

Rec Volleyball League Rules

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

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 contact XX.

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

5. Safety & Cleanliness

- **Hazard Reporting:** Immediately notify facility staff or available volunteers 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.
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2. Match Protocol & Timing

1. Warm-Up & Punctuality

- **Arrival Time:** Captains must check in at the scorer's table at least **10 minutes** before scheduled start.
- **Warm-Up Duration:** 5-10 minutes of shared warm-up time using two balls will be allotted to each team. In the case of late arrival, a team forfeits their right to warm-up time.
- **Late Arrival Penalties:** >20 minutes late: **forfeit** match; 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 amongst each other to clarify rules or calls between rallies; avoid interrupting active play.

3. Timeouts & Substitutions

- **Timeouts:** Each team is entitled to **one 60-second timeout** per match.
 - **Substitutions:** Unlimited. Players enter/exit in the **back-right** substitution zone only. 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.
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3. Fundamental Skills & Terminology

1. Serve

- **Definition:** The action that initiates a rally. Server stands behind the end line and may use an underhand or overhand motion.
- **Rules:**
 - Ball must be clearly visible to opponents before serving.
 - Server may step on the end line but not cross it until after contact.
 - Serve may touch the net and fall into the opponent's court.

2. Bump (Forearm Pass)

- **Definition:** Players join forearms, forming a flat surface to direct the ball upward.

3. Set (Overhead Pass)

- **Definition:** Hands form a triangle above forehead; extend elbows to push the ball.

4. Spike (Attack Hit)

- **Definition:** A forceful, downward hit, usually executed by front-row players.
- **Rules:**
 - Attack must clear the net cleanly.
 - Back-row players must remain behind the 3 m attack line when leaping vertical for a spike.

5. Block

- **Definition:** Defensive action by front-row players to intercept an opponent's attack at the net.
 - **Rules:**
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- Blockers may reach over the net during the opponent's attack hit.
 - Foot contact with the opponent's space or touching the net during a block is a fault.
 - Blocks do not count as one of the team's three allowed touches.

4. Recreational Volleyball Rules

4.1 Match Format

- **Duration:** Total of **1 h 20 min**, including warm-up. Matches consist of:
Three sets: Played to 25 points (win by 2; cap at 30).
- **Teams:** Six players on court.
- **Victory:** Best of three sets determines match winner.

4.2 Court & Equipment

- **Court Dimensions:** 18 m × 9 m, divided by net.
- **Ball:** Standard indoor volleyball.
- **In/Out Lines:** Ball contacting any part of boundary line is **in**.
- **Walls/Ceilings:** Any contact with walls, curtains, or ceiling is **out**; point to opponent.

4.3 Scoring & Sets

- **Rally Scoring:** A point is awarded on every rally, regardless of which team served.
- **Set Victory:** First to required points with 2-point advantage.

4.4 Service & Rotation

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

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:** Ball must rebound cleanly; no lifts or carries.
- **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 cross but cannot interfere with opponents. Foot contact below net plane is permitted if it does not affect play.

4.6 Blocking Exceptions

1. **When to Block:** Blocking is allowed only after the opponent's third contact or when a genuine attack is clearly occurring.
2. **Block Contacts:** Multiple contacts by blockers during one blocking attempt are allowed; counts as zero team touches.

5. Self-Refereeing Guidelines

1. **Alternating Officials:** If an assigned referee is unavailable, players are required to manage points and fairly self-referee.
2. **Line & Net Calls:** Players call their own faults (in/out, net touches). If disputed, captains may intervene to make a final decision.
3. **Final Authority:** Captains' consensus is final for that rally; to maintain pace, no further debate is allowed until the next rally.

6. Substitutions & Eligibility

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1. **External Players:** Two non-roster (guests) players may join a team per season with captains' mutual consent. Exceeding this number results in match forfeiture.
 2. **Playoff Qualification:** Players must participate in at least 5 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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