



Virginia Beach Field House Indoor Volleyball Youth League Policies and Procedures

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...

1.2 DIVISIONS

Divisions are made up of specific age requirements and players must meet those age requirements by the start of the current season. (Note: Players may play up in age in any division, but may not play down.)

PRE-GAME:

2.1: Facility

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

All players must check-in with the referee and coach prior to each match. Players must be paid rostered players in order to be eligible for play. In addition, we do not allow guest players in our Youth Leagues.

2.3: Team Composition

1. The match shall be played between two teams of six players each. A minimum of four players is required to prevent a forfeit.

2.4: Guest players

1. No guest players are allowed in the youth league, no exceptions.

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)

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](#)) See below for a standard Court Diagram:

3.2 FIELD HOUSE RULES EXCEPTIONS AND CLARIFICATIONS:

3.2.1: Match Procedures

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.
 - a. The captain of the winning toss shall choose one of the following options.
 - i. Team area / Side
 - ii. Service

1. 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.
2. 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 and/or until time expires of 55 minutes. No game will end in a tie. The referee may allow for 1 more point to determine a winner of the set.
 - b. 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.
 - c. 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.
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 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. **Net Height:** Youth Leagues will play at the standard net height of 2.24 meters or 7' 4.5" (12.5 FH)
5. **Substitutions:** All substitutes will be allowed with the appropriate communication with the official. A player arriving late will not be allowed to enter the court until the point is over and the official has checked in the player.

6. **Timeouts:** Each team can call two 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. No timeouts may be called after the 3 minute mark.
7. **Rotation:** Players are required to rotate positions and can move only after the serve and the ball is put into play.

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. The server may drop the ball and perform a redo of the serve once per point played.
 - 1.2. 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) Back row attacks will be called
 - 1.3. If you step over the rear boundary line (blue line) this is considered a foot fault and loss of serve and point will occur
 - 1.4. Jump serves are NOT legal in the Grassroots Division. Definition: A “jump serve: is when a player tosses the ball in a high arc and swings the ball with high velocity and spin. (a small hop is acceptable, but full jump is not) (refs judgment determines a hop from a full jump)
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 or hold 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. *** (in all coed leagues, if there is more than one contact on the same side of the net a female must contact the ball prior to the ball crossing the plane of the net)*****

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, before it crosses the net, or immediately after it crosses the net during an attack. A block performed on a non-attack (such as a free ball) is counted as a touch.

6.1. Boys age 14 and over cannot contact or spike the ball above the plane of the net. The plane of the net is the top line or tape of the net. We will consider these players as all around backrow players. They will still be able to rotate to the front row, but not act as a front row player.

- 6.2. An attempt to block does not constitute a block unless the ball is contacted during an attempt.
- 6.3. Only front row players may block.
- 6.4. 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.
- 6.5. 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.
- 6.6. An attack or illegal block counts at all times if over the plane of the net, regardless of jumping. For example, if a player is tall enough to reach over the plane without jumping.

1. **Net play:** A player may:

- 1.1. Reach under the net as long as one doesn't interfere with an opponent's attempt to play the ball. If more than half of the body is under the net and close to a player, that will be called as it is a safety issue.
- 1.2. Reach over the net to complete a spike which was begun on the player's own side of the net.
- 1.3. Reach over the net to block, but not interfere with the opposing team's play.
- 1.4. Have his or her foot touching the opponent's court as long as some part of the foot is on the midline.
- 1.5. NOT touch the net at any time during the play.
- 1.6. Retrieve a ball off the net as long as it is not on the serve.

2. **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. A player may jump from behind the ten foot line and land in-front of the line as part of a play. 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.

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

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:
 - o Disrespectfully addressing an official or staff member.
 - o Questioning the official's judgment or decisions.
 - o Use of disconcerting acts or words when an opponent is about to play the ball.
 - o Showing disgust with official's decisions.
 - o Using profane or insulting language or gestures toward an official or other player.
 - o Baiting players of the opposing team.
 - o 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:
 - o A yellow card will be issued as a warning.
 - o 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.*
 - o 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: (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. In a set of 3 plays of the ball, a female must touch it once before sending it over the net, unless sent over the first time from receiving the ball.
3. In the event of having an all male team join, the coed rule will not apply.

5: Officiating by level/division:

1. Referees will officiate to the level/division of the game:
 - a. Grassroots(Rec level): 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.
 - b. Competitive: Per above rules with exceptions and clarification, all rules will be enforced as written.

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 game date, time, and court number, and have your name and the name of your team at the top. 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.