



**Virginia Beach Field House Indoor Volleyball
Youth League Policies and Procedures 2025**

PRE-SEASON

1.1 REGISTRATION

Teams will have up to the closing registration date (first come first serve spots) 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.** -new for 2025

CHECK SCHEDULE REGULARLY – The 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.) Players are not allowed to play on two teams in the same division to avoid conflict with rosters. They however can play on a second team in a higher division, but must pay the additional registration. -new for 2025

1.3 LEVELS OF PLAY

1.3.1 MS Grassroots Division (10 years old - 14 years old & 11 months)

This division is for beginner to intermediate level players, including those new to the game.

- a. Jump serves are NOT allowed in this division (no hopping, one foot must remain on the ground when serving). However, you are allowed to walk into your serve.
- b. “Doubles while setting” will NOT be called in this division. Double contacts (when a player touches the ball twice in a row when setting).

- c. "Double body contact" is when the ball touches two parts of the body; this will count as a violation.
- d. This division can call up to two 30-second time-outs in each set.

1.3.2 MS Competition Division (10 years old - 14 years old & 11 months)

This division is for intermediate to advanced players.

- a. Jump serves are allowed in this division.
- b. This division will call double contacts (when a player touches the ball twice in a row or the ball touches two parts of the body consecutively, often when setting).
- c. This division can call one 30-second time-out in each set.

1.3.3 HS Grassroots Division (14 years old - 17 years & 11 months)

This division is for beginner to intermediate level players, including those new to the game.

- a. Jump serves are NOT allowed in this division (no hopping, one foot must remain on the ground when serving). However, you are allowed to walk into your serve.
- b. "Doubles while setting" will NOT be called in this division. Double contacts (when a player touches the ball twice in a row when setting).
- c. "Double body contact" is when the ball touches two parts of the body, this will count as violation.
- d. This division can call up to two 30-second time-outs in each set.

1.3.4 HS Competition Division (14 years old - 17 years & 11 months)

This division is for intermediate to advanced players.

- a. Jump serves are allowed in this division.
- b. This division will call double contacts (when a player touches the ball twice in a row or the ball touches two parts of the body consecutively, often when setting).
- c. This division can call one 30-second time-out in each set.

PRE-GAME:

2.1: Facility

All matches will be played at the Field House. 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. To be eligible for play, players must be paid rostered players. In addition, **we do not allow guest players in our Youth Leagues. If a team uses unauthorized players, or player who impersonate another player on the roster your game will be an automatic forfeit.**

2.3: Team Composition

2.3.1 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

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

2.5: Equipment

2.5.1 Caps with bills are not allowed during 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 NOT permitted; all jewelry must be removed from the persons before stepping on the court. A coach can be given a yellow card for not checking their athletes attire. The only exception to the no-earrings policy is if the earring is covered with a Band-Aid.**

2.5.4 **Caps with bills are not allowed during 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.**

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: [2023-2025-USAV-Indoor-Rules-Book](#))

3.2 FIELD HOUSE RULES EXCEPTIONS AND CLARIFICATIONS:

3.2.1: Match Procedures

- a. It is essential that each team identifies a "speaking captain" to the referee prior to the start of the game. This speaking captain will serve as the *sole* point of contact for communicating with the referee regarding calls or rule interpretations. Coaches are *not* permitted to engage in discussions with the referee. If the speaking captain is substituted out of the game, the team must promptly notify the referee of the new speaking captain before the next serve.

3.2.2 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. (Home team will call the flip). The winner of the coin toss will pick to either serve/receive for both the first and third set (the option chosen will be how the first and third set are played)

- a. The captain of the winning toss shall choose one of the following options.
 - i. Team Area/Side or Service
- b. If the captain chooses the serve, his/her team will serve the first and third sets. The loser of the coin toss will serve the second set and choose which side they would like to start on.

