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Volleyball Abbreviated Rules

Recreational League Play

Introduction

Rainbow Sports League is inclusive and welcoming to all. In that respect, we have determined that we need to balance out the strict hitting rules of traditional volleyball with the need to encourage new players. Below is an outline as to what level of enforcement we are intending for this league. For detailed rules, please refer to the full handbook.

Basics:

- Three games, all games count. 45-minute time limit per match (to complete all three games). First two games to 15, last game to 11, or most points at time limit. Must win by two up to 18 & 14. (*Note: The scoring MAY be adjusted up or down in subsequent weeks depending on the time constraints.*)
- 6 on the court, 4 minimum to avoid forfeit. Everyone plays. No "sit-outs", but in-game rotations for more than 6 players are expected.
- Time starts exactly at game-time, regardless of readiness. Forfeits begin at 10 min intervals for no-shows.
- All play stops at 8:45 sharp. No exceptions. All players and equipment must be out of the park by 9:00pm sharp. The park shuts the lights off and locks the gates at that time.
- Captains are to review and sign the roster sheet before each match and sign the score and MVP / Miss C. sheet following each match. Failure to comply may result in forfeiture.
- Games will be primarily self-governed, with overview by league managers for conflict resolution and time accounting.

Rules:

- All traditional rules for volleyball apply, with the exception of the guidelines as described below.

Legal & Illegal Hit Enforcement Guidelines:

Our philosophy is to include everyone at every level, have fun and use this opportunity to teach novice players the right way to play, without penalizing them or making them feel unwelcome. With that, we are relaxing some of the traditional hitting rules. We hope captains and experienced players will encourage player improvement as the season progresses by showing proper techniques when possible.

- Blatant, open palm, upward motion “lift-type” carries should all be called. Same with all obvious catch & re-directs. It is up to the team captain to call out THEIR OWN team for these infractions.
- No touching the net. Obvious net infractions should be STRONGLY enforced. Slight and questionable brushes with the net will not. *(The reason being is that we need to protect the temporary net set-ups.)*
- No blocking of serves. No two-handed “hits” or “sets” from the front row on service receipt. Back row may service receive this way.
- Sloppy sets, defined by spinning, “bad hands” or illegal directions shall be forgiven in play, but may be self-called by the offending player or captain if they desire.
- Separated hand hits, bumps & sets (traditionally called a double-hit fault) shall be forgiven but may be self-called. However, consecutive hits by the same player taking place in separate actions are not permitted and should be called out.
- Two hitters at once. When two players hit the ball at once, it will be considered one hit. No penalty.
- A blocked ball is not considered a hit, and either the blocker or the hitter may re-hit the ball a second time following the block.
- Overhead, open-hand, reach-type hits – that result in a spinning rearward motion ball shall be forgiven in play but may be self-called.
- No players should be reaching over the net to block or hit a ball that is ENTIRELY on the other side – A ball is in play as soon as any portion of it breaks the upward plane of the net, and either player may hit or block it at this point with hands that cross the plane. No spiking another teams’ sets, or roof blocking.
- Dinks and Back row hitting will be permitted.
- When in doubt, the call goes to the hitter. We are relying on teams to self-govern as best as possible.
- Under no circumstances shall opposing teams protest a call based on illegal hits, as described above.
- A ball landing on any portion of the lines is considered in bounds.
- Foot fault on service. Shall be forgiven once per service, with one warning by team captains. That service shall be replayed. A second foot fault in a row, after a warning, should be called out and point awarded to the other team.

Time-Outs & Challenges

- One Time-Out, and one Challenge per game. Each last one minute. Can only be called by the captain. Challenge resolution will typically be a “re-play” and not an over-ruling.