



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: In the circumstance where no referee is available, 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:** 2 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 2 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 3 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.