points against.)

3) If still 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 sets.** The first 2 sets are played to 25. The third set is played to 15. Winners must lead by at least 2 points.
2. **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.
3. **Male players cannot block female players** for any kind of attack. The illegal block is called only if the male blocker reaches higher than the top of the net AND touches the ball.
4. **No blocking serves.**
5. **To block a spike/smash**, a player can put their hands (arms) over the net. If the opponent has not executed a spike hit, the opposing player with the hands (arms) over the net cannot touch the ball.

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. It is illegal to **borrow players from other teams**, however if you must, advise your opponents. The **opponent's captain must agree** and permit the player to play.
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. On receiving a powerful serve, **accidental double hits are acceptable by the player receiving the serve.**
8. Players can contact the ball with **any part of their body**.
9. 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:

10. **Players can penetrate under the net**, as long as they don't interfere with the opponent's play.
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!

