



Girls' Night Out

Women's Court Volleyball Rules

Game Play

1. Each team will play 2 x 35 minute time slots each week. Within those time slots, each team will play two games 4-25, cap at 25 if time permits.
2. The Ghost Rule is in effect for teams that only have 5 players on the court. Teams must declare to the ref where the "Ghost" is and must have the "Ghost" rotate along with the rest of the team. I.e. When the ghost is in the front row, then the team will only have 2 other players in the front row.
3. If a team does not have 5 players by 10 minutes after the scheduled start time, they will lose the first game by default, 0-10. If the team does not have 5 players by 20 minutes after the scheduled start time, they will lose the second game by default, 0-10.
4. Teams ARE permitted to bring subs, however, they must have signed the Off Limit Sports waiver (either in person, or online).
5. Teams ARE permitted (and encouraged) to get a sub from another team if they are not playing at that time. We promote being social and have no problems with players getting to know players from other teams.
6. Playoff Eligibility – Only players that have subbed at least 1 week for a team ARE eligible for playoffs. Players who are already playing on a team CANNOT play on a second team for playoffs.
7. There will be 10 Weeks of Regular Season and 2 Weeks of Playoffs
8. Players must start their serve from behind the baseline and are allowed one foot in on contact.

Game Rules

1. General rules for game play will follow those pointed about by Volleyball Canada. However, Off Limit Sports Social Rules listed here will take precedence. I.e. Teams are not required to wear uniforms, not required to hand in line ups etc. Volleyball Canada Rules can be found here: <http://bit.ly/17ZOkQ4>
2. Serves must start behind the baseline and are only permitted 1 step into the court on contact.
3. You cannot chase a ball past the BLACK LINE dividing the two courts.
4. **For safety reasons:** Players are **NOT** allowed to come in contact with the middle line.