



## **Adult Volleyball League Rules and Regulations (Winter 2019)**

### **“The WFA Way”:**

At WFA, our goal is to provide amazing athletic experiences fueled by company spirit. We do this by ensuring a safe, structured sports environment that promotes teamwork, healthy competition, and inclusion.

### **Player Code of Conduct:**

All Employee-Athletes and spectators shall abide by the WFA Employee-Athlete Code of Conduct. It will be the responsibility of the Team Captain to see that all players on his/her/their team are aware of and abide by the WFA Employee-Athlete Code of Conduct. (Refer to the WFA Employee-Athlete Code of Conduct).

No Employee-Athlete shall push, strike, or threaten an official, WFA staff member, spectator or any other Employee-Athlete. The officials are required to immediately suspend any violator from further play. If the charge is found to be egregious, the Employee-Athlete may be subject to suspension from participating in the WFA Program. Please note if a suspension event occurs there will be no refund issued.

Any foul meant to do bodily harm shall result in immediate dismissal from the game and a minimum of one game suspension.

### **Uniforms and Equipment:**

All Employee-Athletes will be provided with Official WFA Company Team jerseys, courtesy of our Apparel partner Champion. **Company Team jerseys must be worn in order to participate in league play.** Employee-Athletes will be required to wear non-marking gym shoes at all times during games. Official game balls will be provided by WFA.

### **Balanced Divisions/Substitution Rules:**

WFA offers two playing Divisions for the 2019 Winter Volleyball season (Division I and Division II). Rosters are formed based on Employee-Athlete’s playing experience, skill level and division preference. WFA will do its best to place teams in divisions that best meets the level of the team as a whole. At WFA’s discretion, they may change your game schedule or assigned team during the season to create a more balanced schedule.

**\*Division II:** "Competitive - recreational," -some former high school players, mostly beginner/intermediate players, play to learn and have fun (winning is a bonus)! (In Division II, coaches will ensure that each player receives balance playing time in each set regardless of skill level).

**\*Division I:** "Competitive – performance," - former college or varsity high school players, high volleyball IQ, play to compete, win and have fun. (In Division I, coaches are not required to give every player equal playing time, however each Employee-Athlete must play in at least 10 points per set).

\*All other rules shall be applied to both Division I and Division II play unless otherwise noted.\*

### **Net Height:**

WFA Volleyball League games shall be played at the standard men's height (7 feet, 11 and 5/8 inches).

### **League Format:**

6 on 6 co-ed. WFA does not place rules and requirements around gender (Example: one female must be on the court at all times). Coaches are expected to distribute playing time in a fair and equal manner.

### **Match Length:**

Best of 3 sets or 45 minutes, whichever comes first. Each set will be played to 25 points, rally scoring, win by 2 or first to 30. Matches must be completed within the allotted time (45 minutes). If match is completed and there is more than 10 minutes remaining on the clock, teams can play a "practice" set until time expires. The referee will put 45 minutes on the clock upon the match's first serve. If teams are tied at the end of 45 minutes of play (example: set #3 score is 10-10), a final point will be played to determine the winner of the match. Teams will receive a one-minute break in between sets.

- If the teams split the first two sets 1-1 (each team won one set) and there is no time left on the match clock at the conclusion of the second set, 2 additional minutes will be put on the clock to play out the third and decisive set. The team with the lead at the end of those 2 minutes will be declared the winner of the match.

### **Time Outs:**

Each team will receive two 30 second time outs during the game to be used at the coach's discretion. They can be used at any point during the match.

### **Out of Bounds:**

- If the ball hits a wall it is considered out of bounds and the point is over.

- A ball hitting the ceiling or an overhead obstruction (lights, fan, or basketball hoop) above a playable area shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net that is occupied by the team that last played the ball.

### **Net Contact:**

No part of a player's body may touch, or go under the opponent's side of the net interfering with play, at any time while the ball is in play.

### **Tiebreaker:**

If teams are tied at the end of 45 minutes of play (example: set #3 score is 10-10), a final point will be played to determine the winner of the match.

