# HEATWAVE IS
healing the future

SickKids VS CANCER

## HEATWAVE FOR SICKKIDS | TOURNAMENT HOUSE RULES

### 1 TEAM COMPOSITION & REGISTRATION

- 6 players on court at all times with a minimum of 2 females. No play with fewer than 6.
- Players may play on ONE team only.
- Only players who signed the HEATWAVE Release, Waiver & Indemnity before playing are eligible.

### 2 TEAM CAPTAIN

- Communicate all rules to your team.
- Represent your team with officials.
- During 5-minute court change: complete Court Score Sheet and conduct coin toss.

**COIN TOSS / ROCK, PAPER, SCISSORS**

- Use a coin toss or rock, paper, scissors.
- Winner chooses serve, receive or side of court.
- Loser takes the remaining option.

### 3 PLAYER RESPONSIBILITIES & CONDUCT

**RECREATIONAL DIVISION**

- No spiking or overhand serves
- Self-officiated
- Teams call their own faults
- Replay point for disputed calls
- Players keep score/time

**COMPETITIVE DIVISION**

- Spiking and overhand serves allowed
- Player-officiated
- Players keep score/time

**SAFETY & CONDUCT**

- Stay hydrated and wear loose, appropriate clothing.
- Keep courts free of hazards (no glass, garbage, bikes, unattended children or dogs, etc.).
- Alcohol impairs judgment. Drink responsibly.
- Be respectful, courteous, and play fair.
- Accept officials' decisions. No arguing.
- Do not delay the game or tamper with equipment.

### 4 OFFICIALS & DISPUTES

- Officials enforce rules, maintain courts/equipment, and officiate playoffs.
- The Tournament Director has final authority on all disputes and unforeseen situations.
- All Director decisions are final.

### 5 SUBSTITUTIONS, ROTATION & SERVICE

**SUBSTITUTIONS**

- Continuous substitution allowed.
- Subs enter through back-row serving position only.
- Rotation-in: one substitute per rotation.

**ROTATION**

- Rotate one position clockwise when gaining serve.
- Rotation is mandatory.
- Players in correct serving order at time of serve.
- After serve contact, players may position anywhere in their court.
- Clear obstruction upon opponents' request.

**SERVICE**

- Competitive: overhand serves allowed.
- Recreational: overhand serves NOT allowed.
- One service attempt only.
- Net-cord serves are legal.
- No limit on servers.

**SERVICE RECEIVE**

- Competitive: players cannot volley a serve.
- No holding, lifting, pushing, catching or carrying.
- Cannot block or attack the serve above net height.

### 6 PLAYING THE BALL

- Maximum of 3 team contacts to return the ball.
- Ball may contact any part of the body.
- Ball must be cleanly hit (not caught or thrown).
- Do not hold teammates or use structures to reach the ball.
- Double contact is illegal except as allowed in serve reception rules.

### 7 NET PLAY & BLOCKING

**NET PLAY**

- Ball must pass between antennas.
- Player contact with the net is a fault unless caused by the ball or wind.
- Follow-through beyond the net allowed only in your own space.

**BLOCKING**

- Block counts as one team contact.
- Any player may make the next contact after a block.
- Consecutive blocker contacts count as one action.
- Do not contact the ball beyond the net before opponent attack.

### 8 ATTACKING & FRONT/BACK ROW RULES

**BACK ROW (COED 6'S)**

- May attack behind the 3-metre line.
- May bump or volley at net.
- CANNOT block or spike at the net.

**ATTACK HIT**

- Any action directing the ball toward opponent.

**RECREATIONAL DIVISION**

- Attack hit must arc upward.

**COMPETITIVE DIVISION**

- All directional volleys must be in line with shoulders (forward or backward).

**TIPS**

- ALLOWED: roll shot (heel/palm), cobra, flipper-style hits.
- NOT ALLOWED: open-handed tips or finger redirection.

**SPIKE (COMPETITIVE ONLY)**

- Downward forceful attack hit allowed anywhere on court (see Back Row rule).

### 9 INTERRUPTIONS

**STRAY BALL**

- Rally is stopped.
- Serving team re-serves.

**INJURY**

- Official stops play.
- Substitution must be made within 15 seconds if possible.
- If not possible: up to 5-minute injury timeout.
- If player cannot continue after 5 minutes, that team forfeits the match, keeping points already earned.

### 10 TIMEOUTS, SWITCHES & INTERVALS

**COURT SWITCH (OPTIONAL)**

- Switch sides when total score from BOTH teams equals 7 or any multiple of 7 (e.g., 3:4, 13:1).

**TIMEOUTS**

- 2 timeouts per team per game.
- 30 seconds each.
- Must be called during dead ball.

**INTERVAL**

- 5 minutes between games for court changes.

### 11 SCORING & DEFAULT SYSTEM

**SCORING**

- Rally point scoring.
- First to 25 points wins
- 15-minute matches. Finish current rally if time expires.
- If tied game at end of time, next point wins.
- Win = 1 Loss = 0
- Point differential recorded (+/-).

**GRADUAL DEFAULT (INCOMPLETE TEAM)**

| | |
|---|---|
| 0–5 min late: | No penalty |
| 5–10 min late: | Opponent awarded +10 point lead |
| 10+ min late: | Match default |

**OTHER DEFAULTS**

- Missing score sheet: All teams receive default loss.
- Injury default: Opponent keeps points already earned.

**SCORING SUMMARY EXAMPLES**

| | | |
|---|---|---|
| 25:18 | Winner = +7 | Loser = -7 |
| 25:23 | Winner = +2 | Loser = -2 |
| Default | Winner = +10 | Loser = -10 |

**SCORE SHEET**

- Captains complete one side and initial.
- Late or missing sheet = default.

### 12 PLAYOFF FORMAT

- Top seeded teams qualify (wins first, then point differential).
- Single elimination.
- Matches: first to 25 or 15-minute cap.
- Tie-breakers:
  - Non-elimination tie: random draw.
  - Elimination tie: 15-point game.

### 13 PLAYOFF PRIZES

- Only players who signed the waiver are eligible for prizes.
- Medal allocation based on number of waiver signatures. Example: 6 signatures = 6 medals maximum.
- Maximum per team: 1 Trophy (Champion) & up to 10 Medals (Champion & 2nd Place).
- Unclaimed awards will be recycled.

**PLAY FAIR. HAVE FUN.**
**STAY SAFE. STAY HYDRATED.**

THANK YOU FOR BELIEVING IN SickKids

**PLAY WITH RESPECT • COMPETE WITH PRIDE • HAVE A BLAST AT HEATWAVE!**