



# ***Adult Volleyball Rules***

## **GENERAL INFORMATION**

### **1. The Team**

- a. Teams must have a minimum of 4 paid players on their roster with one being a female or female-identifying.
- b. Players cannot be added to the roster following Week 1.
- c. Substitute players can be from outside the league, the same division, one division above or any division below the division that the game is occurring in. Players may not be added after the game has started without permission from the Volleyball Coordinator. An exception will be allowed if the player is coming off of another game on another court.
- d. The Volleyball Coordinator reserves the right to allow or disallow players joining divisions not commensurate with their ability (I.E.: players "playing down").
- e. Teams cannot play with more than the number of paid players on the roster.
- f. Teams need to have at least 2 players from their roster present and 3 players total to avoid a forfeit, one of which must be female or female-identifying.
- g. In the event of a team having exclusively underage (U-18) players, a legal adult aged 18 or over must be on the bench area of the playing surface.
- h. If there are more than six players playing on one team, any substitutes will be asked to stand on the right sideline (Right Back, or

server's position). Substitutes will rotate into the server's position and out from the Right Forward's position.

- i. No substitutions are allowed for playoffs without the express, affirmative consent of the Sports Director or the Volleyball Coordinator.
  - j. Teams must let the Field House know, via written or verbal communication, of an inability to make a scheduled time slot. Teams who "no call, no show" games will be fined \$25, to be paid before being allowed to play again. Teams must contact the Field House within two hours of their scheduled time for the contact to be considered within standards. *Contacting the other team is not sufficient.*
  - k. There is no "ghost" rule in effect when playing with fewer than six (6) players.
  - l. Refunds will not be granted except for any event directly caused by or is the responsibility of the Field House.
2. The Net
- a. A-Division net violations will be called in compliance with NFHS rules (I.E.: no net contact).  
  
**(NOTE FOR FALL 2024: With no "A" division, I am going to call stricter net contact in the "B" division on Sunday. The "C" division will use the standard listed below - CEB)**
  - b. There is net contact allowed in B, C and D Leagues. Net contact will be called a fault if the player interferes with play or the top band is touched. The following are examples of player interference:
    - i. Touching the top band of the net or top 80cm of the antenna during his/her action of playing the ball.
    - ii. Taking support from the net while simultaneously playing the ball.
    - iii. Creating an advantage over the opponent.
    - iv. Making actions which hinders an opponent's legitimate attempt to play the ball.
  - c. Players may touch the post, ropes, or any other object outside the antenna, including the net itself, provided that it does not interfere with play.

- d. It is at the referee's discretion what interferes with play.

### 3. The Length of Matches and Games

- a. Match winner will be decided by a best two-out-of-three sets, with a firm fifty (50) minute time limit, starting at the designated start time of the match. Only the Sports Director or Volleyball Coordinator may authorize a later starting time.
- b. Rally scoring format is used for all sets.
- c. The first two sets are played to 25. The third set is played to 15. Winning team must win by 2 in all sets.
- d. Each team gets one 30 second timeout per match. The fifty minute timer does not stop during this time. No time-outs will be allowed in the final five minutes of the match.
- e. Intermissions between sets will be a maximum of 1 minute.
- f. Teams switch sides and service each game.
- g. Forfeit time is five (5) minutes after the start of the match, after which the team not prepared to play will lose the first set. If teams are not ready after an additional five minutes, the match shall be declared a forfeit.
- h. At the end of the fifty minute timer, the referee, upon completion of the current rally, will declare an end to the match.
  - i. If the match is in the third set, the game ends immediately. If the score is tied, a last point shall be played to determine the winner.
  - ii. If the match is in the second set, the combined score of the first two sets shall determine the winner. If the score is tied, the leader of the second set will be the winner. If the score is tied with the tiebreaker applied, a last point shall be played to determine the winner.

### 4. Rotation Rules

- a. With six players, standard volleyball rotation rules apply.
  - i. The receiving team of the first service is not obligated to rotate after the first side-out.
- b. With five players, players will rotate out of the serving position and

into the next back-row slot, whereas the last back-row player will rotate into a forward slot. Anyone in a forward slot, regardless of where they line up to receive serve, will have front-line privileges for attacking purposes.

