

## R4 Indoor League Rules

In general, TFC rules are governed by the Volleyball Canada. Please see our House Rules below for exceptions.

### FORMAT

- Players are to call their own fouls. Generally, teams should NOT call fouls against their opponents
- Each team will play 2 matches per night
- For safety, play is dead when the ball crosses the court plain of the next court.

### SCORING

- Rally point scoring.
- Best 2 out of 3 games per match: **0-25, 0-25, 0-7**, all cap; or League Coordinator's time
- All team captains are to report results after each game
- If the score is reported incorrectly, please let us know
- Teams that do not report scores will be ranked by coordinator accordingly.

### SERVER

- Rotation of servers is mandatory, not rotation of court positions
- Serves that touch the net are considered live
- **Server** is designated back court player.

### RECEPTION / VOLLEYS

- Volleys over the net must be square from shoulders & feet
- Open-handed service reception & passing a free ball is permitted.

### ATTACKS

- Attacks may be a hit, a roll or closed-hand tip  
**NOT ALLOWED:** - Open-hand tip a ball over  
- Contact the ball entirely on the opponent's side.

### BLOCKS

- Blocks do not count as a touch  
**NOT ALLOWED:** - Interfere before / during the 3rd hit by penetrating  
- Breaking of the wrist.

## MALE SPECIFIC RULES

- Only initiate back row attacks
- Only **block** men, can "soft block" a women (Below the height of the net) which will count as a touch
- Balls must fully pass over opponents' attack line if you are inside your attack zone (3 metre line)  
**NOT ALLOWED:** - jump **on** or **in front** of the attack line and contact the ball above the height of the net  
- hit ball downwards **on** or **in front** of the attack line on 3rd hit, it has to have an upward arc.

## MISSING PLAYERS

- A minimum of **2 players** must be on the court at all times, with at least **one player of each gender** present
- Missing players from a team will use the **Ghost Rule**. Opponents shall receive a point & serve after the end of the first full rotation.

## TIE-BREAKER

- 2-Way Tie: Broken strictly by **head-to-head** match results between the 2 tied teams.
- 3-Way Tie: Determined by the total **point differential** across all matches played strictly between the 3 tied teams.

## SUBS

- For a player on a given team to qualify for the playoffs, the player must have played for the same team a minimum of ONE (1) week during the regular season
- Play for only one team per league in playoff games
- If a player plays for two teams, the second game will be defaulted.

## NET PLAY

- The ball may touch the net on serves and attacks. Players may not touch the net at any time
- Blockers may contact the ball beyond the net if it does not interfere with the opponent's play before or during the attack. Hands may cross the net after an attack hit if contact was made on the player's own side
- Penetration under the net is permitted if it does not interfere with play. A foot may cross the center line only if part of it remains on or directly above the line
- Players may enter the opponent's court after the ball is out of play
- No fault is committed if the ball drives the net into an opponent.

## DISPUTE(S)

- Dispute(s) shall be resolved by the on court Captain of each team before it is brought to the attention of the League Coordinator.