



VOLLEYBALL RULES

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// PLAYER ELIGIBILITY

1. All Players must be at least 21 years of age and have current, adequate health insurance.
2. All players must be properly registered on a team during the season for which they are playing.
 - a. If a player is registered on more than one team within the league, they may only play for one team in the playoffs.
 - b. All players must agree to the Fray Liability Waiver as described in the Fray Terms and Conditions section of Player Registration.
3. Any use of an ineligible player will result in a forfeit.

// GAME PLAY

1. A maximum of three consecutive contacts per side after a serve or block attempt are allowed to return the ball.
 - a. A block attempt is not considered a contact.
2. No player may hit the ball twice in succession **except** after a block.

3. No part of the body may touch the net at any time unless a ball or person driven into the net causes the contact.
 - a. Player contact with the net in a manner not directly relating to or affecting the course of play is not a violation.
 - b. Contact with hair or part of the uniform will not be considered a fault.
 - c. If two opposing players touch the net, then the ball is declared dead & replayed.
 - d. Players may not cross under the net at any point during gameplay.
4. When executing a block or spike, a player may follow through over the net as long as the individual does not interfere with players on the other side of the net.
5. Out of bounds is the area outside the designated court line. The line is **IN** bounds.

// GOLDEN RULE

First and foremost, all Fray leagues are 50% Social and 50% Sport. While we have staff // officials, we expect individuals to respect the league's fair and fun-play culture. Foul language and rough play will not be tolerated. Individuals who cannot adhere to our fair play and sporting standards may be asked to leave the league. We want everyone to have fun and be social while enjoying a great sport. We will do whatever we can to ensure all players are having fun!

// SHIRT NOTICE

During week 1 of the season, all players will be given DC Fray reversible jerseys for their team, and we encourage them to wear them during the regular season. Reversible jerseys will be required during playoffs. Any player not wearing the reversible jersey or matching team uniform will not be allowed to play during the playoffs.

// GENERAL POLICIES

Fray is proud to relieve captains of the burden of paying for full teams. We accept individual player payments and allow prepayment for additional players and/or full teams. We are also proud to welcome those who do not have a full team (small groups and free agents) to participate in our league.

Because our mission is to make fun possible, these policies make it easier for people to get involved with and build community through social sports.

All registrations are on a first-come, first-serve basis. Any roster that does not reach our official size (based on each sport) can receive free agents and/or small groups. Rosters made up of primarily free agents and/or a collection of small groups may have more players than the

standard roster size. This policy is in place to help ensure free agent teams can consistently field a team each week.

// Roster Size Chart

Sport	Promotion Size	Official Size	Max Roster Size	Women Minimum
Volleyball - 4v4	5	7	9	2
Volleyball - 6v6	7	9	11	2

// Teams & Substitute Players

- 1.
2. **4v4 Leagues:** A maximum of 4 players can be on the court (Mixed - 2 players must be a woman). Teams must have a minimum of 3 players present to start the game. (Mixed - 1 player must be a woman)
3. **6v6 Leagues:** A maximum of 6 players can be on the court (Mixed - 2 players must be women). Teams must have a minimum of 5 players present to start the game. (Mixed - 1 player must be a woman)
4. Substitute players (not on the roster) may be used at any time in the regular season. Substitutes are not permitted during playoffs.
 - a. All substitutes must be registered players on another team and/or in another Fray league currently in play.
 - b. Teams may use additional substitute players above the player minimum with the opposing team's consent. Teams who agree to play under these conditions must notify the Host before the start of the game, and the outcome of the game will stand as is.
5. Teams have until 10 minutes past the designated start time to field the minimum number of players. The 10-minute grace period is considered part of the overall game time. The game will be deemed a forfeit if a team cannot reach the minimum number of players.
 - a. Teams may play a "legal game" with less than the required minimum number of players with the opposing team's consent. Teams who agree to play under these

conditions will lose the option of receiving a forfeit win, and the game's outcome will stand as is. Teams must notify the Host before the start of the game.

6. Teams must designate a captain before the start of the game. **They are the only team member allowed to discuss calls with the host.** Judgment calls by the host may not be disputed.

