



## ***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 of the current season 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**

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

#### **2.2: Player Eligibility**

1. All players must check-in referee with valid government-issued photo IDs
2. Age requirement eligibility: 16 and up

#### **2.3: Team Composition**

1. The match shall be played between two teams of six players each. A minimum of four players (Co-Rec four must be three men and one woman and inversely for reverse co-ed) is required to prevent a forfeit.

2. In the event your team cannot make a game, please email the respective sport coordinator so that they may contact the other team and make any appropriate changes or accommodations.

## 2.4: Guest players

1. Guest players are allowed for any regular seasoned game. The fee is \$15 per person per team.
2. No guest players will be allowed to play in playoffs or Championships without approval from league coordinator **prior to game**. No approval will be given after the playoff games have started.
3. Upon paying, a Guest Player Paid slip will be given and must be presented to the League Supervisor and/or Referee on the court/field. 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.
4. Guest Player fees can be applied to the registration fee by the roster lock date (week 4) for players that want to be added to the roster. Any guest players looking to be added to the roster after week 4 will need approval of the League Coordinator.
5. Teams violating any of the general rules regarding guest players will result in a forfeit for their game.

## 2.5: Equipment

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. Athletic shoes and athletic attire are required.
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

### A :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](#))

## **B: Levels of Play:**

- Levels of play can be anywhere from AA/Open to B/BB
- "AA/open" level features a higher level of play, and the most likely to have former college players.
- "A" level features an intermediate level of play. It is still bump, set, and spike but results may not be as consistent as in the "AA/open" division. Sets may be a little rough in "A", but should be somewhat cleaner in the "B/BB" level.
- "B/BB" level is more a recreation level of play. Teams may bump, set and spike, but you may have to be ready for anything.

## **3.2 FIELD HOUSE RULES EXCEPTIONS AND CLARIFICATIONS:**

### **3.2.1: Beginning a Match**

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.
  - The captain of the winning toss shall choose one of the following options.
    - Team area
    - Service
      - If the captain chooses the serve, his/her team will serve the first set and the third set, if needed. The loser of the coin toss will serve the second set. After each set of a match, the teams will change playing areas. \*Subject to change based on any health mitigation recommendations.

### **3.2.2: Match Procedures**

1. Regular season: 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 until the 55-minute game clock runs out. If the game ends in a tie, the ref may allow for one more point to be played to determine the winner of that set.
  - 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 3<sup>rd</sup> set.
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.
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 players may play to the red line in between courts, but if the player crosses or steps on the **red line** prior to the ball is brought back to play, the ball is considered out (FH reserves the right to change these boundaries)
  - b. A player who reaches the green on the outside of the court will be considered “out of play” and the ball will then become a dead ball.
  - c. 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. **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).
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.
6. **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.
7. **Rotation:** Players are required to rotate positions and can move only after the serve.

### 3.2.3: Game Play

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)

- 1.1. In the **coed B/BB league** there will be **no** jump serving allowed. (A small hop is acceptable per ref discretion)
- 1.2. The server may drop the ball and perform a redo of the serve once per person per point.
- 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)
- 1.4. If you step over the rear boundary line( blue line) this is considered a foot fault and loss of serve and point will occur
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.
3. A player shall not make successive contacts with the ball unless he/she has blocked a ball at the net.
4. 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.
5. 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.
6. **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, (The ball must be partially over the net, you can't cross over the net to block a ball), or immediately after it crosses the net.
  - 6.1. An attempt to block does not constitute a block unless the ball is contacted during an attempt.
  - 6.2. Only front row players may block.
  - 6.3. 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.
  - 6.4. 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.
7. **Net play:** A player may:
  - 7.1. Reach under the net as long as one doesn't interfere with an opponent's attempt to play the ball or interfere with the opponent's safety.

- 7.2. Reach over the net to complete a spike which was begun on the player's own side of the net.
  - 7.3. Reach over the net to block, but not interfere with the opposing team's play.
  - 7.4. Have his or her foot touching the opponent's court as long as some part of the foot is on the midline. ( A player is **NOT** allowed to be more than half of the player is under the net and or on the other side of the court)
  - 7.5. **NOT** touch the net. The player may retrieve a ball off the net as long as it is not on the serve.
  - 7.6. Hair in the net will **NOT** count as a fault, as long as no body part has touched the net as well.
- 8. **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.
  - 9. **Doubles:** Occurs when a player touches the ball twice in a row, or if the ball touches two parts of the plays body in succession. (This occurs more often when setting) **This call will be based on the perception of the referee.**

### 3.2.4: Officials

- 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.
- 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.
3. The official shall have the power to declare side out, award points, enforce substitution procedure, and determine rule infractions.
  4. **Protests:** In the event that a person feels an official has misinterpreted a rule, he/she must call a time-out at the time of the incident. The official should: 1) Stop the game and 2) bring the protest to the attention of the Intramural Supervisor who will make a ruling. If the protest is upheld the time-out will be reinstated. If the protesting team still feels the ruling is incorrect, it must then lodge a written protest form with the on-site supervisor. The protest will be sent to the Sport Programs Administrative Staff for a final ruling.

#### 4: (Adapted) Co-Rec Volleyball Rules

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)
2. Reverse Coed:
  1. Male Players are not allowed to spike or block from the front row.
  2. The net height will be 12.5 (womens) regulation height.
  3. All other co-ed rules apply but inversely.
  4. This league can be played 4v4 or 6v6.

#### 5: Officiating by level/division:

##### A: Referees will officiate to the level/division of the game:

1. **B/BB (rec league):** Per above rules and exceptions, everything will be called, but will assist in teaching and helping the development of the rules with leniency of interpretation to further development of each player.

##### **Point of emphasis**

- Lifts
  - foot faults
  - and in the net will be called.
2. **A(intermediate):** Per above rules and exceptions, everything will be called, but with leniency to further development of each player.
  3. **AA/Open(competitive/advanced):** Per above rules with exceptions and clarification, all rules will be enforced as written.

