



OFFICIAL RULES – Men’s, Women’s and Coed 4’s

LEAGUE SETUP

Team Format

- In general, The VolleyPark is against making teams forfeit due to lack of players. Eligible team formats for 4’s include:
 - o Men’s: Two or more, all of which can be men or women
 - o Women’s: Two or more, all of which must be women
 - o Coed: 2 M, 2W or 1 M, 3 W; 2 M, 1 W or 1 M 2 W; 1 M, 1W
- All players must sign a waiver form before participating.

Match Format

- Matches will begin every hour starting at 6:30
- Matches are made up of three games, which are played using rally scoring (a point on every serve) to 21. A team must win-by-two, with a cap of 23. All three games will be played regardless of the outcome of the first two.
- There will be a one-hour time limit for each match. If the match is likely to go over the hour time limit, the referee may designate a new score limit.
- If your team is not present within five minutes of your scheduled start time, you will forfeit one game every five minutes. If your team is still not present within 15 minutes of your start time, you will forfeit the entire match.
- Each team gets two 60-second timeouts per match.

LEAGUE RULES

Legal/Illegal Contacts

- **Players CANNOT set the serve.**
- The ball may touch any part of the body, but must be hit, not caught or thrown. In particular, in defensive action of a hard driven ball, the ball can be held momentarily overhand with the fingers.
- Per the above, players **CAN** kick the ball, as long as the contact is clean.
- When setting a ball from a hit that is not hard driven, no spin on the ball (a "clean" pass) is allowed. It is generally encouraged to receive free-balls by “bumping” to avoid this call.
- Players **CANNOT** attack or spike a serve as it is coming over the net.
- Players **CANNOT** “scoop” the ball with an open hand. Any upward swinging motion of the arm to contact the ball must be made with a fist.
- Players **CANNOT** tip the ball using an open hand. The ball can be legally “dinked” using straight, locked fingers; knurled fingers or knuckles; or the heel or palm of the hand.

Setting

- **Beach sets are in general called more strictly than indoor sets.** Legal sets will be made with simultaneous contact of the hands (no double contact) and will have little to no spin, as determined by the referee.
- Accidental sets over the net will result in a point for the other team.
- Intentional sets over the net must travel in a direction directly in front of or behind you (square from the setters shoulders, not to the net), as determined by the referee.

Serving

- The server **CAN** serve the ball anywhere from behind the back line, provided it is within the sidelines extended.
- The server **CANNOT** step on the line while serving the ball. Doing so will result in a loss of rally and a point for the other team.
- The server **CANNOT** “re-do” a serve. If the server releases the ball for service and does not complete the service, the team will be penalized with a loss of rally and a point for the other team.
- A served ball that tips the net **IS** still a live ball.

Blocking/Net Play

- **ALL** players are eligible to attack and block, regardless of court positioning.
- Players **CANNOT** contact the net with any part of their body. This will result in a point for the opposing team.
- Players **CANNOT** run into an opposing team’s players under the net. They **CAN** cross under the net, as long as it does not interfere with play.
- If a ball hits the net outside of the antenna or any part of the net support, the play is dead.
- A block **DOES NOT** count as a hit. If a blocker makes contact with the ball, his or her team has three hits to return the volley.
- A blocker **CANNOT** touch the ball when it is on the other side of the net until after the opposing team hits the ball a third time.

Referees

- All calls by the referee are **FINAL**.
- Only the team captain may approach the referee to discuss/dispute a call.

TOURNAMENT INFO

End-of-Season Tournament

- During the last week of each summer session, there will be an end-of-season tournament to determine a champion on each net.
- Every team will qualify to play in the tournament. Seeding will be determined based on regular season record and head-to-head outcome in the case of a tie. A coin flip will be used to determine any ties that cannot be broken via head-to-head record.

- Tournament match formats will vary based on number of teams, and will be communicated no later than the week before the end-of-season tournament.
- The winning team on each net will receive 4 “Champions” t-shirts. Additional t-shirts can be purchased for \$10.

THE VOLLEYPARK POLICIES

- Volleyball players of all ages are welcome at our facility, but you must be 21+ to drink. If you are caught providing alcohol to a minor, you will be asked to leave the premises **IMMEDIATELY**.
- Children of players are welcome at The VolleyPark, but must be kept supervised **AT ALL TIMES**. The following activities are specifically prohibited:
 - Riding bikes & skateboards
 - Throwing or kicking balls
 - Running, chasing, etc.
 - Going unattended into the bowling alley
 - Playing cornhole (boards are intended for player use)
- Shirts and shoes are required for entry into the bowling alley.
- For the safety of our players, pets **ARE NOT** allowed at The VolleyPark.
- League matches **WILL NOT** be cancelled in advance of the start time due to weather. Our drainage system allows for play even in the rainiest weather.