



VB Field House Indoor Volleyball Adult League Policies and Procedures

1. PRE-SEASON

1.1 REGISTRATION

Teams will have up to the last regular season game to register. Schedules will then be created and teams will be notified for the upcoming season. A team will need to have the minimum requirement of four (4) players paid in order to be placed on the schedule.

CHECK SCHEDULE REGULARLY – Schedule may change week from week based on Team Adjustments, Scheduling Conflicts, etc...

2. PRE-GAME

2.1: FACILITY

2.1.1 All matches will be played at the [Field House](#) unless otherwise noted. The VBFH has 8 volleyball courts for use, **however**, courts will be assigned as needed to accommodate the scheduling needs.

2.1.2 No outside food, alcohol, and/or tobacco is permitted inside the facility, to include the VBFH parking lot.

2.2: PLAYER ELIGIBILITY

2.2.1 All players must have an updated waiver and an account with VBFH prior to the start of any league or match.

2.2.2 All players must check-in with the front desk and/or referee prior to the start of the game with a valid government-issued photo ID.

2.2.3 Age requirement eligibility: 16 and up

2.3: TEAM COMPOSITION

2.3.1 The match shall be played between two teams of six players each. A minimum of four players (Co-ed Leagues must have a 3:1 ratio for 6v6 and three (3) males to one

(1) female on the court to meet the minimum of four players and inversely for reverse co-ed) is required to prevent a forfeit.

2.4: GUEST PLAYERS

2.4.1 Guest players are allowed for any regular seasoned game. The fee is \$15 per person per team.

2.4.2 No guest players will be allowed to play in playoffs or Championships.

2.4.3 Upon paying, a Guest Player Paid slip or Wristband will be given and must be presented to the Referee on the court. Failure to present the paid slip or provided wristband will result in the player being unable to play. *If a player is found to be playing for any portion of the game without paying, the game will be forfeited for use by an illegal player.*

2.4.4 Guest Player fees can be applied to the registration fee by the roster lock date (mid-season) for players that want to be added to the roster. Any guest players looking to be added to the roster after mid-season will need approval of the League Coordinator.

Teams violating any of the general rules regarding guest players may result in a forfeit for their game.

2.5: EQUIPMENT

2.5.1 Caps with bills are not allowed during intramural play. Players may wear a headband no wider than two inches and made of non-abrasive single-colored cloth, elastic, fiber, soft leather, or rubber. Rubber or elastic bands may only be used to control hair.

2.5.2 Athletic shoes and athletic attire are required.

2.5.3 Jewelry is permitted; however, the Field House staff and referees reserves the right to require any jewelry removed that is deemed unsafe. (ie; dangly jewelry, hoop earrings, ect)

3. IN-GAME

3.1 COMPETITION FORMAT & RULES:

Official USVA Volleyball Rules and Regulations as stated under the Laws of The Game will be enforced. Exceptions are noted below under the Field House Rules. (Click Here: [USVA Volleyball Rules](#))

3.2 LEVELS OF PLAY:

3.2.1. "AA/Open" level features a higher level of play, and is most likely to have former college players.

3.2.2 "A" level features an intermediate level of play. Players will have a good understanding of the rules and a proficient skill set.

3.2.3 "B/BB" level is more a recreation level of play. Players are typically beginners and/or new to the sport.

4. FIELD HOUSE RULES EXCEPTIONS AND CLARIFICATIONS:

4.1. BEGINNING OF THE MATCH

4.1.1 Before the start of the match the referee shall toss a coin in the presence of the opposing captains, after first designating which captain shall call the coin toss.

4.1.1.1 The captain of the winning toss shall choose one of the following options: Team area and Service

4.1.1.1a If the captain chooses the serve, his/her team will serve the first set. The loser of the coin toss will serve the second set and choose which side they would like to start on. If a deciding set is to be played, a new toss will be carried out. After each set of a match, the teams will change playing areas. *Subject to change based on any health mitigation recommendations.

