



## Garrison Petawawa Inter-Unit Volleyball By-laws

Updated: January 2026

*PSP Petawawa Military Sports, in alignment with the Canadian Armed Forces (CAF) National Sports Policies and the current [Volleyball Canada rulebook](#), are required to produce and amend the local constitution and by-laws prior to the beginning of the season to meet requirements of local programming. The following is a breakdown and amendment of the by-laws for the 2025-26 Season.*

### Dundonald Hall Facility Reminders (IMPORTANT FOR ALL PARTICIPANTS)

1. Show up 5-10 minutes prior to your game starting. Our facility can get busy in the evenings with community members coming in to workout, members to play other IU sports, and community members using the pool.
2. Please arrive and have your military ID ready to be presented to front desk Staff. Unit PT gear is **NOT** a valid form of ID.
3. Inter-Unit sports held in the STAGS Gym (basketball & volleyball) have plenty of benches available for team use. If you move any benches, please ensure the facility space is returned as you found it.

### RULES

1. Games will be played in accordance with the current [2025-26 Volleyball Canada rules](#), with exception to the following additional rule sets;
2. Player has 12 seconds to serve after receiving the ball for service; serves may be underhand, overhand or sidearm. This will be on the honor system to identify if the server is taking more than 12 seconds.
  - a. If the server is taking longer than 12 Seconds, it will be a change of possession to the opposing team. No point will be awarded for this.
3. Players may not block or spike a serve.
4. Players of the serving team may not screen the serve in any manner.
5. Contact with the net by a player, during the action of playing the ball, is a fault. Players may touch the post, ropes, or any other object outside the playable area, including the net itself, provided it does not interfere with play. When the ball is driven into the net and causes it to touch an opponent, no fault is committed.
6. It is permitted to penetrate the opponent's space under the net, provided that this does not interfere with the opponent's play. Penetration into the opponent's court, beyond the center line:





- a. Penetration into an opponent's court with the foot or toes is permitted, provided that some part of the penetrating foot (feet) remains either in contact with or directly above the center line.
  - b. To touch the opponent's court with any part of the body above the feet is permitted provided that it does not interfere with the opponent's play.
  - c. Participants must be aware of how much of the body crosses under the net into the opponent's court. Anything beyond the player's foot or toes will result in a fault and a loss of point. Players who cross under the net repeatedly, or with an intention to harm their opponent, or chose not to play by this rule will be removed from the league.
7. A player may enter the opponent's court after the ball goes out of play. Players may penetrate into the opponent's free zone provided that they do not interfere with the opponent's play.
  8. A player's hand may go beyond the net after an attack hit provided that the ball is hit prior to going over the net and that the player hitting the ball does not interfere with the opponent's play.
  9. A blocker may touch the ball beyond the net provided that they do not interfere with the opponent's play, before or during the latter's attack hit.
  10. The ball may touch various parts of the body, provided that the contacts take place simultaneously, otherwise it will be constituted as a double hit.
  11. A player may hit the ball with any part of their body during the play of the game.
  12. A player may serve from any position along the back line of the court but cannot touch the service line.
  13. Serves may hit the net and be in play as long as the ball goes over into the opposing team's court.
  14. **Net height will be senior men's height** (2.43m) and Team Captains shall enforce this height. All volleyball posts have been engraved with an 'M' to indicate the men's height.

## GAMES

1. Inter-unit indoor volleyball is 6-on-6 play. Should a team not be able to roster 6 players for the start of their game, please reference **Team Composition, para 4 & 5**.
2. All matches will be best 2 of 3 sets. The first 2 sets will be rally point to 25 with a cap of the first to reach 30. The third and deciding set will be rally point of 15. Each set must be won by two points, unless you hit the cap of 30 first.





3. Side of service will be determined by the home team on the schedule. Teams will switch sides after each first completed game. Team Captains will rock-paper-scissors for side of service for the third set if necessary.
  - a. Winner of rock-paper-scissors can choose either to serve first or choose the side that they want to play on.
  - b. The loser of rock-paper-scissors can choose the side to start on if the winner chooses serve.
4. Each team is allowed 2x30 second time-outs/set.
  
