



Recreational volleyball session rules

Updated 30 June 2025

1. **Be kind** to our volunteer coordinators.
2. Ensure **no dangerous behaviour**. Prioritise staying safe. These sessions have people of all ages, genders and capabilities (intermediate+). Our players' safety is our priority.
3. No landing under or in the net. This is dangerous.
4. Let everyone play their game. **Do not steal another player's passes**.
5. If your level is not high enough, one of our coordinators will let you know and give you some pointers about where you could turn to instead.
6. Keep it **friendly** and **respect** each other.
7. **Follow the rotations**.
8. If you're an experienced player...
 - a. reduce your spike power
 - b. don't try to play as if you were in an NVL team...because not everyone understands positions, attack approaches or receiving formations.

Dangerous behaviour

Behaviour that puts other players in danger will be called out. You'll be asked to not repeat that behaviour. If we see this repeated, you risk being asked to leave the session and potentially being banned from future sessions.

Who to contact in case of an issue

If you have any concerns, please talk to your coordinator. If you've a safeguarding concern, you can raise it with our Safeguarding Officer on clubwelfare@rigavolleyball.com. Outside of that, please contact any member of the Committee with any feedback you may have. You can always see who is on the Riga Committee on our website and you can submit an enquiry there too.