

TOPSPIN VOLLEYBALL

UPDATED COVID-19 INDOOR VOLLEYBALL POLICIES & GUIDELINES

Every player participating in our 2020/2021 Indoor Volleyball League must adhere to the following policies and guidelines. Any player not following our policies and guidelines will be asked to leave the league. Topspin has created these policies and guidelines to ensure the health and safety of all our players and to comply with Provincial health orders, regulations, and requirements.

We want our players to have fun and feel safe while playing in our league.

THE RULES:

- All players must wait outside until permitted to enter the gym by a Topspin Organizer for their allocated time for league play.
- Entry to the gym will be 5 minutes before the league session is scheduled to begin.
- Gym attendant will require all players to sanitize upon entry to the gym.
- No warm-up balls will be provided. There will be no time allocated for warm up before the start of the league games. There will be one (1) league ball designated for each court. No personal balls may be used for any league games.
- Change rooms will not be available.
- Please be ready to play upon arrival to the gym.
- There will be a 1-person washroom available.
- You will be required to bring your own water bottle. Water will not be provided by Topspin Volleyball or the gym facility for the indoor season.
- Team bench/area will be numbered for players to place their belongings.
- Maintain the minimum distance of two (2) meters/six (6) feet from other players when arriving to and leaving the gym, and while waiting for your allocated time for league play.
- Every player participating in our leagues will be required to review and sign the Topspin Volleyball Participant Agreement. Name and phone number is required.
- A player is not permitted to participate in the league if the player is experiencing any COVID-19 symptoms such as coughing, fever, sneezing, body aches, or headache, or if the player has travelled outside of Canada in the past fourteen (14) days.
- Do not touch your eyes, nose, or mouth. Sneeze and/or cough into your elbow and not in to your hands.

- Maximum number of players per team is six (6). To ensure compliance with the limit on public gatherings, no additional players or subs are permitted to participate on a registered team that has reached the maximum number of players on any given league night. For example, a registered team cannot have 7, 8, or 9+ players attending and participating/rotating in on the team at any time during the league. Friends or family members who are not registered on a team for the Topspin Volleyball indoor league are not permitted to watch you play in the gym location. Non-registered players or spectators will be asked to leave the gym and wait outside.
- If a player is not able to play on your team for a given night and you want to bring a sub, the team captain MUST notify a Topspin Organizer when arriving at the gym and prior to playing. The sub will be required to sign the Participant Agreement and must review these rules of Indoor Volleyball league play.
- Do not shake hands or hi-5 with other players. Shaking hands or hi-5s with your own team members will be at your own discretion. At the end of a match, simply say “good game”.
- There will be no switching of sides at the end of each game/set. Teams will remain on the same side of the court during a match.
- If a ball enters your court, gently kick the ball back to the correct court.
- Only 1 player at a time permitted at the schedule table.
- 1 player from the winning team will report the scores to a Topspin Organizer.
- Do not adjust any of the volleyball nets. If net adjustments are required, contact a Topspin Organizer.
- Do not take the volleyball nets down at the end of the night.
- Blocking is permitted.
- Front row players may attack the ball at the net.
- If a player on a team has played on a league night and later tests positive for COVID-19, the entire team may be required to self-isolate for fourteen (14) days, at the sole discretion of Topspin Volleyball.
- Please remember to collect all your belongings. Topspin Volleyball will not collect any items left in the gym.
- All players must leave the gym promptly after league play and when directed by the Topspin Organizer so that the next group can enter the gym for their allocated time for league play.
- The above rules are in addition to Topspin Volleyball’s standard indoor rules.

If you have any questions or would like clarification regarding the above rules, please contact us.