



INDOOR VOLLEYBALL RULES

GENERAL RULES

- All captains are expected to greet each other before the start of a game and ensure their teams follow the rules.
- All teams are expected to help the other team play a cooperative and fair game with the understanding this is recreational fun and with players of various abilities and game knowledge.
- Any on court disagreements should be handled by captains until an agreed resolution is reached.
- Captains are also expected to ask any players from their team to leave the court if they are taking the game too seriously.
- Any serious verbal confrontation should be reported via email to NNSC within 24 hours and/or to a NNSC representative. The reports will be reviewed and if the same player is involved again they will be suspended for the season.
- There is zero tolerance for threatening/abusive language directed towards players and/or spectators. This will result in an immediate suspension for the season and a possible lifetime ban
- Any physical confrontations will result in a lifetime ban from NNSC
- Facilities - The NNSC rents all facilities and gymnasiums from private facilities, SD68 and the City of Nanaimo. As tenants, players must respect the standards and rules of each facility:
- Facility Operators and Caretakers should be treated with respect.
- Hallways are off limits at schools; do not wander around the facility.
- Players are expected to clean up after themselves
- Players are responsible for any deliberate property damage within a facility.
- The doors to a public school are unlocked 10 minutes prior to the permitted start time; if players arrive early, they should wait outside
- Players are expected to wear non-marking shoes indoors
- Some facilities will keep the doors locked throughout the night as a safety precaution for the Caretaker
- When the permitted time is up, players must leave the building/property promptly.

Co-ed Volleyball Rules (All Divisions)

- Teams will only call fouls committed by their own players. Players will not call the fouls against their opponents. If there is a dispute on a call, re-serve the play. Contact an event coordinator for clarification of rules after the match is completed.
- All balls must be hit cleanly. No scooping or carrying the ball. Only off of a driven ball may a ball be double hit (i.e. off arm and head in one continuous motion).
- Contact with the net (except for hair) in any way constitutes loss of point. A player that goes under the net but does not contact an opponent or interfere with play is allowed.
- A served ball may not be blocked, spiked or volleyed directly back over the net.
- A served ball may be received by volleying the ball, provided it is not volleyed directly back over the net (i.e. the ball may be volleyed to another member of the receiving team).
- A block or partial block does not count as one of a team's 3 hits.
- The ball may be played by any part of the body.
- A ball hitting the ceiling or an overhead obstruction (lights, fan, or basketball hoop lying horizontally) above a playable area shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net that is occupied by the team that last played the ball.
- Players may contact the net as long as it does not interfere with play.
- Captains should report the results of their match(es) at the end of the session
- Regular league play will consist of (up to) best 3 of 5 sets played to 25 and the fifth set played to 15. Games are all rally point, win by 2 points, cap at 27 (cap at 17 in the 5th match). Sets will be over when a team wins 3 sets or time expires. If time expires (signaled by the gym host) while teams are playing in the 5th set, at least 1 of the teams must have at least 5 points for the game to count. If neither team has at least 5 points, then the set does not count in the match results, and the match is reported as a draw.
- Team standings will be based on matches won and lost.
- Enjoy yourselves!!

Rec B Rules/Exceptions

- If players have a difficult time serving from the back line, teams should allow them to step over the line or move up from the back line to serve.
- If one player is successful on 5 consecutive serves, teams will rotate and change servers.

COED Division Overview

REC A (6v6)

This division is for teams that have more experience than the average team in the Intermediate division. Players in the REC A division are looking for a good challenge each night and want sustained rallies as part of the game. All players can hit, pass and serve with accuracy and each team will usually have a few heavier hitters. An average game will feature crisp blocking and passing, some organized plays and some harder hitting. There are no rule restrictions on serving and hitting like there are in the lower divisions.

*minimum 1 identifying male and female on at all times

REC B (6v6)

This division is for teams that are looking for more of a challenge than the REC C level. Most players on the team have some experience playing Volleyball and are solid in the fundamentals. An average game will feature 2-3 hits on many plays and some good blocks, but the hitting is not overly hard, the passes are not always crisp, and teams generally do not have organized attacks. Harder hitting is permitted in the REC A division, but players should be conscious of where they are hitting the ball and to whom. Jump serves and back row attacks are not permitted in this division.

*minimum 1 identifying male and female on at all times