5. Points will be awarded as follows:
  - a. Two (2) points will be given for a win, one (1) point given for a tie, zero (0) points given for a loss. League standings for playoff seeding will be calculated on a percentage base of accumulated points, with minimum of 50 % + 1 games played.
  - b. In the case of a tie, seeding preference will be given to the team that won the last head-to-head match. Teams that do not meet the minimum number of games will be seeded in the bottom position in their advance to the playoffs.

#### **SCHEDULES**

1. All schedules can now be found on our [NEW inter unit website](#).
  - a. Bylaws, schedules, scores, standings & more can be found on the new website.
2. Regular season games will be played as follows: **Wednesday nights in the STAGS Gym between the hours of 1700-1900hrs.**
  - a. Timings could change based on the number of units registered for the season.
3. No games will be played on holidays such as Family Day, Valentine's Day and March Break.
  - a. Should any other holidays be identified, we will amend the schedule as needed.
4. As per the operational tempo of major and minor units within 4CDSB Garrison Petawawa and 2 CMBG, games will not be rescheduled for any games that are cancelled or missed during regular season or playoffs.

#### **SUSPENSIONS & DISCIPLINARY PROCEDURES - \*NEW\***

1. All suspensions and disciplinary procedures will be assigned as per chapter 5 in accordance with the [CAF Sports Rule Book](#).
2. When a suspension is assessed the member's Sport Officer and Chain of Command will be informed.
3. The suspension is added to the CAF National Sports Suspension Database.

#### **CANCELLATIONS & ATTENDANCE**

1. It is expected that all teams are to attend their scheduled games for the Inter Unit season.





2. Team may only cancel games due to **OPERATIONAL** reasons (training and exercises).
3. 48h notice of cancellation **MUST** be provided to the Military Sports Department or the team that does not show will be given a forfeit loss.

### **3 STRIKE POLICY**

1. No showing/not attending in inter unit sports without cancellation notice in unacceptable.
  - a. Strike 1 – Email is sent to OPI and Sport Officer
  - b. Strike 2 – Email is sent to unit Chain of Command, Sport Officer and OPI
  - c. Strike 3 – Unit is removed from the inter-unit league for the entire season and all those mentioned above are notified.

### **PROTESTS**

1. There will be no protests on any call made by the referee.
2. All protests shall follow the format below:
  - a. Protests must be lodged to the game referee and noted on the game sheet before the end of that game.
    - i. If a team fails to lodge a protest to the game official and have it put on the game sheet, the president will not entertain the protest.
  - b. The team protesting the game must present their protests in writing to the Military Sports Coordinator within 24 hours of the incident.
  - c. If time permits, the Sports Coordinator will call the Protest Committee to settle the incident before the next scheduled game. In all other cases, the Sports Coordinator shall make a ruling.
  - d. If the team is not satisfied with the decision rendered, their unit Sports Officer may appeal the decision to the Military Sports Coordinator who then reaches out to the Garrison Sport Officer and Base Commander for next steps.

### **TEAM COMPOSITION**

1. Roster must be submitted to the Military Sports Department **before the 1<sup>st</sup> game of the season.**
2. Rosters can be amended as needed. Players **MUST** be on the roster submitted to the Military Sports Department before they can play their first game.
3. There is no maximum number of players that a unit team can pool, however only 12 players, including the coach can be dressed and listed on the team roster sheet at each game.
4. A minimum of 4 players is required to start the game. Failure to present 4 players at the scheduled start will result in loss of the first set. A ten-minute grace period will be provided.
  - a. As voted on within the 2024 inter-unit volleyball OPI team meeting, the following will apply to regular season play only:





- i. For regular season play, teams will match that number of on court players. If Team A only has 5 players on the court, and Team B has 10 players, Team B will match the number of on court players as Team A. There will be no advantage play with the extra player on court.
5. A team can **loan up to a maximum of three (2) players from the opposing team** as long as both team captains agree at the start of the game and it is noted on the game sheet prior to the game starting, making the game valid.
6. All draft pickups **MUST** come through the military sports department. A team and/or player cannot pick where they play.
7. Current game players/staff are the only people who should be seated on the players' bench – no children.
8. Players must play a **minimum of 2 games to qualify for playoffs.** This is why it is important that the player names are accurately inputted on the game sheets during the regular season.

