



social volleyball rules

1 – SPORTSMANSHIP

A. This rule is the most important. Everyone is here to have fun, meet new people, play sports, and partake in events. Be respectful and conscious of your actions. We take this rule very seriously, as members of FwF Sports we expect fun and inviting games full of sportsmanship and good will. Anyone found to be harassing, threatening, or otherwise a detriment to the FwF standard, will be removed from the game immediately, and further discipline will be enacted post game to the extent of suspensions or league banishment.

B. If the above sportsmanship rule is broken then the ref will issue 1 warning to the player and make the team captain aware. The ref will state the warning based upon the player's behavior. Refs have discretion at all times to skip a warning when any players language or behavior is hostile or threatening in any way.

•The 2nd warning, in the same game to the same player, will result in the player being removed from that game roster. If the team does not have enough players, they will have to play short and can't pick-up players. The team will take an out everytime that player's turn to kick comes. The player removed from the game must leave the field of play all together. The player cannot sit on the sidelines or be within hearing distance in the chance that they decide to further yell, taunt or threaten.

•If the player does not leave, the game will be called and the team will take a forfeit.

•If a player is ever tossed from a game, the team captain can ask that we remove that player from their roster permanantly, if they so wish. That player will not be reimursed if this does occur.

•If a player is tossed from more than 1 game in ANY of the FwF Leagues over 1 season, that player will be banned from the league.

•This behavior and the sportsmanship rule also does apply to how you talk to the umpires as well. If our staff is threatened and the umpire no longer feels safe, the player who made the threat will be removed from the league.

•If we must issue warnings to multiple players on the same team, the entire game will be called. The opposing team will take an automatic win. Be respectful and make for a comfortable playing and working environment for all. Aggressive behavior is not welcome in this league.

•If a player has received any form of suspension in any FwF league they will not be permitted to be on the field or near any FwF games.

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C. Any player that is suspended or removed from the league will not receive compensations for games not played. Players may request a review of their status after season's end for the upcoming seasons. ***Harassing, threatening, or attitude detrimental to FwF includes, but is not limited to, unnecessary roughness, fighting, verbal confrontations, threatening harm, and excessive arguing causing play stoppage. Officials have the discretion to determine if any of the above or other situations might violate FwF standards.

2 – TEAM COMPOSITION

- A. Five players must be present to start a match. Check-in with the commissioner with all subs.
- B. Player combinations allowed are:
6 or 5 players - 3 men max; no max women
4 players are allowed as long it is agreed upon by the opposing team. Must have at least one female playing.
- C. **No more than two players on a team may be a member or coach of a volleyball club that plays competitively, or a former member of an intercollegiate volleyball team.**

3 – GROUND RULES

- A. Before the match, the captains from each team will participate in a coin toss. The winner of the coin toss shall choose to serve first or chose which side of the court his team shall play on during the first game of the match. The loser of the coin toss chooses the remaining option. The team not serving first the first game shall serve first in the second game.
- B. Sets one and two shall be played to 25 points, rally scoring, with a cap at 30 points. Set three shall be played to 15 points, with a cap at 20. Sets must be won by two points, unless the set reaches its cap (Example: a team could win by the score of 30-29). Match format will be best 2-out-of-3. At end of each game teams will switch sides of court.
- C. The Serve: Legal serve; the server must wait to be beckoned for the serve by the Ref. The server shall stand with both feet behind the rear boundary line. There are no restrictions as to how the ball may be served except that it must be clearly hit, not thrown or pushed. Side out is declared when a served ball hits the net and does not pass over. A ball that contacts the net and continues over constitutes a LEGAL serve.
- D. When serving the following rule applies: “3 Bad Toss Rule” meaning a player does 3 bad tosses in a row, they’ll lose their serve. You MUST hit the third toss. (Your toss does not have to hit the ground) The referee will reset and blow there whistle each bad toss.
- E. The team receiving the ball for service immediately rotates one position clockwise after side out. The front line (closest to net) moves one position to the right and the back line moves one position to the left.
- F. Any player may contact the ball with any body part, above or below the waist.
- G. A ball touching any part of the boundary line is in.
- H. It is permissible to run out-of-bounds to play a ball.
- I. Players are not permitted to scoop, hold, or throw the ball. The ball must not visibly come to rest on the player’s hands, fingers, or any other part of the body.
- J. A player shall not make successive contacts of the ball unless he/she has blocked a spike at the net. One person may play the ball twice during a volley but not twice in succession.

