



Court Volleyball Rules

Co-ed Rec & Int 6s

UPDATED July 29, 2026



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

Spirit of the League: The primary focus of FCSSC is FUN! This league is a positive and encouraging environment that is welcoming to players of all backgrounds and playing abilities, with the goal of getting moving, meeting new people, and having fun while doing it! We look forward to an awesome season of welcoming and inclusive play.

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 all right and stop the game to seek appropriate help as required. This rule supersedes all others!

Game Host: You will have an FCSSC Game Host on site to make sure everyone is having FUN during your game! They are responsible for a number of things like waivers, score reporting, rule clarifications etc. to help things run smoothly every week. FCSSC is a self-officiated league, so players are responsible for making calls on the field/court. Your Game Host is NOT a referee, but can act as a mediator if there are any disputes, and has authority in the gym! Please ask your Game Host if you have any questions or concerns during your game!

Equipment/Set-Up: FCSSC Game Hosts 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. In addition, FCSSC's Game Host will keep score when possible (ie. Only one game in the gym at a time). If the FCSSC Game Host is unable to keep score, we ask that each team select a player to assist in keeping score.

Mixed Gender Requirements: FCSSC is committed to providing inclusive access to for-fun sport for players of all gender identities.

REC and INT 6s teams are comprised of six (6) players with a minimum of 2 players of the non-majority gender (for example, a team with 4 men must have 2 players of another gender on the court). Teams can play with less than 6 players on the court without forfeiting to a minimum of 4, and **must** play with less if they don't meet the gender requirements:

- Teams that only have one (1) non-majority gender players must play with only 5 players on the court
- Teams with no non-majority gender players must play with only 4 players on the court

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.
- A default will occur if any team cannot field a squad by 10 minutes after the official start time. The second game of the match will be defaulted 20 minutes after the official start time and the third and final game 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 but this should be decided before the game starts, and the Game Host must be notified. IF IT IS AGREED THAT THE GAME COUNTS, IT COUNTS!

Alcohol/Drugs: ALCOHOL AND DRUGS ARE NOT PERMITTED DURING LEAGUE PLAY! ANY OFFENDERS WILL BE ASKED TO LEAVE THE LEAGUE WITHOUT REFUND. No exceptions.

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. A player may NOT block or spike a serve.
3. Players CAN open-hand volley a serve.
4. A server may serve the ball from anywhere along the baseline.
5. 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.
6. A player may play the ball off any part of his/her body, including feet.
7. A player may NOT touch the net during any part of the play. Please call your own net violations. REMEMBER YOU ARE SELF-OFFICIATED!
8. Rotate new players in before your team starts a new server.
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. 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 team gets at least 5 points, the set is deemed a tie.
11. If 10 minutes have elapsed after the official start of the game and not enough players are present to field a team, the first game of the match is defaulted. At 20 minutes after the start of the official start time, the second game is defaulted, and at 30 minutes after the official start time, the third game is defaulted. Each defaulted game results in the loss of one (1) in the overall standings.
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 ball that hits the wall or ceiling is out of bounds.
14. 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.
15. Teams may call a one (1) minute time-out per match if needed except during the final 10 minutes of play.
16. Each player must sub off in rotation, unless it means their team would not meet gender requirements. Subs must enter the game at the centre back of the court, to the left of the server (positions 6).
17. Intentional screening during the serve is not permitted (including waving the arms, jumping, moving from side to side, etc.) Players from the serving team may not raise their hands above their head until after the serve crosses over the net.
18. Doubles: When a player is setting the ball on the second contact, a double contact should only be called if there are clearly two separate and distinct touches of the ball. This is a for-fun league and players are encouraged to prioritize keeping rallies going. A set that spins, wobbles, or appears "unclean" is not, by itself, a fault. Only obvious double contacts (two distinct touches) should be called. ***updated July 29th, 2026***

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.

3. Post-Game – Score Reporting & Departure

Score Reporting: FCSSC Game Hosts will report the score for each game. Please be sure to inform your GH of the game's score before leaving the facility! Scores and standings can be viewed through your account at www.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.

4. Playoff Games

No Ringers: To play on playoff nights players must have played a minimum of 2 regular season games for that team. For volleyball leagues, games = nights.

Substitutes: 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 (i.e., 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).

Playoff Matchups: For more information about playoffs (including details about how matchups are determined), please visit our policies page at www.forestcityssc.ca/page/policies