### **Match Start:**

The WFA Referee will call on Team Captains who will rock, paper scissors to determine service or return. The other captain will choose preferred side.

### **Employee-Athlete Eligibility and Requirements:**

- Employee-Athletes must be an employee of the respective company they are representing.
- All Employee-Athletes must wear the appropriate team jersey provided by WFA and black shorts are recommended.
- All Employee-Athletes must be pre-registered and rostered with their team.
- All Employee-Athletes agree to make best effort to attend all practices and games.
- All Employee-Athletes agree to complete WFA administered player surveys.
- Employee-Athletes must have participated in at least two (2) league games to be eligible for playoffs and post-season tournaments. WFA shall have the final authority regarding a player and/or team eligibility.

### **Roster Policy:**

- A team may start a game with four (4) Employee-Athletes and may finish with no fewer than four (4) Employee-Athletes
- If a team has 6 or fewer players for their upcoming game, they may recruit a player(s) from their own company (regardless if they play on other WFA teams) up to a total of 7

players (roster + sub = 7 max). If a company has multiple WFA teams, recruiting from those teams should be the first resort.

- When the team is first aware of the shortage, they should alert WFA immediately and let WFA know if they need assistance in recruiting.
- Every effort should be made to get the playing roster confirmed at least 24 hours prior to game time.
- Any borrowed player (sub) who is not a WFA rostered player must complete and sign a WFA waiver prior to the game (if not already on file) and all players will be bound by all the existing WFA rules and regulations.
- A borrowed player can play in up to two regular season games.
- Rosters are limited to 12 players. No additional players may be added to the roster after Week 2 of games.

#### **Playoff Roster Rules:**

- To even the field for playoffs, only rostered players who have played in at least two games during the regular season are eligible for playoff games. If a minimum of 4 eligible players are not available for playoff games, the game will be a forfeit (however, an 'unofficial' game can be played to give players more playing time).
- Teams may not borrow players for the playoffs.

#### **Forfeit Rules and Attendance Expectations:**

- Teams who fail to appear with at least four (4) Employee-Athletes at game time shall forfeit the game.
- Employee-Athletes are strongly encouraged to RSVP to every game through their team page (provided by WFA).
- WFA has a zero forfeit policy meaning if a forfeit is inevitable, WFA will still make every effort to ensure that an "adjusted" game takes place.
- Any team using unregistered or ineligible Employee-Athletes shall forfeit game in which such Employee-Athletes participated.
- Teams are allowed a three (3) minute grace period to provide four (4) Employee-Athletes to begin the game.

#### **WFA Staff/Referees:**

- WFA Staff and/or Referees assigned to games shall have complete charge of the match and it will be their responsibility to enforce all rules of proper conduct and operation of the gym facilities and leagues.
- Employee-Athletes, Coaches, and/or spectators are all expected to honor the decisions of WFA Staff and Referees. WFA Staff and Referees have the authority to remove anyone who is deemed a detriment to the League experience.
- Employee-Athletes may submit a report for league review within 24 hours after any game in which a protest is requested via [info@workforceathletics.com](mailto:info@workforceathletics.com).
- Any Employee-Athlete who continues to violate the Conduct Policy can be suspended from League Play. All decisions are at the discretion of WFA Management.

### **Team Captains:**

- All teams will have a designated “Team Captain,” who is responsible for representing their company teams and will act as the point of contact and liaison for WFA and their company.
- Team Captains are responsible for ensuring their fellow Employee-Athletes know and understand the WFA Volleyball League Rules and Regulations. Team Captains are responsible for conveying league related information and schedules to team.
- Team Captains are responsible for alerting WFA Staff in the event they are short players for the upcoming game and should communicate any issues or concerns with WFA throughout the season.

### **Playoffs:**

- Playoff structure and format will be determined once registration has closed based on amount of teams.
- Every team will be eligible to participate in the Playoffs.
- Tournament seeding will be based off regular season record with tiebreakers being head-to-head matchups and/or scoring differential.
- \*Note- Length of matches are subject to change to accommodate number of teams in playoffs.

