



## **Concord Volleyball League Rules**

*(Adapted from FIVB (2025-2028) for recreational play; modified for inclusivity, speed of play, and gym constraints.)*



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## 1. Gymnasium Rules

### 1.1 Footwear & Attire

**1.1.1 Approved Shoes:** Only clean, non-marking running or court shoes may be worn on the court surface. This prevents damage and reduces slipping.

**1.1.2 Prohibited Footwear:** Cleats, sandals, flip-flops, and bare feet are not allowed.

**1.1.3 NOTE:** If you are unsure if your footwear is appropriate, please ask an event coordinator.

### 1.2 Food & Drink

**1.2.1 No Food or Open Beverages:** To maintain court cleanliness and safety, no snacks or open drinks are permitted in the playing area.

**1.2.2 Water Only:** Sealed water bottles are allowed and should be kept outside or at the edge of the court, away from play.

### 1.3 Facility Boundaries

**1.3.1 Court Access:** Players must remain on their assigned court and avoid adjacent or non-rented areas to respect other users and avoid collisions.

**1.3.2 Spectator Zones:** All non-playing participants must stay in designated viewing areas behind the court boundaries.

### 1.4 Respect & Sportsmanship

**1.4.1 Language & Conduct:** Abusive, threatening, or discriminatory language/behavior toward players, referees, or volunteers will not be tolerated. Any severe or repeated offence will result in the person's immediate expulsion.

**1.4.2 Court Etiquette:** Retrieve stray balls quickly and avoid lingering on the court.

### 1.5 Safety & Cleanliness

**1.5.1 Hazard Reporting:** Immediately notify facility staff or event coordinators of any equipment or facility hazard (wet spots, broken nets, etc.).

**1.5.2 Personal Items:** Keep bags, water bottles, and gear off the court surface to eliminate trip hazards.

## 2. Match Protocol & Timing

### 2.1 Warm-Up & Punctuality

**2.1.1 Arrival Time:** Players should check in at the sign-in table 5 minutes before scheduled start.

**2.1.2 Warm-Up Duration:** 5-10 minutes of shared warm-up time will be allotted to each team. In the case of late arrival, a team forfeits their right to warm-up time.

**2.1.3 Late Arrival Penalties:** >15 minutes late: forfeit match/set; may be replaced by waiting team.

### 2.2 Captains' Duties

**2.2.1 Starting Rally:** Captains start a simple rally to decide which team serves first.

**2.2.2 Communication:** Captains are urged to communicate with each other to clarify rules or calls between rallies and avoid interrupting active play.

### 2.3 Timeouts & Substitutions

**2.3.1 Timeouts:** Each team is entitled to one 60-second timeout per set.

**2.3.2 Substitutions:** Unlimited. Substitutions must occur between rallies.

**2.3.2.1** If playing with greater numbers players may also rotate off of the court with benched players to allow fair play-time.

## 3. Fundamental Skills & Terminology

### 3.1 Serve

**3.1.1 Definition:** The action that initiates a rally. The server stands behind the end line and may use an underhand or overhand motion.

#### 3.1.2 Rules:

**3.1.2.1** The ball must be clearly visible to opponents before serving.

**3.1.2.2** The server may step on the end line but cannot cross it until after contact.

**3.1.2.3** The serve may touch the net and fall into the opponent's court.

**3.1.2.4** The player may not step on the service line during the serve. This results in an automatic point for the other team.

### 3.2 Bump (Forearm Pass)

**3.2.1 Definition:** A player joins their forearms, forming a flat surface to direct the ball

upward.

### 3.3 Set (Overhead Pass)

**3.3.1 Definition:** A player uses their hands to form a triangle above their forehead, extending their elbows to push the ball.

### 3.4 Spike (Attack Hit)

**3.4.1 Definition:** A player's hand connects with the ball, creating a forceful downward hit, usually executed by front-row players.