- c. With four players, players must serve in order but can line up how they wish. The three non-serving players have front-line privileges for attacking purposes.
- d. With three players, players must serve in order but may line up however they wish. All three players have front-line privileges for attacking purposes.

## 5. Miscellaneous Rules

- a. Kicking the ball is considered a legal hit so long as no other faults (ball hitting ground, etc) have been considered.
- b. Any foreign object coming onto the court (most commonly a ball from a neighboring court) shall result in play immediately being declared stopped, and a replay of the current point shall be declared.
- c. Only water or a sports drink (Gatorade, Powerade) is allowed on the playing surface. No alcoholic beverages are allowed on the playing surface.
- d. No ball may be played off of the dividing net or the boundary net. All other rules regarding boundaries shall be determined by the referee.
- e. If a team makes multiple hits on a ball, and one of those hits is an attacking play (I.E.: a jumping spike), one of those hits must be by a female or female-identifying player. Balls that are not explicitly attacked can be hit by all-male players (examples: defensive saves, "free" balls).
- f. Any ball that hits the wire on the ceiling at any time shall be declared a dead ball and the point replayed.

## 6. Playoffs

- a. All teams shall make the playoffs at the end of the season and be guaranteed one (1) playoff game.
- b. In the event of there being more teams in a division than a divisible of four (I.E.: 4, 8, 16), lower ranked teams shall be placed in "play-in" games.
  - i. Example: ten teams 7 vs. 10 and 8 vs. 9 move on to play 2nd

seed and 1st seed, respectively.

- c. Playoffs are single-elimination.
- d. The fifty-minute time limit is waived for Playoff Finals.
- e. Final matches must be played on the "A" or "B" courts.

#### 7. Sportsmanlike Conduct

- a. Anyone not actively participating in the game is to stay off the playing surface. Team captains will be responsible for any spectators for their team. At no time should players or spectators use curse words, threatening words, threatening gestures or threatening actions towards any player, referee or Field House staff. Failure to do so will result in an automatic one week facility suspension. A second offense will result in a year-long suspension from the Field House with approval from the Sports Director required for readmission. No refunds will be granted for any suspended period.

**All other rules regarding the sport of Volleyball not covered here shall be addressed per the standards of the National Federation of High Schools (NFHS). The Volleyball Coordinator shall mitigate any disputes and their decisions shall be final and binding.**

#### Policy Updates

In the event a player needs to be replaced due to injury or moving out of reasonable distance to the Fredericksburg Field House, the policy update is as follows:

- Documented proof for the reason a registrant requests a roster injury replacement must be verified before player is replaced; ie... moving to another state, serious prolonged injury preventing registrants from participating in leagues, camps, or clinics they registered for.
- Refunds will only be issued based on a field house game or season cancellation or other cause by fault of the field house.
- Credits to accounts will be issued on a case-by-case basis.

***\*\*Transferring roster spots from a player who is/was not injured or moved out of state or decides not to finish a season, to another player not on the roster, is***

***prohibited and is a direct violation of the new Fredericksburg Field House league policy.\*\****

- a. Players are required to display a state or government issued photo identification card to the field marshal during check in before each game whether you are a rostered player or guest player. Guest players will present a guest player slip to the field marshal at check in prior to the start of the game. Guest players will pay a guest player fee for each team they guest play on.
- b. **Note: If a player is caught guest playing on any team other than the team they purchased a guest player slip for, they will be suspended for a length of time at the Director's discretion. Repeat violators of this rule will be suspended for 2 consecutive seasons up to one year.**

Coaches, Players, and Spectator Conduct Policy

All players not on the court of play, coaches, and family & friends spectating at games are to remain off of the court at all times. At no time should anyone use curse words, threatening gestures, or threatening comments or threatening actions towards a referee, field marshal, or other team's players. Failure to do so will result in automatic suspension for two games. If a player receives a red card in a game, they will be suspended for the remainder of that game and the next game. We have a zero tolerance policy at the Field House. Repeat violators will be removed from the league for the remainder of the season with no refund and with the possibility of not being able to participate in any of the following seasons during the calendar year at the Directors discretion.