3.2.3 Regular season: The first team to win the best 2-out-of-3 sets wins the match. Set 3 will be played even after a winner is announced. Sets one and two will be played to 25 points. Set three will be played to 15 points and/or until the time expires of 55 minutes. No game will end in a tie. The referee may allow for 1 more point to determine the winner of the set if time runs out and the teams are tied.

- 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. The referee may allow for 1 more point to determine the winner of the set if time runs out and the teams are tied.

- 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 set, if required, is won by the team that scored 15 points first by rally scoring (win by 2 no cap). There is no time kept for the championship game.

3.2.4 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.

3.2.5 Court Boundary: The ball will be declared out-of-bounds if it hits the ceiling, wall, glass, 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. Players ARE permitted to go outside the lines of the court to play the ball. However, to avoid a fault, a player MUST maintain contact with the court floor with at least ONE foot. This applies to retrieving balls from both the green floor area (parent's side) and the red midline area (player's side)
- 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.

3.2.6 Net Height: Youth Leagues will play at the standard net height of 2.2 meters or 7 ' 4.5" (12.5 FH)

3.2.7 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.

3.2.8 Timeouts: Timeouts are not allowed in the third set past the three-minute mark. The clock will NOT stop for timeouts, and no timeouts may be called after the three-minute mark.

a. MS Grassroots and HS Grassroots can call up to **two 30-second time-outs in each set.**

b. MS Competition and HS Competition can call **one 30-second time-out per set.**

3.2.9 Rotation: Players are required to rotate positions and can move only after the serve and the ball is put into play.

3.2.10 Injury/Illness: Should a serious accident occur while the ball is in play, the referee must stop the game immediately and assess the situation. The rally is then replayed.

- a. If the injured player cannot continue playing within a reasonable amount of time, the player must be replaced by a substitution.

3.3: Game Play

3.3.1 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.

- a. The server may drop the ball and perform a redo of the serve one time per serve. Failure to successfully serve the ball a second time results in a point for the opposing team.
- b. 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.
- c. If you step over the rear boundary line (blue line), this is considered a foot fault, and a loss of serve and point will occur to the opposing team.
- d. Jump serves are NOT legal in the Grassroots Division (no hopping; one foot must remain on the ground when serving)

3.3.2 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.

- A player shall not make double contact with the ball unless he/she has blocked a ball at the net. (A player blocking the ball is allowed to then contact the ball to pass to another player).
- 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.
- 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)*****

- a. **Blocking:** Blocking is an act at the net that intercepts the ball coming from the opponent's side by making contact with the ball before or as it crosses the plane of 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.
- i. Only front-row players may block. (See 3.3.2b for more information)
 - ii. 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.
 - iii. 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 to return the ball to the opponent's area.
- b. Fieldhouse Rule for Boys in HS Grassroots and HS Competitive:**
- i. **No Jump Attacks in the Front Row:** Boys in HS Grassroots and HS Competitive regardless of age **are not allowed to attack or spike the ball above the top of the net** when jumping (i.e., both feet are off the ground) **while positioned in the front row**. This rule is in place because the net is set at a women's height. Allowing boys to perform front-row jump attacks can lead to an unfair competitive edge and raise the risk of injury due to physical differences in strength and jumping ability since this league is set on a women's height net.
 1. This applies **even if they are behind the 10-foot line**—if they are considered to be in a front-row position, jumping to hit the ball above the net is a violation.
 - ii. **What "Above the Plane of the Net" Means:** The "plane of the net" refers to the height of the top of the net. Any ball contact **made above this height while jumping in the front row** is not allowed.
 - iii. **Blocking Rule:** Boys in HS Grassroots and HS Competitive **are allowed to block** as long as **both feet remain on the ground**. However, this is considered a **"soft block"** and is **not an official block** under volleyball rules. A soft block **counts as your team's first touch**, so your team will have **two remaining touches** to return the ball.
- c. **Net Play:** A Player may:
- i. 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.

