



VOLLEYBALL RULES and REGULATIONS (May 16, 2026)

1. Ground Discipline for Players: Referees' decision will be final and binding during the matches. Teams are responsible for their players and supporters during and after the match. Zero tolerance on swearing, abusive languages, and physical altercations. Fines will be allocated to the teams or the individual (teams are responsible for their supporters). Fines will be decided by the board.
2. Team Delegates: Teams are required to list at least 2 meeting delegates for the season, and a minimum of 1 must be present at all meetings. In case of any voting requirements, each team will have a maximum of 2 votes for those delegates in attendance.
3. Delegates are to make sure that each player's full name is written on the registration form.
4. Player Eligibility: Only "Fijian" players are allowed, i.e. must be born in Fiji or at least one parent/grand parent must be from Fiji.
 - Adopted Child/Stepchild: All players adopted by a Fijian Parent or stepchild of a Fijian Parent will be considered "Fijian".
 - Fijian by Marriage: A player who is married to a person under the Civil Marriage Act (Canada) with Fijian decent will be considered "Fijian".
 - Import Rule: Anyone not meeting the criteria for "Fijian" is an Import, and is NOT allowed.
 - Alberta Rule: Players residing anywhere in Alberta may participate.
 - Players between the ages of 14 and 17 will require parental/guardian consent.
5. Player registration limit: Maximum of 12 players per team.
6. Player Transfers/Replacements are not allowed.

Game Play:

7. Each team must have at least 1 female and at least 1 male player in the court at all times, but are allowed to play with 5 males or 5 females if not possible to field the other gender.
8. Maximum of six (6) and minimum of four (4) players must be in the court at all times.
9. Players must rotate clockwise after winning the serve from the opposing team .
10. The serve must go over the net and land in the opponent's court; serve balls cannot be blocked.
11. Players must not step on or over the service line when serving.
12. A team is allowed a maximum of three successive contacts to return the ball to the opponent.
13. Players can attack/defend the ball over the net, but must do so without crossing over to the opponent's court.
14. Players may not touch the net while the ball is in play.
15. A block does not count as one of the team's three hits.
16. Players may kick/ head the ball.
17. Players cannot 'carry' the ball.
18. Players cannot hit the ball twice in a row; no double hits.
19. If the ball bounces off the net, it is still "in play" and the bounce does not count as one of the three hits.
20. The ball is considered "in play" if it touches any part of the boundary rope.
21. The ball is "out of play" if it lands outside the boundary rope or fails to pass over the net properly.



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Match Structure

22. The tournament will follow Groups and Knockout stage format.
23. There will be total of six (6) teams with 3 teams in each pool/group.
24. Each team will play once against the other 2 teams in their pool during the group stages.
25. Each match will be based on best of 3 sets, i.e. team who wins 2 sets will win the match.
26. The first team to reach 15 points will win the set, but the team must win by at least two points.
27. If a deuce occurs, the team must score 2 consecutive points to win.
28. Winning a match will result in 3 points; there will be no points for a loss (no match will result in a tie)
29. Match score will be either 2-0 or 2-1, based on # sets won
30. Forfeiting any game will result in a 2-0 loss and forfeiture from the tournament regardless of standing
31. The top two teams from each group will advance to knockout stage where Pool A winner will play Pool B runners-up and vice-verse in the Semifinals.
32. Tie breaker will be based on score difference, and if still tied then a tie breaker match of 1 set will be played.

Protesting: All protest must be sent in writing within 15 minutes of the completion of the game in question. A \$50 Protest fee will apply.

City's/Venue's updates: Field conditions will be updated by city or venue. Delegates of teams are advised to call the City/Venue line if in doubt.

Alcohol Consumption: No alcohol will be allowed during the games unless it is consumed inside the boundaries of the Beer Garden. The operators of Beer Garden must have prior approval from the Board and must display required permit/license from the City during the operation of the Beer Garden and follow all regulations of AGLC.

* The rules above are subject to change to cater for our different skill levels and enjoyment.