

Community Rules Pack

Beginner-friendly SSC house rules for Footvolley, Altinha and Futmesa. Built for local hosts, mixed levels, parks, beaches, clubs, schools and solidarity tournaments.

Official reference setup sizes

- Footvolley: choose 8 x 16m (European), 9 x 18m (Brazilian), or 8.5 x 17m (common); free zone 3m minimum; net 2.20m men / 2.10m women.
- Futmesa / Footmesa 2022: recommended court at least 8m x 8m, table 80 x 80 x 80cm, service line 1.5m from table, ball 68-70cm and 420-460g.
- Teqball FITEQ: table 3000mm x 1700mm including net, net top height 900mm, official competition court reference 12m x 16m x 7m high.
- Altinha: no single global fixed court size found; competitions vary, often judged circle/quartet presentations of about 4-5 minutes.

SSC principles

- Safety first. No point is worth injuring another player.
- Everyone belongs. Explain rules before enforcing them strictly.
- Keep it moving. Short games, clear calls and quick rotations create more joy.
- Be transparent. Publish registration income, costs, sponsor support and donation

FOOTVOLLEY

Footvolley quick rules

- Standard format: 2 vs 2 on sand, normally using a beach-volleyball court.
- No hands or arms. Legal body parts include feet, legs, chest, shoulders and head.
- Each team has up to 3 touches to return the ball.
- Futevolei / Footvolley standard is 18-point sets, usually best of three: 18, 18 and a deciding set to 15.
- For SSC/community tournaments, anything is possible if announced clearly: 4 vs 4, 1 vs 1, games to 21 or shorter clinics.
- Switch sides every 6 points in sets to 18. In games to 21, switch sides every 7 points.
- Lines are in. If players disagree on a close call in a friendly event, replay the point.

Solidarity Sports Cup

Community rules pack v1 - original SSC house rules for friendly events

SSC

- Bicycle kicks, shark attacks and overhead attacks are allowed only when there is safe space.

ALTINHA

Altinha quick rules

Altinha is a cooperative Brazilian keep-up circle. The main goal is rhythm, creativity, control and joy, not eliminating beginners.

- Stand in a circle with enough space between players.
- Keep the ball in the air using feet, legs, chest, shoulders and head.
- No hands or arms unless the host announces a reset.
- Pass the ball with control so the next player has a fair chance.
- Beginners may be allowed one bounce or coach-assisted resets if the host chooses.
- Challenge options: longest rally, best teamwork, best creativity or one new skill per player.

FUTMESA

Futmesa quick rules

- Play 1 vs 1, 2 vs 2 or rotating king/queen of the table.
- Use a safe table setup with enough space around it.
- No hands or arms during live play. Use football-style touches only.
- Each side has up to 3 touches before returning the ball.
- The return should land on the opponent side of the table.
- The host decides the serve style before the match and uses the same rule for the whole match.
- If a table edge, obstacle or close call creates a friendly dispute, replay the point.

FORMATS

Simple tournament formats

- 4 to 6 teams: one group, everyone plays everyone, top 2 play a final.
- 7 to 12 teams: two groups, top 2 from each group go to semifinals.
- 13 to 20 teams: three or four groups, advance group winners plus best runners-up.
- Announce tie-breakers before kickoff: wins, points, point difference, points scored, then fair-play draw.
- Keep beginner events short. More games and less waiting is usually better than long single matches.

CHECKLIST

Host checklist

- Confirm venue permission, safety and weather plan.
- Confirm sport, format, age limit, start time and estimated finish.
- Confirm equipment: balls, net/table, lines, first aid and water.
- Publish registration deadline and contact information.
- Explain rules before the first game.
- Decide how photos/videos and privacy exceptions will be handled.
- Track income, costs, sponsor support and donation receipt.
- Publish a short thank-you post after the event.

Solidarity Sports Cup

Use this PDF as the printable rule sheet for local SSC events. Full text: [rules/ssc-community-rules.md](#)