- ii. Reach over the net to block, but do not interfere with the opposing team's play. (As long as the blocking player does not touch the net).
 - iii. Have his or her foot touching the opponent's court as long as some part of the foot is on the midline.
 - iv. Do NOT touch the net at any time during the play; this will be called as a violation, and a point will be awarded to the opposing team.
 - v. A player can play a ball off the net as long as it is not on the serve.
- d. Back-Row Play** (male or female of any age):
- i. Any 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.
 - ii. A player may jump from behind the 10-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.
 - iii. When playing with only four players, one player (the server or person who last served) will be considered a back-row player. With five players, two players will be considered back-row players (the last person who served, and the one before that).
- e. 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). Doubles will be called in the MS Competitive and HS Competitive divisions.
- f. 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 points.
- g. Libero** (defensive specialist/designated back-row player) is allowed in this league but **MUST** be wearing a different color shirt or jersey from the rest of the team.
- a. The playing actions:
 - i. The Libero is allowed to serve for one particular player.
 - ii. The Libero is allowed to replace any player in a back-row position.

- iii. He/she is restricted to performing as a back-row player and is not allowed to complete an attack hit from above the 10-foot line.
- iv. He/she may not block or attempt to block.

3.2.4: Officials

- a. 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:
 - i. Disrespectfully addressing an official or staff member.
 - ii. Excessive arguing the official's judgment or decisions.
 - iii. Use of disconcerting acts or words when an opponent is about to play the ball.
 - iv. Verbally expressing disgust with the official's decisions.
 - v. Using profane or insulting language or gestures toward an official or other player.
 - vi. Baiting players of the opposing team.
 - vii. Disrupting the game so that it may not be continued in an orderly fashion.
- b. Players, Coaches, and Spectators conducting themselves in an unsportsmanlike manner shall be assessed penalties in the following manner:
 - i. **First Offense: Yellow Card (warning):**
 - 1. Issued to a team or individual who is not prepared to start or does not return to play within a reasonable time after a timeout. This type of card should be relayed to the captain that then relays it to the coach.
 - 2. Given for unsportsmanlike conduct by a player or coach. This type of card is given directly to the player or coach receiving it.
 - ii. **Second Offense: Yellow Card (last warning):**
 - 1. Given for a repeated delay offense or for unsportsmanlike conduct by a player or coach.
 - iii. **Third Offense: Red card:**
 - 1. Third offense or egregious behavior (individual must leave playing area or building {determined by VBFH management}).
 - 2. Results in loss of serve and a point for the other team.

3. A Red Card may also lead to a potential suspension for the rest of the current season and or future season(s) {determined by VBFH management}).
- iv. **A Purple/Blue Card**
 1. Used for spectators for misconduct (individuals must leave the playing area or building {determined by VBFH management}).
 2. Results in loss of serve and a point for the other team.
 3. A Purple Card may also lead to a potential suspension—not only for the spectator, but also for the athlete associated with them—due to the impact of the parent or guardian’s behavior.
- c. The official shall have the power to declare a side out, award points, enforce substitution procedures, and determine rule infractions.
- d. A red card issued to a youth player will result in these immediate consequences:
 - i. The player must leave the facility if a parent or guardian is present.
 - ii. If no parent or guardian is present, the player must stay seated on the outside area of the courts until a parent or guardian arrives to take him or her home.
 - iii. Further disruptive behavior by the player may result in the referee ending the game and the score at that time being declared the final score.

4: (Adapted) Co-Rec Volleyball Rules

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

4.3 In a set of 3 plays of the ball, a female must touch it once before sending it over the net unless it is sent over the first time from receiving the ball.

5: Officiating by level/division:

5.1 Referees will officiate to the level/division of the game:

5.1.2 Grassroots (Rec level): Per the above rules and exceptions, everything will be called, but will assist in teaching and helping the development of the rules with the leniency of interpretation to further development of each player.

5.1.3 Competitive: Per the above rules, with exceptions and clarification, all rules will be enforced as written.

6 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 (cbeaudin@beachfieldhouse.com). 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.*