**NOTE: Rosters may be changed prior to every new game allowing for new players to play every game. All players rostered must follow the "Team Eligibility" guidelines!**

#### **EQUIPMENT**

1. All inter-unit volleyball equipment, less poles, will be made available via the Inter-Unit Winter Sports Locker (cage at front desk).
  - a. Volleyball, game sheets and score flip-chart will be held in the cage for the season.
  - b. Volleyball poles are in the hallway that connects the gym to the field house.
  - c. Please sign out the equipment on the clipboard at the locker. This will allow us to track usage and sanitation scheduling.
2. It is the responsibility of units participating in the inter-unit volleyball league to set up and tear down any equipment needed for the timing and ensure the equipment is returned as it was found. This includes benches and garbage cans.

#### **ELIGIBILITY**

1. A player shall play for the unit, to which they are posted or attach posted at the time of the season starting, including play-offs. However, if a player is posted to a new unit halfway through the season, they will begin playing for that new unit. They may only return to the unit they started the inter-unit season with provided the waiver form process is followed and both Team OPIs are in agreement.
2. A player is eligible to participate on any number of inter unit sports teams (exception – one hockey team unless a GRN player from OT/Women) formed by their unit/group of units to which they belong. This player is also eligible to play for the Garrison Representative Team. Each unit Commanding Officer has sole and absolute authority over the number and level of sports a player from his unit may participate in.





3. A player is eligible to play if they are a Reg Force Member or Class "A" "B" or "C" Reservist and/or a DND civilian employee (with a signed waiver and proof of payment).
4. If member is suspended from one Inter-Unit sport, the member is **NOT** permitted to play on any other Inter-Unit sports teams until the suspension has been lifted/served (i.e. suspended from Indoor Soccer, cannot play on Basketball, Hockey, Volleyball, Rugby, or dodgeball until suspension is served).
5. **Ineligible Players** – There will be a strong enforcement of player eligibility. Team rosters will be compared to the final game sheet at the end of the game by the Military Sports Coordinator and Admin Assistant.
  - a. Ineligible players are defined by the following:
    - i. Players who are not apart of the unit team roster prior to game time;
    - ii. Players from a different unit, other than the units scheduled to play, participating in the scheduled game; or
    - iii. Players who do not meet the set eligibility within the bylaw or by that of the PSP Petawawa Military Sports Department.
  - b. Teams caught using an ineligible player shall result in the following penalties:
    - i. All games leading up to, and current games, the ineligible player has participated in will be forfeited.
    - ii. Playoffs – teams caught using an ineligible player will be disqualified from the playoffs, no matter the outcome of the game.

#### **OFFICIALS**

1. There will be no Officials/Referees used in the 2025-2026 Indoor Volleyball Season, games will be based solely on the honor and fair play system.
2. The Military Sports Department along with the Manager of Fitness and Sports will select officiating staff for the playoffs if agreed on by league executives (OPIs).
  - a. All officials contracted to officiate will hold a current qualifications and/or certification of officiating from Ontario Volleyball Association or Volleyball Canada.

#### **PLAY-OFFS**

1. All matches will be best 2 of 3 sets. The first 2 sets will be rally point to 25 with a cap of the first to reach 30. The third and deciding set will be rally point of 15. Each set must be won by two points, unless you hit the cap of 30 first.
2. The finals will be best 3 of 5 sets. The first two sets will be rally point to 25 points with a cap of 30, the third and deciding set will be rally point of 15. All sets must be won by 2 points.
3. The playoff format will depend on the amount of teams still active at the end of the regular season.





4. League standings will be sent out to confirm final standings, prior to the playoff schedule being sent out. Standings will be updated weekly on the [inter unit website](#).
5. All Teams must submit their playoff team roster a minimum of 1 week prior to their first playoff game. **All players on the playoff roster must have played a min of 3 game in the regular season and should have their name on 3 regular season game sheets.**
6. The season will wrap up before March break.
7. Playoffs will not happen if more than 50% of teams in the league are affected by operational tempo.

#### **AWARDS**

1. A trophy and banner will be presented to the overall championship team based upon the outcome of the play-off games.
  - a. The trophy is to remain at DDH, the banner is for the winning unit to keep and display at unit lines.
2. If there are no play-offs, the championship team will be based on the highest tally of points accrued throughout the regular season. The Military Sports Department will keep the trophy display at DDH.

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