



## ***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 six (6) players paid in order to be placed on the schedule. Team purge dates will be the Friday after registration closes. Being on a payment plan counts as being paid to satisfy the roster requirement as long as at least ONE successful payment is made on/before the purge date.

***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 are required to have an updated waiver, a paid annual membership fee of \$10, and an active account with VBFH before participating in any league or match.

**2.2.2** All players must check-in with the referee prior to the start of the game with a valid government-issued photo ID.

**2.2.3** Age requirement eligibility: 16 and up

-Males 14 & up can play in Men's BB ONLY

## 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. *Please note that playing as a "sub" every week of the season does not constitute you as a rostered player and you will still need approval to participate in playoffs.*

**2.4.2** No guest players will be allowed to play in playoffs or Championships without prior approval from the coordinator, for an injury or military related situation. (Approvals are not guaranteed, will be case by case)

- For approval documentation is required from the injured party or military participant
- To be an eligible replacement, you must have subbed on the team at least once, during this current season.
- No day of accommodations will be made with the exception of a day of injury.

**2.4.3** Upon paying, a "Guest Player Paid slip" will be given and must be presented to the Referee(s) on the court. Failure to present the paid slip 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 player will be suspended from playing moving forward.*

**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 made of non-abrasive single-colored cloth, elastic, fiber, soft leather, or rubber, beanies or soft hats. Rubber or elastic bands may only be used to control hair. *Claw clips or large barrettes are not permitted to play in.*

**2.5.2** Athletic shoes and athletic attire are required. No crocs or jeans will be allowed.

**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)

**2.5.4** The Virginia Beach Field House provides game balls (Blue & White Molten) for use each day. If both teams agree, a different ball can be used in place of the one provided. If both teams do not agree on a game ball, the VBFH game ball will be used for the match.

### **3. IN-GAME**

#### **3.1 COMPETITION FORMAT & RULES:**

Official USAV 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: [USAV Volleyball Rules](#))

#### **3.2 LEVELS OF PLAY:**

**3.2.1.** "AA/Open" level is our highest level of competitive adult recreation volleyball, featuring fast-paced play and stricter rule enforcement. Designed for experienced players, it often includes former collegiate and professional athletes. The league offers a challenging and strategic environment for those seeking top-tier competition.

**3.2.2** "A" level offers a competitive yet slightly less intense environment than the AA/Open league. Players in this league are typically skilled and experienced, with many having a strong volleyball background, but the pace is more approachable for those not competing at the highest level. This league provides a great balance of challenging play and enjoyable competition.

**3.2.3** "B/BB" level is designed for players who are newer to the sport or working to improve their skills. While some days may be more competitive, the pace is generally more relaxed compared to the A and AA/Open leagues. This league offers a great opportunity for players to develop their game in a supportive, fun, and less intense environment.

### **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 (Home team) shall call the coin toss.

**4.1.1.1** The captain of the winning toss shall choose one of the following options:  
Side or Service

**4.1.1.1a** If the captain chooses the serve, his/her team will serve the first set & third set (Regular season ONLY). 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. ( If time expires while in the middle of an active play, the play will continue until a point is awarded. If the awarded point ends with teams being tied, 1 more play will be allowed to determine a winner)
- 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.

**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). At least ONE foot must remain in the playable court boundaries for the ball to remain in play. 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. Subs must advise the official when planning to sub in and the official must give the okay before the substitution enters the court. All substitutions must take place in front of the dotted lines at the 10 ft. line. If teams do not follow the proper substitution protocols, the referee can call them "out-of-rotation" and the team forfeits a point for every improper substitution.

**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 and between the two spec lines. The server has 6-8 seconds to make a service attempt once the referee has beckoned for serve. Failure to serve in the 6-8 seconds will result in the loss of a point. In order for the serve to count, it must be tossed and clearly hit with a player's hand, not thrown or pushed, and the serve is not allowed to kick the ball over the net.

**4.3.1.1 No jump serves allowed in the B/BB league.** (A small hop may be accepted, but both feet cannot leave the ground at the same time.)

**4.3.1.2** The server may drop the ball and perform a redo of the serve once per person. If the ball hits the player in an attempt to let it drop, this is considered an attempt to serve and results in the loss of a point and service goes to the other team.

**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. (Once the ball breaks the vertical plane of the net, either team can play the ball. So if the pass is tight to the net and the ball enters the vertical plane of the net as the setter is trying to make a play, the opposing team can legally block or attack the ball.)

**4.3.3.1** An attempt to block does not constitute a block unless the ball is contacted during an attempt, above the plane of the net.

**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 player's body in succession. (This occurs more often when setting.) As long as the ball continues in its intended direction on the setters side of the courts, play can continue. Doubles for setting will be called if the ball goes outside of the intended direction and over the net. (AA/Open & A leagues ONLY, No double calls in B/BB)

**4.3.7 Lifts:** Occurs when a player makes an illegal contact with the ball, typically by holding, carrying, or allowing the ball to come to a complete rest in their hands. It is often seen as a slow or prolonged contact. In beach volleyball, a set is usually more open-handed and involves a brief, clean contact, while a lift occurs if the ball is held too long. In contrast, a regular indoor volleyball set requires the ball to be cleanly released with a quick, controlled motion, with no prolonged contact or lifting allowed. \*Beach sets are not tolerated in indoor volleyball and will be called for a loss of point.

## 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:

- 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.
- o Aggressively kicking the ball under the net, aggressively grabbing/hitting the net, throwing the ball over the net when the opposing team is not looking.

**4.4.2.** 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 to the whole team.
- o *If one player receives two yellow cards, it will result in an ejection.*
- o A red card will result in an ejection for the offending player from the remainder of the match. This player may be replaced by a paid rostered player or a sub who

has obtained a guest pass from the front desk. ( No guest player will be allowed as a replacement in playoffs or championships, the team will play down if no more rostered players) (if a red card is issued, there is the possibility of potential suspension from the league that will be reviewed and determined by the volleyball coordinator.)

- A Purple Card will be issued to spectators in the event of disrespectful behavior determined by the referee. In the event of a purple card, the spectator will be asked to leave the court. If refusal, the team will be penalized and time will continue to run.

**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.

# Volleyball Court Dimensions

