

Recreational 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. Footwear & Attire

- **Approved Shoes:** Only clean, non-marking running or court shoes may be worn on the court surface. This prevents damage and reduces slipping.
- **Prohibited Footwear:** Cleats, sandals, flip-flops, and bare feet are not allowed.

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

2. Food & Drink

- **No Food or Open Beverages:** To maintain court cleanliness and safety, no snacks or open drinks are permitted in the playing area.
- **Water Only:** Sealed water bottles are allowed and should be kept outside or at the edge of the court, away from play.

3. Facility Boundaries

- **Court Access:** Players must remain on their assigned court and avoid adjacent or non-rented areas to respect other users and avoid collisions.
- **Spectator Zones:** All non-playing participants must stay in designated viewing areas behind the court boundaries.

4. Respect & Sportsmanship

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

5. Safety & Cleanliness

- **Hazard Reporting:** Immediately notify facility staff or event coordinators of any equipment or facility hazard (wet spots, broken nets, etc.).
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- **Personal Items:** Keep bags, water bottles, and gear off the court surface to eliminate trip hazards.

2. Match Protocol & Timing

1. Warm-Up & Punctuality

- **Arrival Time:** Players should check in at the sign-in table **5 minutes** before scheduled start.
- **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.
- **Late Arrival Penalties:** >15 minutes late: **forfeit** match/set; may be replaced by waiting team.

2. Captains' Duties

- **Starting Rally:** Captains start a simple rally to decide which team serves first.
- **Communication:** Captains are urged to communicate with each other to clarify rules or calls between rallies and avoid interrupting active play.

3. Timeouts & Substitutions

- **Timeouts:** Each team is entitled to **one 60-second timeout** per set.
- **Substitutions:** Unlimited. Substitutions must occur between rallies.
 - 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

1. Serve

- **Definition:** The action that initiates a rally. The server stands behind the end line and may use an underhand or overhand motion.
 - **Rules:**
 - The ball must be clearly visible to opponents before serving.
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- The server may step on the end line but cannot cross it until after contact.
- The serve may touch the net and fall into the opponent's court.
- The player may not step on the service line during the serve. This results in an automatic point for the other team.

2. **Bump (Forearm Pass)**

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

3. **Set (Overhead Pass)**

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

4. **Spike (Attack Hit)**

- **Definition:** A player's hand connects with the ball, creating a forceful downward hit, usually executed by front-row players.
- **Rules:**
 - Upon attacking, the player must not touch the net.
 - Back-row players must start their jump from behind the 3 m attack line when jumping for a spike.

5. **Block**

- **Definition:** A front-row player intercepts an opponent's attack at the net, stopping the ball from crossing over the net.
- **Rules:**
 - Blockers may reach over the net **only** during the opponent's attack hit.
 - Foot contact with the opponent's space under the net or touching the net during a block is a fault.
 - Blocks do not count as one of the team's three allowed touches.
 - An **overreach** occurs when a blocker reaches over the net without a prompted attack.



4. Recreational Volleyball Rules

4.1 Match Format

- **Duration:** Total of **1 h 30 min**, including warm-up. Matches consist of:
Three sets: Played to 25 points (win by 2).
- **Teams:** Six players on court.
- **Victory:** Best of three sets determines the match winner.

4.2 Court & Equipment

- **Court Dimensions:** 18 m × 9 m, divided by net.
- **Ball:** Standard indoor volleyball.
- **In/Out Lines:** A ball contacting any part of the boundary line is **in**.
- **Walls/Ceilings:** Any contact with walls, curtains, or ceiling is **out**: the point goes to the opponent.
 - **Exception:** Contact with the basketball net over the court results in an immediate “**redo**” for the point.

4.3 Scoring & Sets

- **Rally Scoring:** A point is awarded at the end of every rally, regardless of which team served.
- **Set Victory:** The winning team is the first to reach required points and hold a 2-point advantage.

4.4 Service & Rotation

- **Service Rotation:** Teams rotate positions clockwise upon earning the serve.
 - **Service Faults:**
 - Stepping on the service line before contacting the ball.
 - Serving out of rotational order; fault results in loss of point and serve.
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4.5 Contacts & Faults

- **Maximum Contacts:** Each team is allowed up to three consecutive contacts to return the ball over the net (block does not count).
- **Legal Contacts:** The ball must rebound cleanly; no lifting or carrying is permitted.
- **Net Violations:** No player may touch the net or its antennae during play. Slight incidental contact **not affecting play** may be overlooked (referee discretion).
- **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

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

1. **Alternating Officials:** If an assigned referee is unavailable, players are expected to manage points and fairly self-referee.
 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.
 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.
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6. Substitutions & Eligibility

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.

Teams with **more than two** non-roster players forfeit their game, but may still play without the possibility of officially winning.

Any external players **must** pay the substitution fee to be eligible substitute players.

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

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