



Hagerstown Field House Indoor Volleyball Adult League Policies and Procedures

Pre-Season

Registration

- Teams must register by the specified registration deadline.
- Schedules will be created and sent to teams one week prior to the start of the season.
- Teams must have a minimum of 4 players paid in full to be placed on the schedule.

Pre-Game

Player Eligibility

- All players must have an updated waiver and an account with HFH before participating in any league or match.
- All players must check in with the front desk or field marshal before the game starts, presenting a valid photo ID.
- Players must be 18 years or older and out of high school to be eligible.

Pre-Game

Team Composition

- Matches are played between two teams of six players each.
- A minimum of four players is required to avoid a forfeit.
 - *Co-ed Leagues*: For 6v6, the minimum must include a 3:1 ratio (three males to one female) on the court.

Guest Players

- Guest players are allowed for any regular-season game.
 - The fee is \$15 per person, per team.
- Guest players are not allowed in playoffs or championships without prior approval from the coordinator.
 - Approval is not guaranteed and will be handled on a case-by-case basis.

- To be an eligible replacement, the guest player must have subbed for the team at least once during the current season.
- No same-day accommodations will be made, except for day-of injuries.
- Upon payment, a Guest Player Paid slip or wristband will be issued.
 - This must be presented to the referee on the court.
 - Failure to present the slip or wristband will result in the player being ineligible to play.
 - If a player is found playing without paying, they will be suspended from further participation.

Pre-Game

Equipment

- Athletic shoes and athletic attire are required.
- Jewelry is permitted; however:
 - Field House staff and referees reserve the right to require the removal of any jewelry deemed unsafe (e.g., dangly jewelry, hoop earrings, etc.).

In-Game

Competition Format & Rules

- Official USAV Volleyball Rules and Regulations will be enforced.
 - Exceptions are outlined under the Field House Rules.

Levels of Play

- *"A" Level:*
 - Features a higher level of play, often including former college players.
- *"B" Level:*
 - Features an intermediate level of play.
 - Players have a good understanding of the rules and proficient skills.
- *"C" Level:*
 - Focuses on recreational play.
 - Suitable for beginners or those new to the sport.

Coin Toss

- Before the match begins, the referee will conduct a coin toss in the presence of the opposing captains.
 - The referee will designate which captain will call the coin toss.
- The captain who wins the toss may choose one of the following options:
 - **Team Area and Service:**
 - If the captain chooses to serve, their team will serve first in the opening set.
 - The losing captain will serve first in the second set and choose their

starting side.

- For a deciding set, a new coin toss will be conducted.
- After each set, teams will switch playing areas.

Field House Rules Exceptions and Clarifications

Match Procedures

- **Regular Season:**
 - Matches have a 50-minute game time limit.
 - The first team to win 2 out of 3 sets wins the match.
 - Set 3 may still be played even after a winner is declared.
 - Sets 1 and 2 are played to 25 points.
 - Set 3 is played to 25 points or until time expires.
- **Grace Period:**
 - Teams have 10 minutes from the start of the game clock for players to arrive before the first set is forfeited.
 - After an additional 5 minutes, the entire match is considered a forfeit.

Court Rules

- **Boundary:**
 - The ball is out-of-bounds if it hits the ceiling, walls, or any object or person not part of the court.
 - The ball is dead if it touches a net antenna or does not pass entirely between the net antennas.
- **Net Height:**
 - *Men and Co-rec:* 7' 11 5/8" (2.43m) or 19.5 for Men's Field House (FH).
 - *Women:* 7' 4 1/8" (2.24m) or 12.5 for Women's FH.

Substitutions and Timeouts

- Substitutions:
 - All substitutes are allowed.
 - Subs must notify the official and wait for approval before entering the court.
- Timeouts:
 - Each team may call one 30-second timeout per set.
 - The clock will not stop for timeouts.

Rotations

- Players must rotate positions and may only move after the serve.

Game Play

The Serve

- The server must stand with both feet behind the rear boundary line and serve from any

position behind it.

- There are no restrictions on how the ball may be served, except it must be clearly hit (not thrown or pushed).

Jump Serve

- Jump serves are not allowed in the C league.
 - A small hop may be accepted, at the referee's discretion.

Serve Redo

- The server may drop the ball and redo the serve once per person.

Receiving Team Rules

- It is illegal for the receiving team to block or spike the ball directly off a serve.
 - Example: Jumping up and sending the ball straight back is illegal; feet must remain on the floor, or it is considered an attack.
- A foot fault occurs if the server steps over the rear boundary line (blue line), resulting in the loss of the serve and point.