4.2 MATCH PROCEDURES

4.2.1 Regular Season: Matches will have a 55-minute game time. The first team to win the best 2-out-of-3 sets wins the match. Set 3 may still be played even after a winner is announced. Sets one and two will be played to 25 points. Set three will be played to 25 points or time expired.

- a. Playoffs: all post season matches are best of 3 series. The first team to win 2 games wins the match. The first two games are won by the team that scores 25 points first by rally scoring (win by 2 no cap). The third game, if required, is won by the team that scores 15 points first by rally scoring (win by 2 no cap) or expiration of the 55-minute game clock, whichever occurs first.
- b. Championship: All championship matches are best of 3 series. The first team to win 2 games wins the match. The first two games are won by the team that scores 25 points first by rally scoring (win by 2 no cap). The third game, if required, is won by the team that scored 15 points first by rally scoring (win by 2 no cap) and there is no time limit on the 3rd set.

4.2.2 Grace Period: Teams are allowed 10 minutes after starting the game clock to allow players to arrive before the first set is forfeited. After 5 more minutes the entire match is considered a forfeit.

4.2.3 Court Boundary: The ball will be declared out-of-bounds if it hits the ceiling, wall, or any other object or person, not part of the court. The ball is dead when it touches a net antenna or does not pass entirely between the net antennas.

- a. A player may play to the designated Free Zone determined by VBFH - i.e. change from court to green floor area (outside of courts) and to either the player benches or red line (inside of courts). All boundary lines are subjected to change per VBFH.
- b. Do not enter the other court to retrieve the ball, yell "ball" and wait for the other game to cease and then retrieve the ball.

4.2.4. Net Height: 7'11 5/8 " for men(2.43m) (19.5 for Men's FH) and Co-rec play; 7' 4 1/8 "for women (2.24m).(12.5 for Women's play FH).

4.2.5. Substitutions: All substitutes will be allowed. A player late in arriving for a team of less than six can only rotate in when his/her team has the serve. Every player, including subs, must serve.

4.2.5. Timeouts: Each team can call one 30-second time-out in each set. Time outs are not allowed in the third set past the three minute mark. The clock will NOT stop for time-outs.

4.2.6 Rotation: Players are required to rotate positions and can move only after the serve.

4.3 Game Play

4.3.1 The Serve: The server shall stand with both feet behind the rear boundary line (blue line) and serve from any position behind the boundary line. There are no restrictions as to how the ball may be served except that it must be clearly hit, not thrown or pushed (unless stated otherwise per division rules)

4.3.1.1 No jump serves allowed in the B/BB league.

4.3.1.2 The server may drop the ball and perform a redo of the serve once per person.

4.3.1.3 It is illegal for the receiving team to block or spike the ball directly off of a serve. (ie; jumping up and sending the ball straight back is illegal, feet must remain on the floor or it is considered an attack)

If you step over the rear boundary line(blue line) this is considered a foot fault and loss of serve and point will occur

4.3.2. Legal Contact: Legal contact is a touch of the ball by a player's body, above and below the waist. Players are not permitted to scoop, hold, or throw the ball. The ball must not visibly come to rest on the player's hands, fingers, or any other part of the body.

4.3.2.1. A player shall not make successive contacts with the ball unless he/she has blocked a ball at the net.

4.3.2.2. A ball, other than a serve, may be recovered from the net provided the player avoids contact with the net and does not catch, hold, or lift the ball.

4.3.2.3. The ball must always be returned over the net by the third contact, unless a block is the initial contact in which case the ball must be returned by the fourth contact.

4.3.3 Blocking: Blocking is an act at the net which intercepts the ball coming from the opponent's side by making contact with the ball as it crosses the net, before it crosses the net, or immediately after it crosses the net.

