

TRI SPORTS Volleyball 4 - on - 4 Rules

IT IS THE RESPONSIBILITY OF TEAM CAPTAINS TO REPORT THEIR GAME RESULTS TO THE SUPERVISOR BEFORE LEAVING THE COURTS EVERY WEEK.

1. Game Time/Default: Game time is start time. Please arrive 15 minutes early to ensure that your games start on time. Odd/Even number guess will determine which team serves first. Matches are best-of-3, with league standings determined first by match wins and then by win %-age. You must win by 2 points, but there is a cap at 17 (i.e. final score of 17-16). There is a 1-hour time limit. Matches continuing past 55 minutes will shift to rally scoring until completion. League Supervisor will be the official timekeeper. Teams are comprised of four (4) players with a minimum of one (1) woman and one (1) man on the court. A default for each game will occur if any team cannot field a squad 10 minutes after the game's official start time (e.g. a team that is not ready to play 15 mins. late will forfeit the first game, but can play the second and third games of the day). A team can play with a minimum of 3 people, as long as one (1) player is a woman and one (1) player is a man.

2. General Rules:

i. Rally point scoring is not used during regulation league play. It IS used in the last 5 minutes of the hour (overtime).

ii. A player may not block or spike a serve.

iii. Players can open-hand volley a serve.

iv. A server may serve the ball from anywhere along the baseline.

v. A player may play the ball off any part of his/her body, including feet. Please be careful.

vi. A player may not touch the net during any part of the play. Please call your own net violations. Inconsequential contact with the net by a player not making a play on the ball should be ignored, unless it disrupts the play.

vii. Rotate new players in at the server position.

viii. **A player should not pass under the net during play. Players should remain on their own sides. When a player lands on the opponents' side during play, play should be stopped and point awarded to the non-violating team.** (Revised Fall 2009)

ix. Servers DO rotate after five consecutive points. The same team continues to serve.

x. Teams may call a one (1) minute time-out per match if needed.

xi. Games are played rain or shine!

xii. **Serves that hit the net and continue over the net are "in play".** (Revised Fall 2009)

3. Discrepancies: All games are self-refereed. Any disputes will be discussed amongst the two team captains. Please play honestly and call your own infractions (double hit, net, etc). If a dispute cannot be settled, the point should be re-served – It's a "DO OVER!"

General League Rules - apply to all TRI SPORTS sporting events

Player Eligibility: SUBSTITUTES are allowed, but should not be on the roster of any other league team. PLAYOFFS- players must play in 50% of regular season games to participate in the playoffs. Both captains may agree to waive these rules.

Tiebreakers: League standing tiebreakers will be by head-2-head, and win %-age.

Attire: Please coordinate a team color to be worn each week.

Protective Gear: For everyone's protection, knee braces must be of a soft material or be covered and padded so that no hard plastic or metal is exposed. You will not be allowed to play unless your brace is ok.

Jewelry: All dangling chains, watches, rings, and jewelry should be removed for the safety of all players involved.