

# Men's & Women's RAC Volleyball Rules

## Coaches Roles:

- Responsible for letting their team know in advance when they are playing
- Must sign score sheet, fair play score, and keep track of stats

## After the Game:

- Coaches must sign score sheet and fill out fair play score
- Coaches must give stats sheet to RAC Rep.

## Rules:

- OVA Rules will be the basis of the RAC rules

## Please Note:

- Maximum number of players on the court is 6, minimum is 4
  - If less than 4 players arrive, a default is the penalty
- There is absolutely NO tolerance for consumption of alcohol or drugs before or during a game. If a player is intoxicated, he/she will be suspended immediately
- Contact with the net by a player is NOT A FAULT, unless it interferes with the play. However, it IS a fault if an involved player touches the top tape (ex. while hitting or blocking)
- Jump serves will not be allowed in RAC – one foot must remain on the ground
- No liberos will be allowed
- Server must be behind the service line until after contact
- Rally scoring will be used
- There will be a point awarded on every score of the ball
- Each set will be played to 25 points
- Must win by 2 points, cap at 30
- Winner will be determined by best 2 out of 3 sets
- Maximum of three contacts with the ball per side
- Any player may not hit the ball twice in succession (a block is not considered a hit)
- Failure to serve in the correct order will result in loss of point and serve
- Back-court attacks must be executed behind the attack line

- No jewelry will be allowed
- A player must not block or attack a serve
- Switching positions will be allowed only after the serve

### **Playoffs:**

- All players must have participated in at least four (4) regular season games
- All students must show valid student identification card
- Teams WILL NOT make playoffs under the following circumstances:
  - Failure to produce roster by: October 10
  - If a team defaults four (4) games (i.e. not having enough players or no one arrives – some exceptions may be made)

## **Co-Rec RAC Dodgeball Rules**

### **Coaches Roles:**

- Responsible for letting their team know in advance when they are playing
- Must sign score sheet, fair play score, and keep track of stats

### **After the Game:**

- Coaches must sign score sheet and fill out fair play score
- Coaches must give stats sheet to RAC Rep.

### **Rules:**

- Maximum number of players on the court is 8, including 3 girls
  - Minimum required number of players is 1 boy and 1 girl
- There is absolutely NO tolerance for consumption of alcohol or drugs before or during a game. If a player is intoxicated, he/she will be suspended immediately
- To start the game, 8 players must line up behind the back line of the volleyball court. At the referee's signal, the players may race for the 4 balls at the centre line. **NOTE:** any player crossing the centre line will be called out
- Winner will be determined by best of 7 games

- If after 10 minutes of play all players on either team have not been eliminated, a sudden death round will be played
- Sudden death:
  - 2 players from each team are placed onto the court (unless one team only had 1 player remaining, in which case that sole player will remain on the court) – if both teams have 1 player, sudden death will begin 2 vs. 2 as usual
  - substitutions are allowed during this sudden death round – must have 1 girl and 1 boy
  - rock, paper, scissors is played to determine who will throw first – the loser of this will throw first
  - every 30 seconds, one player is added to each team
  - first team to get any **one** player is deemed the winner
- A player may be considered out when:
  - they are hit by a ball
  - their throw is caught – catches must be clean and will be called at the referee's discretion
  - a ball is knocked out of a player's hand by another ball being thrown towards them – placing a ball down before attempting to catch another ball is allowed
  - a player steps out of either sidelines or the back line, which includes to catch or dodge a ball
  - crosses the centre line
  - exhibiting unsportsmanlike behavior at the referee's discretion
- To retrieve a ball out of the court, a player must exit through the back line, retrieve the ball, and re-enter the game through the back line
  - While the player is retrieving the ball, they are still subject to any of the rules
- The thrower and the person hit are both safe if the ball is caught by a teammate – prior to the ball hitting the ground
- The following techniques will result in a warning, followed by being called out if continued:
  - Forming a crouched line behind one person holding a ball
  - Hiding a person or hiding behind a person
  - A player crouching and holding a ball in front of them
- A timeout can be called once per game, per team, during which:
  - Teams may substitute a player of the same gender

- The balls will be divided evenly (2 to a side)
- The team who called the timeout must throw first
- Control of the throw:
  - The team with the most balls must throw within 5 seconds, at referees discretion
  - If the balls are divided evenly, the team with more players must throw
  - If all is even, the team who **received** the most recently thrown ball must throw first
- Headshots will not be counted as an “out” unless the player ducks in front of the shot – all will be called at the referees discretion

### **Playoffs:**

- All players must have participated in at least four (4) regular season games
- All students must show valid student identification card
- Teams WILL NOT make playoffs under the following circumstances:
  - Failure to produce roster by: October 10
  - If a team defaults four (4) games (i.e. not having enough players or no one arrives – some exceptions may be made)

## **Men’s RAC Basketball Rules**

### **Coaches Roles:**

- Responsible for letting their team know in advance when they are playing
- Must sign score sheet, fair play score, and keep track of stats

### **After the Game:**

- Coaches must sign score sheet and fill out fair play score
- Coaches must give stats sheet to RAC Rep.