// Game Substitutions & Rotations

1. Teams are allowed an unlimited number of substitutions per match.
2. All team members must rotate on the court and remain in that position until the serve has been contacted.
3. The player in the back right-hand corner of the rotation will be designated to serve and continue to rotate clockwise.
4. Any player may block or spike at the net, regardless of rotation.

// Service

1. Overhand and underhand serves are allowed. Jump serves are not allowed.
2. When serving the ball, the player has 5 seconds to contact the ball before a side-out is called.
3. If the ball hits the net on the serve but still goes over, it is considered legal.
4. The serve can be returned with a pass or a set. The serve cannot be blocked or attacked at any time.
5. The serve can be made from anywhere behind the end line and within the sideline.
6. A server may not step over the end line until the ball has been contacted.

// Game Duration

1. Matches will be played as a best-of-3 format with a 45-60 minute time limit. Game times may vary based on a specific location.
 - a. If time runs out during a game, the **team with the most points** will be declared the winner.
2. Rally scoring will be used, and a team must win by 2 unless tied at the point cap. If the score is tied at the point cap, the winner of the next point wins.

- a. Leagues that are classified as **SOCIAL OR INTERMEDIATE SOCIAL** will be scored as follows:
 - i. Games 1 & 2 will be played to 21 points with a cap of 25 points.
 - ii. Game 3 will be played to 15 with a cap of 19 points.
- b. Leagues that are classified as **MULTI-DIVISION OR COMPETITIVE SOCIAL** will be scored as follows:
 - i. Games 1 & 2 will be played to 25 points with a cap of 30 points.
 - ii. Game 3 will be played to 21 points with a cap of 25 points.
3. Scores should be called out loudly before each serve.
4. The referee or league host will have a game of rock, paper, and scissors with the winning team captain to determine whether to serve first or choose a side for the first game.
5. Teams will switch sides for the second game. The team that did not start the first game shall serve to start the second game.

// Referees & Sportinglike Conduct

Generally, USVBA rules will be used.

1. Volleyball is a self-regulated game that relies on the Honor System. Teams and players are responsible for calling their own faults during play. If a fault occurs, you are expected to call it as such. While referees may at times call a fault, a lack of a call by a Referee does not remove your obligation to abide by the Honor System.
2. Hosts primary responsibilities are to serve as arbitrators for difficult calls, start and maintain game flow, ensure the safety of all participants and spectators, and enforce the sportinglike Code. It is the PLAYERS' responsibility to identify faults when they occur.
3. League hosts have the authority to eject anyone before, during, and immediately after any match if they feel it is warranted.
4. All decisions made by hosts are final.

// Equipment, Uniforms & Facility Use

1. All equipment will be provided on-site, including a game ball. Teams may use their own ball if both captains agree to use it.
2. Players should make every effort to wear the official Fray division shirt.

3. Indoor volleyball players must wear athletic, closed-toed shoes.
4. If an individual or team violates the facility's Code of Conduct, they may be asked to leave, and a refund will not be issued.

// Playoffs & Standings

1. Based on scheduling and other league logistics, playoffs are determined after the regular season. **Playoffs are not guaranteed.**
2. Standings are sorted based on the teams' Win-Loss-Tie record. If there is a tie in the standings, we sort based on the following information in order until the tie is resolved:
 - a. Head-to-head matchups
 - b. Score differential
 - c. Points For
 - d. Points Against
 - e. Coin Flip

// Forfeits

1. Teams have until 10 minutes past the designated start time to field the minimum number of players. The 10-minute grace period is considered part of the overall game time. The game will be deemed a forfeit if a team cannot reach the minimum number of players.
 - a. **First Forfeit** - Loss of game and warning issued
 - b. **Second Forfeit** - Loss of game and Fray reserves the right to remove team the playoffs.
 - c. **Third Forfeit** - Loss of game and removal from the league with no refund
2. In the case of a forfeit, the final score is recorded as 2-0.

// Weather Cancellations

1. One week is built into the end of each season
2. All players will be notified via email if games are canceled
3. If more than one weather cancellation occurs, Fray will try to find another week, if possible, to make up the games, but it is not guaranteed.
4. Should inclement weather or other factors limit the normal scheduled game duration and more than half the game has been played, the game shall count as the entire game.

5. If a game does not complete 2 sets the game will be deemed incomplete, the game will reset to the start and rescheduled.