



Beach Volleyball Rules



Last Updated: June 6, 2022

1. Pre-Game – Equipment, Game Time, Defaults

Play that is competitive, overly aggressive, rough and/or unsportsmanlike such as pushing, shoving, elbowing, shouldering, tripping, hacking, slashing, sliding, tackling, ball blasting, chirping, name calling, threats and intimidation, is prohibited and will not be tolerated by FCSSC. FCSSC IS FIRST-AND-FOREMOST-FOR-FUN. ANY ROUGH OR PHYSICAL PLAY WILL RESULT IN IMMEDIATE EXPULSION FROM THE GAME, THE LEAGUE, THE CLUB AND/OR ALL OF THE ABOVE. All players should go out of their way to avoid contact with other players and/or eliminate actions or behaviours that could jeopardize player safety. If accidental contact occurs it is expected that players will apologize for that contact, ensure everyone is alright and stop the game to seek appropriate help as required. **This rule supersedes all others!**

Equipment/Set-Up: FCSSC Game Co-ordinators will provide volleyballs for each game and will set-up the net(s) for the game. Teams are welcome to bring their own balls for warm-up and practice. We ask that each team select a player to assist in keeping score.

Game Time/Default:

- Please arrive 15 minutes early so that you can start your games on time.
- Games are 55 minutes in length.
- Games are comprised of 3 RALLY POINT games to 25 points, with a margin of at least 2 points separating the winning and losing team. Games are capped at 27.
- **REC teams** are comprised of six (6) players with a minimum of two (2) women and two (2) men. Maximum roster size is eight (8) players at the court.
- **INT teams** are comprised of four (4) players with a minimum of one (1) woman and one (1) man. Maximum roster size is five (5) players at the court.
- If any team cannot field a squad by 10 minutes after the official start time, they will default the first set of the match. The second set of the match will be defaulted 20 minutes after the official start time and the third and final set of the match will be defaulted 30 minutes after the official start time (e.g. a team that defaults the first game, can still play the second and third games, providing that enough players eventually arrive).
- Captains may agree to waive the rules regarding minimum people/gender rules but this should be decided before the game starts. IF IT IS AGREED THAT THE GAME COUNTS, IT COUNTS!

2. In Game – General Rules

General Rules:

1. Rally point scoring WILL be used during league play - you do not have to be serving to score a point.
2. New players are rotated in before your team starts a new server.
3. A player may NOT block or spike a serve.
4. Players CAN open-hand volley a serve.
5. A server may serve the ball from anywhere along the baseline.
6. Net serves ARE allowed. This means that if a serve hits the net but the motion of the ball carries it over the net, it is a live ball - it is not a service fault.
7. A player may play the ball off any part of his/her body, including feet.
8. A player may NOT touch the net during any part of the play. **Please call your own net violations!**
9. A player may pass under the net as long as the penetrating foot or hand remains either in contact with the centre line or directly above it. To contact the opponent's court with any other body part is forbidden and a point should be awarded to the other team
10. Players in the back row are NOT allowed to hit or block at the net. Although there is no 3-metre line indicated on the court, players should use their best judgment to hit from the backcourt area if they are in this position.
11. If time runs out in the middle of a game, whoever is winning the game at that moment is considered the winner. A team must win at least 5 points in a set in order for it to count as a win/loss. If neither teams gets at least 5 points, the set is deemed a tie.

12. Servers DO rotate after five consecutive points. The same team continues to serve as long as his/her team successfully wins the point.
13. A game can end in a tie during the regular season. In the playoffs, a game that is tied at the end of regulation time is decided by a single "rally point", served by the team in control of the serve.
14. Please be aware that ALL THREE games count towards the overall league standings and must be played. (i.e. DO NOT simply play a best 2 out of 3 game match).
15. Any team defaulting more than 2 matches may be asked to leave the league, with no refund.
16. Teams may call a one (1) minute time-out per match if needed except during the final 10 minutes of play.
17. Games are played rain or shine.

Discrepancies: All games are self-refereed. Any disputes will be discussed amongst the two team captains. Please play honestly and call your own infractions (lift, net, etc). If a dispute cannot be settled the point should be re-served

Playoffs:

- No Ringers! To play on playoff nights players must have played a minimum of 2 regular season games (6–8-week season) or 3 regular season games (9–16-week season) for that team. For volleyball and dodgeball leagues, games = nights.
- A player is only allowed to play for one team in each playoff round. Players cannot sub in for another team during the same round, most particularly in a championship game. Exception: a player may sub for another team in the same league during the same play-off round IF the game is not a championship game (ie, title on the line) and the team needing a sub would default the game without the substitute player (resulting in both teams being unable to play).

3. Post-Game – Score Reporting, Spirit Points, Departure

Score Reporting: Captains from each team are responsible for reporting or confirming game scores within 48 hours of the completion of the game. Scores can be reported or confirmed via our website at forestcityssc.ca.

Departure: Each week after your game, it is important to leave the court in a timely manner. Teams could be playing after you and will need to get their game started on time. It is also possible that the facility could be closing upon the completion of your game and all staff and FCSSC members will need to depart the building at that time.