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- K.** A ball, other than a serve, may be recovered from the net provided the player avoids contact with the net and does not catch or hold the ball.
- L.** Contact of the ball during blocking action does not count as one of the three team hits.
- M.** As long as the team in possession isn't attempting an attack (spike/push) before the 3rd touch the opposing team may not have any part of the hand over the plane of the net during a blocking attempt. A call will only be made if it results in interference.
- N.** There are no gender restrictions for multiple contacts of the ball.
- O.** Spikes by any gender are legal.
- P.** The ball must always be returned over the net by the third contact, unless a block is the initial contact in which case the ball must be returned by the fourth contact.
- Q.** Blocking: A successful block is accomplished when either the ball rebounds off the hands of the blocker and directly back into the opponent's court, or deflects off the hands in such a way that the blocker's team may play the ball. An attempt to block does not constitute a block unless the ball is contacted during an attempt. The team which has attempted a block shall have the right to three more contacts with the ball in order to return it to the opponent's side. When the ball, after having touched the top of the net and the opponent's block, returns to the attacker's side, the team then has the right of three more contacts in order to return the ball to the opponent's side.
- R.** Net Play: A player may reach under the net as long as he/she does not interfere with an opponent's attempt to play the ball. A player may reach over the net to complete a spike which was begun on the player's own side of the net. A player may never touch the net. A player may reach over the net to block, but not to interfere with the opposing team's play.
- S.** Substitution: All substitutes will be made in the center back position. A player arriving late for a team of less than six can only rotate in when his/her team has the serve.
- T.** Blocking and spiking the ball on the serve is illegal. But setting a ball on serve is permitted.
- U.** Back-row player attacking a ball inside the front zone (the area inside the 3M/10-foot line) when, at the moment of contact, the ball is completely above the net. This is an illegal attack.
- V.** The server has to contact the volleyball and put it in play BEFORE stepping on the end line or into the court. If you step on or past the line before serving, that's a foot fault. And the serve and point will go to the opposing team.

4 – TIME-OUTS

- A.** Time out may be requested by the captain only, and only during when the ball is not in play (dead ball). Once the signal for the serve has been made, a time out will not be granted. One, 60 second, time out is permitted for each team during a game. If the games reaches a 20-20 tie, each team is granted one additional time out.

5 – GAME-TIME & FORFEITS

- A.** All matches will start at their designated times. There is a 10-minute grace period until a forfeit is declared. Commissioner will declare a contest a forfeit and have the discretion to amend the 10-minute forfeit time rule in the event of unforeseen circumstances.
- B.** You must have at least 4 players present to not have to take a forfeit. Remember that substitute players are allowed up until playoffs.
- C.** All other rules not covered herein shall be in accordance with the referee's good judgment.

6 – SUBSTITUTE PLAYERS

- A.** You may use a substitute for your team. The substitution rule is as follows:
 1. If you have 6 players present, no subs allowed.
 2. You can never have more than 3 You can sub anyone even if they are registered on another team in the league. .
 3. Your team meets the minimum registered roster players of 6. If the team has less than 6 registered, your team is NOT allowed to pick-up subs under any circumstance.

7 – SCHEDULING

- A.** The first game schedule will be posted 5-7 days prior to the beginning of the season. The rest of the schedule will be posted before the first game.
- B.** Once finalized, the playoff schedule will be posted on the FwF Sports website as well as the social media page. Teams are responsible for checking the website for updates with scores, standings, and stats. Playoff schedule won't be released until after the final game.

8 – PLAYOFFS

- A.** Playoffs will consist of a single elimination tournament for all teams.
- B.** All regular season rules are in effect and NO SUBS IN THE PLAYOFFS, no exceptions.
- C.** Best 2 out of 3 for playoffs
- D.** To start the game, higher seed gets to pick serve OR which side of the court they would like.
- E.** If there is a third and deciding set, there will be another coin toss.

9 – CANCELLATIONS

- A.** Teams will be notified by the commissioner via captain's chat, email OR notified via our social media page. Always check with your team captain when weather looks bad.
- B.** These games will be made up prior to or at the end of the season, prior to playoffs.
- C.** Makeup games will include playing in double headers.

10 – CONDUCT

- A. Only captains are permitted to stop the flow of the game to discuss a call with the commissioner.
- B. There will be a ZERO tolerance for physical altercations.
- C. Friendly banter is allowed but any negative banter will not be allowed and will be given a warning, If it continues the player could be ejected from the game.

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