



Saratoga Springs Recreation

4v4 VOLLEYBALL LEAGUE RULES

Captains, please review all rules with your team before the first game.

TEAM RULES

- 1. TEAM DISCIPLINE:** Playing coaches and/or captains are responsible for discipline and proper conduct of their team members. Please refer to the player code of conduct for specific information.
- 2. TEAM SPOKESMAN:** The playing captain is the only player who may address the referee and shall be the spokesman for that team. One of the four players shall be designated as the playing captain. When replaced, the coach or playing captain must designate another player to assume playing captain duties. The designated non-playing captain may address the referee only for the purpose of requesting a time out, substitution, or line-up check.
- 3. TIME OUT REQUESTS:** Requests for time outs may be made by the designated coaches while at the team bench, and/or the playing captain when the ball is out of play. Each team is allowed two 30-second time outs per set. Teams must return to the court upon notification by the referee. In the first and second set, the clock will not stop if a time out is called. If a match goes to three sets, any time outs taken by a team in the third set will stop the clock.
- 4. JEWELRY, ETC.:** Jewelry is not permitted while playing. These restrictions are for your safety. If the match is stopped in order to remove jewelry, a time out will be assessed.
- 5. SUBSTITUTIONS:** Only the coaches and/or playing captain on the court may ask the referee for permission to make a substitution. Except for replacing an injured player, substitutions may occur for the server before the service has taken place.
- 6. FORFEITS:** All teams must have at least 3 players to play. The opposing team will receive the win for the first set but not the match if the other team has less than 3 players to start. If after fifteen minutes the team still doesn't have a third player, the match will be declared a forfeit.
- 7. TEAM ROSTERS:** Team rosters must be filled out completely and signed by all team members. Rosters must be turned in at the coaches meeting or no later than the first match. Each player can be on one team only. NO player can be added to a roster after the third week. Each team may carry a maximum of 12 names on their roster. Only 8 awards will be given to the 1st and 2nd placed teams. Players must be 16 years old or older by the first scheduled match in order to participate.

RULES OF PLAY

Play will be governed by outdoor rules with the following exceptions

- 1. TIME RESTRICTIONS:** A five minute grace period will occur, if needed, for the first set only. Please be warmed up and ready to play at match time. Matches will be played best of 3 sets. The first two sets will be played to 25 points with a cap of 27 points using the rally scoring system, or to 50 minutes. The last set will be to 15 points with a cap of 17 points. The official will call the match at the end of the third set or at 45 minutes.
- 2. TOURNAMENT PLAY:** All teams will participate in tournament play. Tournament seeding will be determined by regular season standing. T-shirts will be awarded to the first and second place teams. Players need to play in at least 3 regular season matches to be eligible to play in the tournament. For the tournament matches no clock will be used. The tournament will be a double elimination format.
- 3. ROTATIONS:** The standard for 4's rotation is a diamond, (i.e., a front row player (the setter), two hitters (right and left) and a back-row player (server). While players must serve in rotation, they are allowed to line up in any position or rotation. The server cannot leave the ground except to set (this means you cannot leave your feet to spike), and remains the "back row" or "serving" player until a new player rotates to the serving position.
- 4. COED RULE:** In coed 4's, a woman must do one (or more) of the three hits before it goes over the net. If the ball goes over the net on two hits by two male players, it is a side out.

5. **SPIKES:** All players can legally spike the ball at the net. However, when playing 4's, the "back row" player may never leave their feet to spike since there is no 10-foot line. The back-row player can only leave the ground to set.
6. **BLOCKS:** A block does not count as a touch in any outdoor volleyball leagues. (After a block, you're allowed 3 more touches). Guys can block girls and girls can block guys. Back row players (male or female) cannot come to the net to block.
7. **SERVING:**
 - a. Service order must alternate between males and females for coed leagues.
 - i. There is no "ghost player" rule if playing with three players.
 - b. Let serves are legal and playable.
8. **THE NET:**
 - a. No part of the body, arm, or hand may pass over the top of the net during play except on the block.
 - b. There is no center line under the net. A players' body may partially or completely pass under the net into the opponents' court. Interference occurs only if the opponent is hindered in playing the ball.
 - c. An interference results in a side-out or point in favor of the hindered team.
 - d. Net height is 7 feet, 11 5/8 inches for coed leagues.
 - e. Contact with the net by a player is not a fault, unless it is made during the action of playing the ball, or it interferes with the play. Incidental contact of the hair is never a fault.
 - f. The antennas are considered out of bounds and the ball must travel inside the antennas when crossing the plane of the net.