### **Rules:**

- FIBA Basketball Rules will be the basis for the RAC Rules

**Please Note:**

- Maximum number of players on the court is 5
  - If less than 3 players arrive, a default in the penalty
- There is absolutely NO tolerance for consumption of alcohol or drugs before or during a game. If a player is intoxicated, he/she will be suspended immediately
- Games will consist of two, 20 minute running time halves with a five-minute halftime
  - The last 2 minutes will be stop time unless the point differential is greater than 10 at the 3 minute mark
- Overtime will be two minutes stop time
  - There will be no intermissions between the end of the game and overtime, or even a second overtime, etc.
- Each team will be allowed one, 30-second timeout per half, and one 30 second timeout during overtime.
  - Timeouts stop the clock. These are non-transferable
- Substitutions must make the referee aware that they are entering the court
  - Substitutions can only occur on a stoppage in play
- A double bonus situation will occur after 10 team fouls per half
- Two technical or two flagrant fouls will also result in ejection from the game
  - A flagrant and a technical are ejection grounds as well
- A technical foul will constitute of two foul shots by the opposition and possession of the ball.
  - Each technical will count against the total team fouls per half and individual personal fouls
- Any player ejected from any game with two technical fouls or two flagrant fouls will receive an additional game suspension
- The ball was first be held by the official and handed back to the player to begin play
- All jewelry must be removed prior to participation
- When lining up for a free throw, players surround larger key
- 3 point line is the middle line for men and women
- Defensive 3 in the key, if a player is not guarding someone
  - First violation is a warning, second violation is a shot and possession of the ball for the offensive team
- Half court violation is 10 seconds

- On a free throw, only people surrounding key can play off release; the shooter and the people surrounding the 3 point line play off the rim
- No time outs on live balls
- All tied games result in 2 minute overtime
- No varsity basketball players will be permitted to play in the RAC Basketball League

### **Playoffs:**

- All players must have participated in at least four (4) regular season games
- All students must show valid student identification card
- Teams WILL NOT make playoffs under the following circumstances:
  - Failure to produce roster by: October 10
  - If a team defaults four (4) games (i.e. not having enough players or no one arrives – some exceptions may be made)

## **Co-Rec Soccer RAC Rules**

### **Coaches Roles:**

- Responsible for letting their team know in advance when they are playing
- Must sign score sheet, fair play score, and keep track of stats

### **After the Game:**

- Coaches must sign score sheet and fill out fair play score
- Coaches must give stats sheet to RAC Rep.

### **Rules:**

- Games are 50 minutes in length, which includes two 25 minute halves, and a 5 minute half time between
- 7 players per team are allowed on the field, with a minimum of 2 girls (including a goalie)
  - Each team is required to have a minimum of 5 players (including a goalie) in order to play, including 1 girl – failure to have minimum 5 players will result in a default

- Play begins at half after each goal
- Player substitutions made be made when necessary, but must be of the same gender
  - Goalkeepers may be substituted at stoppage of play
- The yellow lines are the boundaries, and the ball has to be completely beyond the line in order to be considered “out”
- Goalkeepers crease and penalty area are at the discretion of the referee/RIC
- Any fouls by the defensive team in the penalty area will result in a penalty shot taken from the 12 yard line
  - During a penalty shot, the goalkeeper must stand on the goal line and may not move forward until the ball is touched – side-to-side movement is allowed
  - All other players must be behind the penalty area
- All free kicks are indirect with the exception of penalty shots
  - A free kick may be awarded when a player (excluding the goalkeeper) touches the ball with their hands
- Goalkeepers may handle the ball with his/her hands as long as both feet are in the goalkeepers crease
- There will be no slide tackling
  - First offence is a warning
  - Second is ejection from game
- Hybrid offside rules will be used
  - Close offsides will not be closely called, but “cherry picking” will be called (an offensive player standing way behind the defensive player)
- No varsity players will be permitted to play in the co-rec soccer league

### **Playoffs:**

- All players must have participated in at least four (4) regular season games
- All students must show valid student identification card
- Teams WILL NOT make playoffs under the following circumstances:
  - Failure to produce roster by: October 10
  - If a team defaults four (4) games (i.e. not having enough players or no one arrives – some exceptions may be made)