## USA VOLLEYBALL RULES – Apply unless otherwise stated.

### SERVING

- Once ready for play (whistled for service) the server is allowed 2 tosses. Ball must be released from hand before contact is made. Play continues until a whistle is blown for a violation or the ball hits the floor.
- Let serves are allowed, and the ball can be played off the net on a serve.
- The server may not step on or over the end line until the ball has been contacted.
- The width of the service area is from sideline to sideline. The depth of the service area is infinite.
- Teams have a maximum of 10 seconds to initiate their serve from the time the previous point ended. If the serving team does not release the serve within 10 seconds, the team loses a point and turns over the serve to the other team. The ref has final say and discretion.
- If a player steps on or over the line, a foot fault will be called and it will be a side out.

### SERVE RECEIVE

Players can return the serve by:

- Bump pass
- Clasp their hands together
- A closed fist
- Open-hand receive by setting the serve

Players cannot return the serve by:

- Attacking the ball on the first hit. The serve may not be spiked or attacked with an overhand gesture towards the ball. Contact with the ball must be made below the height of the net if it is to be directed back into the opponent's side of the court.
- Kicking the ball
- Blocking
- Double contact on the serve receive (the ball coming in contact with various parts of the body consecutively) is allowed provided the contacts occur during one continuous action.

### SETTING

- Sets must be made with light fingertip contact.
- A player is not allowed to cradle the ball or bring it below nose-level before pushing it back out.
- Sets are generally made so that the ball travels in a vertical manner, but can be done laterally as well. However, a set that only travels laterally may be more of a throwing motion than an actual set, and may be considered a carrying violation since it is similar to a carry in that the player is guiding the ball in a non-firm manner.

## HITTING

- A player is allowed to use any part of their body to hit as long as it is not a carry, with the exception being that a serve must be put into play with their arm(s).
- Contact with the ball when spiking is legal only if a portion of the ball has broken the plane of the net or has completely crossed over to the hitter's side of the net. Hitters may follow through over the net after legal contact as long as they do not make contact with the net. The ball must be cleanly hit when spiking with an open or closed hand.
- Teams are allowed a maximum of 3 touches to hit the ball over the net (this does not include a legal block which is not counted as a touch). A team does not have to take 3 touches, they may hit or pass the ball over the net in less than 3 touches if they choose to.
- The same player may not hit the ball twice in succession (this does not include a legal block which is not counted as a touch).
- A ball is considered in if it touches any part of the line.

## BLOCKING

- A defensive block does not count as one of the allowable contacts. A player is allowed to hit a ball immediately after having made contact with a defensive block and is not considered a double hit.

A player may reach over the net to block a ball if:

- Any portion of the ball breaks the plane of the net.
- After the offense has come in contact with the ball 3 times.

## REACHING OVER THE NET

- A player can reach over the net as long as they do not touch the net, but the ball must break the plane of the net before they can make contact with it, unless the opposing team has already made their 3 contacts.

Otherwise, reaching over the net is illegal when:

- Blocking or spiking a set if the ball has not broken the plane of the net.
- Interfering with a pass before it has broken the plane of the net.

- The ball has fully crossed onto the other side of the court (is no longer over the plane of the net) and the player who's side the ball just came from makes contact with it.

## CARRYING

- Carrying is illegal. A carry generally is any use of an open hand(s) while making contact with the ball that is not in a firm manner, but can be called with a closed fist at the referee's discretion. A player may not guide the ball in away similar to dunking a basketball or spiking a football.

## FOOT FAULTS UNDER THE NET

- If player's hand or foot remains in contact with plane of center line it is legal, but if half or more is beyond the line it is a violation. If any other part of the player's body touches the opposing court it is also a violation.

## BACK ROW PLAYERS

- Back row players are not allowed to spike at the net or run up to block. If a back row player wishes to spike (direct a ball into opponent's court that is above the height of the net), their jump must commence from behind the 10-foot line otherwise it is a violation.

## ROTATION

Teams must rotate after every side out, this includes the first side out of the game. Based on the rotation system, there will be 3 front court players and 3 back court players at all times.