Legal Contact

- Legal contact is a touch of the ball by a player's body above or below the waist.
- Players are not permitted to scoop, hold, or throw the ball.
- The ball must not visibly rest on the player's hands, fingers, or any other part of the body.

Successive Contacts

- A player may not make successive contacts with the ball unless they have blocked the ball at the net.

Recovering from the Net

- A ball (other than a serve) may be recovered from the net, provided the player avoids touching the net and does not catch, hold, or lift the ball.

Third Contact Rule

- The ball must always be returned over the net by the third contact, unless a block is the initial contact, in which case it must be returned by the fourth contact.

Blocking

- Blocking intercepts the ball at the net, either before or immediately after it crosses the net.

- Once the ball crosses the vertical plane of the net, either team may play the ball.
- Example: If a pass is tight to the net and enters the vertical plane, the opposing team can legally block or attack the ball.

Block Definition

- An attempt to block is only counted if the ball is contacted during the attempt, above the plane of the net.
- Only front-row players may block.
- After a block, the team is allowed three more contacts to return the ball to the opponent's side.
- If the ball touches the top of the net and the opponent's block, and returns to the attacker's side, the team then has three more contacts to return the ball.

Net Play

- A player may:
 - Reach under the net as long as it doesn't interfere with an opponent's attempt to play the ball.
 - Reach over the net to complete a spike that began on their own side of the net.
 - Reach over the net to block, as long as it doesn't interfere with the opposing team's play.
 - Have their foot touching the opponent's court as long as some part of the foot is on the midline.
 - Not touch the net.

Back-Row Play

- A back-row player is allowed freedom to move around 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 are considered back-row players, with the latest server being one.

Doubles

- A double 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 is most common when setting.

Officials

Authority of Officials

- The official(s) have the authority to:
 - Warn, penalize, or disqualify any player(s), substitute, or spectator(s) for violations of sportsmanship, including:

- Disrespectfully addressing an official or staff member.
- Questioning the official's judgment or decisions.
- Using disconcerting acts or words when an opponent is about to play the ball.
- Showing disgust with the official's decisions.
- Using profane or insulting language or gestures toward an official or other players.
- Baiting players of the opposing team.
- Disrupting the game so that it cannot be continued in an orderly fashion.

Penalties for Unsportsmanlike Conduct

- Players and spectators conducting themselves unsportingly will be assessed penalties as follows:
 - **Yellow Card:**
 - Issued as a warning.
 - **Two Yellow Cards:**
 - Results in ejection of the player.
 - **Red Card:**
 - Results in ejection of the offending player for the remainder of the match.
 - The player may be replaced by a paid rostered player or a substitute who has obtained a guest pass from the front desk.
 - **Note:** No guest players will be allowed as replacements in playoffs or championships. The team will play down if no more rostered players are available.
 - **Potential Suspension:** A red card may result in a suspension from the league, to be reviewed by the volleyball coordinator.
 - **Purple Card:**
 - Issued to spectators for disrespectful behavior, as determined by the referee.
 - The spectator will be asked to leave the court.
 - If refusal occurs, the team will be penalized and the game clock will continue to run.

Official Powers

- The official has the authority to:
 - Declare side outs.
 - Award points.
 - Enforce substitution procedures.
 - Determine rule infractions.

Adapted Co-ed Volleyball Rules

Player Rotation

- All participants must alternate male-female throughout the rotation.

- It is allowed to have two males next to each other, but three males in a row are not permitted.

Court Composition

- A maximum of four males are allowed on the court at a time.
- At least two females must be on the court at all times.

Net Height

- The net height will be set at 12.5 for women's regulation height.

Key HFH Volleyball Rules Summary

- **Player Rotation:**
 - Players must alternate male-female in the rotation.
 - Two males next to each other is allowed, but three males in a row is not.
- **Court Composition:**
 - Maximum of four males on the court at a time.
 - At least two females must be on the court at all times.
- **Serve:**
 - The server must stand behind the boundary line.
 - Jump serves are not allowed in the C league (small hops allowed at referee discretion).
 - A foot fault occurs if the server steps over the rear boundary line.
- **Legal Contact:**
 - The ball must not visibly come to rest on a player's body.
 - A player cannot make successive contacts unless blocking.
- **Blocking:**
 - Only front-row players may block.
 - After a block, the team is allowed three more contacts to return the ball.
- **Unsportsmanlike Conduct:**
 - Violations include disrespectful behavior, questioning officials, or using profane language.
 - Penalties range from yellow cards (warning) to red cards (ejection from the match).
- **Guest Players:**
 - Guest players are allowed for regular-season games with a \$15 fee.
 - No guest players are allowed in playoffs or championships without prior approval.

