

Fraser Valley Rec **Adult Volleyball Rules**



Playing Rules

This league will follow NFHS volleyball rules unless an alternate rule is listed below

- 1. A summary of general volleyball rules observed in this league:**
 - a. 3 touch maximum on each side
 - b. One touch in a row per player
 - c. Blockers may block, then pass or set a ball. A block does not count as a touch
 - d. Service must be behind line or foot fault will be called.
 - e. Teams must rotate clockwise
 - f. No player may touch the net during a play on the ball.
 - g. Teams will switch sides for each game in a match
 - h. If the ball hits the ceiling on your side and then goes over the net, the ball is dead and will result in a side out or point. However, if a ball hits the ceiling on your side and returns down on your side, you may play the ball.
 - i. Teams must have at least 4 players present to start the match
 - j. Each team is allowed two 30 second timeouts during the match
- 2. Match Length**
 - a. League matches will consist of 2 games to 25.
 - b. Game 3 will go to 15.
- 3. Rosters:**
 - a. Teams must have a minimum of 6 players on their roster
 - b. Teams may only have up to 12 players on their roster
 - c. All players must play in at least 4 games to be eligible to play in playoffs
 - d. All genders are welcome to participate in this league
- 4. Service:**
 - a. The ball CAN touch the net on a serve, if it makes it over to the defending side it is in play.
 - b. To block an opponent's service is forbidden.

- i. The serve can only be directly returned with a bump (no setting or attacking)

5. Out of Bounds:

- a. Any ball landing outside the sidelines or baselines is OUT.
- b. Any ball that lands on a baseline or sideline is IN.
- c. Any ball that touches or flies outside of the antennas is OUT.
- d. Any ball that causes a player to go onto the other court is OUT.

League Policies

Minimum Age

- All players must be at least 18 years old.

Rosters:

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- Teams may only have up to 12 players on their roster
- All players must play in at least 4 games to be eligible to play in playoffs
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League Fees:

- League Fees are \$375 per team
- Teams must pay their entire league fee by 12/27/22
- Any team that does not pay by the payment deadline will not be included on the schedule