#### 3.4.2 Rules:

**3.4.2.1** Upon attacking, the player must not touch the net.

**3.4.2.2** Back-row players must start their jump from behind the 3m attack line when jumping for a spike.

### 3.5 Block

**3.5.1 Definition:** A front-row player intercepts an opponent's attack at the net, stopping the ball from crossing over the net.

#### 3.5.2 Rules:

**3.5.2.1** Blockers may reach over the net only during the opponent's attack hit.

**3.5.2.2** Foot contact with the opponent's space under the net or touching the net during a block is a fault.

**3.5.2.3** Blocks do not count as one of the team's three allowed touches.

**3.5.2.4** An overreach occurs when a blocker reaches over the net without a prompted attack.

## 4. Recreational Volleyball Rules

### 4.1 Match Format

**4.1.1 Duration:** Total of 1 h 30 min, including warm-up.

Matches consist of:

**4.1.1.1 Three sets:** Played to 25 points (win by 2).

**4.1.2 Teams:** Six players on court.

**4.1.3 Victory:** Best of three sets determines the match winner.

### 4.2 Court & Equipment

**4.2.1 Court Dimensions:** 18 m × 9 m, divided by net.

**4.2.2 Ball:** Standard indoor volleyball.

**4.2.3 In/Out Lines:** A ball contacting any part of the boundary line is in.

**4.2.4 Walls/Ceilings:** Any contact with walls, curtains, or ceiling is out: the point goes to the opponent.

**4.2.4.1 Exception:** Contact with the basketball net over the court results in an immediate “redo” for the point.

### **4.3 Scoring & Sets**

**4.3.1 Rally Scoring:** A point is awarded at the end of every rally, regardless of which team served.

**4.3.2 Set Victory:** The winning team is the first to reach required points and hold a 2-point advantage.

### **4.4 Service & Rotation**

**4.4.1 Service Rotation:** Teams rotate positions clockwise upon earning the serve.

**4.4.2 Service Faults:**

**4.4.2.1** Stepping on the service line before contacting the ball.

**4.4.2.2** Serving out of rotational order; fault results in loss of point and serve.

### **4.5 Contacts & Faults**

**4.5.1 Maximum Contacts:** Each team is allowed up to three consecutive contacts to return the ball over the net (block does not count).

**4.5.2 Legal Contacts:** The ball must rebound cleanly; no lifting or carrying is permitted.

**4.5.3 Net Violations:** No player may touch the net or its antennae during play. Slight incidental contact not affecting play may be overlooked (referee discretion).

**4.5.4 Center Line:** Players may only cross the center line with one foot: crossing the center line with both feet is a fault. Foot crossing below the net is permitted only if it does not affect play.

### **4.6 Blocking Faults**

**4.6.1 When to Block:** Blocking is allowed only when the opponent is performing an attack.

**4.6.2 Block Contacts:** Multiple contacts by blockers during one blocking attempt are allowed; they count as zero of the three consecutive team touches allotted.

## 5. Self-Refereeing Guidelines

- 5.1 Alternating Officials:** If an assigned referee is unavailable, players are expected to manage points and fairly self-referee.
- 5.2 Line & Net Calls:** Players should call out their own faults (in/out, net touches). If disputed, captains may intervene to make a final decision.
- 5.3 Final Authority:** The captains' consensus is final for that rally. Players must be respectful of this decision. If no consensus can be reached, see an event coordinator.

## 6. Substitutions & Eligibility

- 6.1 External Players:** Two non-roster players (guests) may join a team per game. A league coordinator must give consent to allow substitutions to occur.
- 6.1.1** Teams with more than two non-roster players forfeit their game, but may still play without the possibility of officially winning.
- 6.1.2** Any external players must pay the substitution fee to be eligible substitute players.
- 6.2 Playoff Qualification:** Players must participate in a minimum of 2 regular-season matches with a team to be eligible for the tournament.

## 7. Sportsmanship & Miscellaneous

- 7.1 Facility Care:** Teams are financially responsible for damage caused by negligence.
- 7.2 Inclusivity:** All ages, skill levels, and genders are welcome; discriminatory behavior leads to suspension.