4.3.3.1 An attempt to block does not constitute a block unless the ball is contacted during an attempt.

4.3.3.2 Only front row players may block.

4.3.3.3. The team that has blocked shall have the right to three more contacts with the ball in order to return it to the opponent's side.

4.3.3.4 When the ball, after having touched the top of the net and the opponent's block, returns to the attacker's side, the team then has the right of three more contacts in order to return the ball to the opponent's area.

4.3.4 Net play: A player may:

4.3.4.1 Reach under the net as long as one doesn't interfere with an opponent's attempt to play the ball.

4.3.4.2. Reach over the net to complete a spike which was begun on the player's own side of the net.

4.3.4.3. Reach over the net to block, but not interfere with the opposing team's play.

4.3.4.4. Have his or her foot touching the opponent's court as long as some part of the foot is on the midline.

4.4.4.5. NOT touch the net.

4.3.5 Back-Row Play: A back-row player is allowed freedom in moving about the court but may not jump and attack ("spike" or "kill" the ball) in front of the 10-foot line (Blue line). A back-row player may never block the ball. Players must be in legal positions until the ball is served. When playing with only four or five players, two players will be considered back row players, with the latest server being one.

4.3.6 Doubles: Occurs when a player touches the ball twice in a row, or if the ball touches two parts of the players body in succession. (This occurs more often when setting.)

4.4 Officials

4.4.1 The official(s) shall have the authority to warn, penalize, or disqualify any player(s), substitute, or spectator(s) for violations of sportsmanship including, but not limited to, the following:

- Disrespectfully addressing an official or staff member.
- Questioning the official's judgment or decisions.
- Use of disconcerting acts or words when an opponent is about to play the ball.
- Showing disgust with official's decisions.
- Using profane or insulting language or gestures toward an official or other player.
- Baiting players of the opposing team.
- Disrupting the game so that it may not be continued in an orderly fashion.

4.4.2. Players, and spectators conducting themselves in an unsportsmanlike manner shall be assessed penalties in the following manner:

- A yellow card will be issued as a warning.
- A second yellow card will result in a point/loss of rally awarded to the opponent. This is equivalent to a red card. *If one player receives two yellow cards, it will result in an ejection.*
- A red card issued alone for a single offense will result in a point/loss of rally to the opponent. A red card will also result in an ejection for the offending player from the remainder of the match.

4.4.3. The official shall have the power to declare side out, award points, enforce substitution procedure, and determine rule infractions.

5. (Adapted) Co-Rec Volleyball Rules

5.1 All participants must alternate male-female throughout the rotation. You may have 2 males next to each other but cannot have 3 in a row. (coed)

5.2 Reverse Coed:

5.2.1 Male Players are not allowed to hit or block from the front row.

5.2.2 The net height will be 12.5 (womens) regulation height.

5.2.3. All other co-ed rules apply but inversely.

5.2.4. This league can be played 4v4 or 6v6.

6 GAME EVALUATION: ([VBFH Game Evaluation](#))

Game evaluations are an integral part of providing the best positive experience we can to our members. The referees provided are contracted, certified professionals and are not VBFH staff members. Referees appointed to officiate each game, have complete authority on the court of play, and their decisions on points of fact connected with the game are final. Officiating will be monitored and assessed periodically, and management will always try to provide quality officiating at the facility. Constructive comments regarding officiating, game management, or overall game concerns are welcome and encouraged.

Feedback regarding a game should be submitted in writing via email or [VBFH Game Evaluation](#). Please include the following:

- Game date, time, and court number
- Your name and Team Name

Teams are asked not to discuss officiating in a game immediately following their game. The League Coordinator will take seriously all concerns written 24 hours after a game. The League Coordinator or VBFH Staff will not overturn any calls made by the referee during a game.

If a team suspects an illegal player or other illegal activity associated with another team, they should inform the staff immediately. If this activity is discovered after the game is completed, the team should file a formal protest to the League Coordinator. Do not discuss officiating or the officials with the facility staff during or immediately after your game.

