



VOLLEYBALL RULES

// QUICK LINKS

[Player Eligibility](#) // **[Game Play](#)** // **[Golden Rule](#)** // **[Uniform Notice](#)** // **[General Policies](#)**

// 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 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. Contact with hair or part of the uniform will not be considered a fault.
 - b. If two opposing players touch the net simultaneously, the ball is declared dead and is replayed.
 - c. Players may not cross under the net at any point during game play.
4. When executing a block or spike, a player may follow through over the net if 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 // hosts, we expect individuals to respect the league's culture of fair and fun play. Foul language and rough play will not be tolerated. Individuals who cannot adhere to our standards of fair play and sportinglike 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 make sure all players are having fun!

// UNIFORM NOTICE

All players will be given PHX Fray jerseys and are encouraged to wear them for the duration of the season. If your team decides to create and wear your own team uniforms, that's acceptable as long as everyone matches and the colors are clear enough for gameplay. Failure to wear the PHX Fray jersey or team uniform will result in a player not being able to play in both the regular season and playoff games.

// 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) is eligible to 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 are able to consistently field a team each week.

// Roster Size Chart

Sport	Promotion Size	Official Size	Max Roster Size	Women Minimum (Mixed)
Volleyball - 4v4	5	7	9	1
Volleyball - 6v6	7	9	11	2

// Teams & Substitute Players

- 4v4 Leagues:** A maximum of 4 players can be on the court (Mixed Gender - 1 player must be a woman). Teams must have a minimum of 3 players present to start the game. (Mixed Gender - 1 player must be a woman). 2 players must be on the team's roster.
- 6v6 Leagues:** A maximum of 6 players can be on the court (Mixed Gender - 2 players must be women). Teams must have a minimum of 5 players present to start the game. (Mixed Gender - 2 players must be women). 3 players must be on the team's roster.
- Open League:** No gender requirements.
- Substitute players (players not on the roster) may be used at any time in the regular season. Substitutes are not permitted during playoffs.
 - All substitutes must be registered players on another team and/or in another Fray league currently in play.
 - 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 will stand as is.
- 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. If a team cannot reach the minimum number of players, the game will be deemed a forfeit.
 - 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. **The captain is the only team member allowed to discuss calls with hosts**, and judgment calls by a host may not be disputed.

// Game Substitutions & Rotations

1. Teams are allowed an unlimited number of substitutions per match. All players must rotate clockwise in a circle (including rotating out if necessary).
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. After a team wins a point, players rotate clockwise around the court. Teams must stay in the same rotation throughout the game.
5. **4v4 Leagues**: Any player may block or spike at the net, regardless of rotation.
6. **6v6 Leagues**: Only front row players may block or spike at the net.

// 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 a legal serve.
4. The serve can be returned with a pass or a set. It 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 in a best-of-3 format with a 45-60-minute time limit. Game times may vary depending on the location.
 - a. If time expires in the middle of a game, the team with the most points will be declared the winner of that game. If less than a two (2) point difference exists

between scores the league host will set a point cap and the teams will play to that point.

2. Rally scoring will be used and a team must win by 2 on their serve unless tied at the point cap. If the score is tied at the point cap, the winner of the cap point wins.
 - a. Games 1 & 2 will be played to 21 points with a cap of 25 points.
 - b. Game 3 will be played to 15 with a cap of 18 points.
3. Scores should be called out loudly before each serve.
4. The league host will have the team's captains play Rock, Paper, Scissors 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 serve to start the first game shall serve to start the second game.

// Hosts & 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 faults during play. If a fault occurs, you are expected to call it as such. While hosts may sometimes call a fault, a lack of a call by a host 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. Hosts can eject anyone before, during, and 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. Indoor volleyball players must wear athletic, closed-toed shoes.
3. 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. Playoffs are determined after the regular season has concluded and are based on scheduling and other league logistics. Playoffs are not guaranteed.
2. Standings are sorted based on 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 the team from 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 full game.
5. Should a match not make it through game 2, the match will be deemed incomplete and will be rescheduled and restarted from the beginning, if rescheduling is possible.