

YMCA Volleyball League

2026-2027 Season Rules

Team Registration

Roster Requirements

- Minimum 6 players, maximum 12 players per team.
- Team rosters must be finalized by **November 15, 2026**.
- All players must sign a **Player Code of Conduct** before participating.

Roster Changes

Remove a Player

- Captains must email chatham.volleyball@ymcaswo.ca with the player's name.

Add a Player

- Submit an updated roster and signed Player Code of Conduct before the player participates.
- Forms are available on the YMCA website or by request.
- Email all documents to chatham.volleyball@ymcaswo.ca.

Roster changes after November 15 will be reviewed on a case-by-case basis by Stacy Wallace.

Match Format & Schedule

Match Times

- **7:30 PM to 9:00 PM**
- **9:00 PM to 10:30 PM**

Set Format

- Sets are approximately 15 minutes.
- Played to **25 points**, win by 2, capped at **27 points**.
- Matches are scored as **best 3 of 5 sets**.
- All 5 sets will be played whenever time permits.

Schedule

7:30 PM Match

- 7:30 to 7:40 PM: Setup and warm-up
- Set 1: 7:40 to 7:55 PM
- Set 2: 7:55 to 8:10 PM
- Set 3: 8:10 to 8:25 PM
- Set 4: 8:25 to 8:40 PM
- Set 5: 8:40 to 9:00 PM

9:00 PM Match

- 9:00 to 9:10 PM: Team changeover and warm-up
- Set 1: 9:10 to 9:25 PM
- Set 2: 9:25 to 9:40 PM
- Set 3: 9:40 to 9:55 PM
- Set 4: 9:55 to 10:10 PM
- Set 5: 10:10 to 10:25 PM
- 10:25 to 10:30 PM: Net takedown and gym exit

Standings

Match points are awarded based on the winner of the match (best 3 of 5 sets).

Standings are calculated using sets 1 through 4 only. Set 5 is used only to determine the match winner when teams are tied 2-2.

Tie-Breakers

1. Most set wins

2. Highest total points scored
3. Lowest total points allowed
4. Higher ranking entering the session

If time expires before a fifth set can be played, the referee will determine serve by coin toss or similar method and a single sudden-death rally will decide the set and match point.

League Rules

The league follows the current **Volleyball Canada Rulebook**. [Rules & Guidelines | Volleyball Canada](#)

Net Heights

- Men's: 2.43 m
- Women's: 2.24 m
- Co-Ed: 2.35 m

Late Arrivals

Teams must have at least **4 players** on the court.

- Fewer than 4 players at 7:40 PM or 9:10 PM: Set 1 forfeited (25-0).
- Fewer than 4 players at 7:55 PM or 9:25 PM: Match forfeited. Sets 1 to 4 recorded as 25-0.

Forfeits

A forfeited match results in:

- Match point awarded to the opposing team.
- Sets 1 to 4 recorded as 25-0.

If forfeiting, notify Stacy Wallace as early as possible by:

- Email: chatham.volleyball@ymcaswo.ca
- Phone/Text: **519-784-5558**

Cancellations

If the YMCA cancels games, updates will be communicated through:

- Email
- Text message
- YMCA CK Volleyball Facebook Group [\(1\) YMCA CK Volleyball | Groups | Facebook](#)

Co-Ed Team Requirements

Players on the court must meet one of the following ratios:

- Minimum 2 males and 2 females.
- If only 2 females are present, a maximum of 3 males may play.
- If only 2 males are present, a maximum of 3 females may play.

Any exceptions must be approved by both captains and the referee before each match.

Referees & Player Conduct

The YMCA maintains a **zero-tolerance policy** for abuse, intimidation, harassment, or arguments directed toward referees or opposing players.

- Captains are responsible for their team's conduct.
- If a captain is absent, a game captain must be designated.
- All players are expected to demonstrate respectful and sportsmanlike behavior.

Complaints & Discipline

Complaints must be submitted by email to chatham.volleyball@ymcaswo.ca and include:

- Description of the incident
- Names of involved parties

Complaints will be investigated with input from players, captains, referees, and witnesses. The YMCA reserves the right to suspend or remove players or teams from the league.

Facility Rules

Spectators & Children

Only registered players are permitted in the gym. Spectators and children are not allowed.

Permit Hours

Gym access is limited to **7:30 PM to 10:30 PM**.

- No early entry or late departure.
- Doors must never be propped open for any reason.
- Teams should arrange for players to admit teammates as they arrive.

Respect for School Property

- Wear indoor court shoes only.
- Clean up benches and personal items after games.
- Use spill-proof water bottles.
- Return moved chairs and benches.
- Do not use school equipment, including volleyballs.

Net Setup & Equipment

Players are encouraged to assist referees with setup and takedown. Teams should bring their own volleyballs for warm-up. Personal game balls may be used if both teams agree.

Questions or Issues During Play

If a situation cannot be resolved during a match, contact:

Stacy Wallace

 chatham.volleyball@ymcaswo.ca

 519-784-5558