

OLYMPIA PARKS, ARTS AND RECREATION DEPARTMENT



City of
OLYMPIA

The USA Volleyball rules are used as general guideline for situations not specified below. When a situation creates a dispute that might require an official's interpretation and is not specifically covered in the rules listed here, call a replay. Complete USA rules are available at www.USAVolleyball.org THANKS!

FOURS VOLLEYBALL GUIDELINES

I. PLAYERS

1. Coed Teams consist of four players (maximum of two men). Teams may be mixed in the Men's league.
2. Teams may compete with a minimum of **two players throughout each game as long as at least one of them is a female player (in men's league it is ok to play with only 2 male players).**
3. **PLAYERS MUST COMPLETE AND SIGN YOUR TEAM ROSTER BEFORE PLAYING TO BE ELIGIBLE.** Rosters will be available at the gym. You may not add players to your roster for play-off games or the last week of league. Players must play for a team during the regular season in order to be eligible for the playoffs **unless approved by the league administrator. Players added to rosters after the deadline must be playing at the correct level, and opposing teams (any team still left in the tournament) can veto these late additions at the gym. If a player is vetoed during or after a game, the game will not be replayed or forfeited, the score will still stand as is, that player just won't be allowed to play in that tournament any more. (Players will only be able to be added in emergency situations or if there is a late season schedule change. Ideally teams will call or e-mail me ahead of time, I will ok it or deny it, then pass along to all the other teams left in the tournament who the player is and the reason that a sub is needed).**
4. **Beginning in Winter of 2016 substitute players will now be allowed to substitute for more than one team in the same league. Each team will have a core player roster for their team, substitute players should sign the back side of the roster. Core players can only be listed on one roster in the same league. Substitute players can play on any team in that league throughout the season. Players aren't allowed to sign a core roster and the sub roster. Players on the sub roster can only play on one team for each league during the playoffs, and must have played on that team during the season.**
5. **Teams that borrow players from other core teams can still play, but it will be recorded as a forfeit. They are however able to borrow from the sub list and it wouldn't count as a forfeit.**
6. Players must be 18 years or older unless prior approval has been granted, and parent release forms are filled out.

II. FORMAT/SCORING/AWARDS

7. Rally scoring will be used for all games and matches. Matches = 2 games to 25, win by "2", no cap.
8. Teams are responsible for keeping score. Scores not reported by winning team will be counted as a LOSS. The server **MUST** announce the score **LOUDLY & CLEARLY** prior to serving.

III. GAME RULES

9. Grace Periods: Five minute grace period for the first game of each match. An additional grace period of 15 minutes for the second game of each match. Exception: There will be **NO** grace periods for any matches scheduled to begin after 8:15pm.
10. Home team, listed first, serves first game. Visitor chooses side. Reverse that for second game of match.
11. Two, 30 second time-outs per game. (May be called by any player on the team during a dead ball).
12. Extra players may "rotate" or be subbed in. Late arriving players may enter the game during any dead ball.
13. Serve from anywhere along the backline. You may step on, but not completely over the backline to serve.
14. Service order, once established, must be maintained. Alternate women / men when possible.
15. Serves may **NOT** be blocked or attacked.
16. Any serve that strikes a wall, ceiling, curtain or other obstruction is "out".
17. Once the ball is released for service, it may be caught or allowed to drop for a re-serve, only once per player per term of service.
18. You may go up to, but not onto, the adjoining court to play the ball.
19. There are no overlap violations. All players are eligible to hit / block.
20. The "Woman Contact" rule is in effect.
21. Teams are responsible for calling their own ball handling faults.
22. All chips, dinks, tips, etc., are okay so long as the ball is not double hit, held or thrown.
23. During the team's first hit, multiple contacts with various parts of the body are permitted in a single action of playing the ball. These contacts include "finger action" on the ball and/or contact with the foot. The ball, however, cannot be caught and/or thrown (no prolonged contact). The 'first hit' of the team includes reception of: a) The serve, b) an attack hit (hard or soft) by the opposing team, c) a ball blocked by your own team, and d) a ball blocked by an opponent.

24. Any ball striking the curtain, center beam or walls is “out”. Any ball hitting the basketball backboard or rim shall be out of play unless the attacking team clearly would have been able to play the ball. In this case the point shall be replayed. It is up to the team who hit the ball to make the ruling on this. Balls making contact with anything “hanging” from the ceiling are a “replay” unless played upon. Any ball contacting the ceiling or beams, during play on your side is considered “playable”. Any ball contacting the ceiling or beams while going over the net is considered “out”.
25. Jump serves are allowed in Open, A or B Major play, but not in B or C Major leagues.
26. **Beginning in 2016 contact with the net by a player during the action of playing the ball, is a fault. The action of playing the ball includes (among others) take-off, hit (or attempt) and landing.**
27. Net height for men’s league and regular co-ed is 7’ 11 and 5/8”, for women’s league it is 7’4 1/8”. If it is not possible to get to these heights because of the standards, we will get them as close as possible to these heights.
28. For safety reasons, we prefer that you do not bring children to the gym. If you must bring children with you, a non-playing adult must supervise. You can rotate this non playing adult each game, but the same adult must be next to the child for the whole game. Children 10 and older can be there without an adult on a trial basis. If the child is not sitting quietly they will only be allowed in the gym with a non-playing adult in future weeks.

**Have fun and be friendly. Unsportsmanlike conduct may result in ejection or suspension,
at the discretion of the gym supervisor or league director (Tad Earley 753-8380, or tearley@ci.olympia.wa.us)
THANKS FOR PLAYING!!**