



## **Official Adult Co-Ed 4 on 4 Volleyball Rules**

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### **Team Captain**

- The team captain is responsible for maintaining team conduct and discipline.
- It is the responsibility of the team captain to settle any disputes, including questionable calls during a game.

### **Players on the Court**

- Minimum of two players are required to start games.
- League roster should be comprised of at least two players but no more than six. If the roster contains two players one shall be female and one shall be male.

### **Forfeit**

- Teams have a 10 minute grace period before a forfeit for the first game.
- If the team is not ready to play 15 minutes after the scheduled start time then the match is a forfeit.

### **To Score a Point**

-A team scores a point

- When a team scores a point by successfully grounding the ball on the opponent's court; when the opponent team commits a fault; when the opponent team receives a penalty.
- **Fault:** A team commits a fault by making a playing action contrary to the rules (or by violating them in some other way).
- **Rally:** A rally is the sequence of playing actions from the moment of the service hit by the server until the ball is out of play.
- **Completed Rally:** A completed rally is the sequence of playing actions which results in the award of a point.
- If the serving team wins a rally, it scores a point and continues to serve.
- If the opponent team wins a rally, it scores a point and must serve next.

### -To Win a Set

- A set (except the deciding 3<sup>rd</sup> set) is won by a team which first scores 21 points with a minimum lead of two points. In the case of a 21-21 tie, play is continued until a two-point lead is achieved.

### -To Win the Match

- The match is won by the team that wins two sets.
- In the case of a 1-1 tie, the deciding 3<sup>rd</sup> set is played to 15 points with a minimum lead of 2 points.

### -Positions

- At the moment the ball is hit by the server, each team must be within its own court (except the server).
- The players are free to position themselves.
- There are **NO** determined positions on the court.

### -Positional Fault

- There are **NO** positional faults.

## **Structure of Play**

- Home team has first serve.
- Away team chooses side.

## **States of Play**

### -Ball in Play

- The ball is in play from the moment of the hit of the service.

### -Ball “in”

- The ball is “in” when it touches the surface of the playing court including the boundary lines.

### -Ball “out”

- When it falls on the ground completely outside the boundary lines (without touching them).
- Touches an object outside the court, or a person out of play.
- Crosses completely the lower space under the net.

## Playing the Ball

### -Team Hits

- A hit is any contact with the ball by a player in play.
- Each team is entitled to a maximum of three hits for returning the ball over the net.
- If a team has three males and one female then a female must contact the ball before it is played over the net.
- Open hand-received is **NOT** allowed.

### -Consecutive Contacts

- A player may not hit the ball two times consecutively.

### -Simultaneous Contacts

- Two players may touch the ball at the same moment.
- When two teammates touch the ball simultaneously, it is counted as two hits (with the exception of blocking).
- If they reach for the ball but only one of them touches it, one hit is counted.
- If players collide, no fault is committed.
- When two opponents touch the ball simultaneously over the net and the ball remains in play, the team receiving the ball is entitled to another three hits. If such a ball goes “out”, it is the fault of the team on the opposite side.

### -Characteristics of a Hit

- The ball may touch any part of the body.
- The ball must not be caught or thrown. It can rebound in any direction with the following exceptions: (1) in defensive action of a hard-driven ball in this case, the ball contact can be momentarily overhand with the fingers; (2) open hand receive is acceptable on a hard-driven ball.
- During sets when contacting the ball with one hand, it must be with the heel or palm of the hand, with straight, locked fingertips, and knurled fingers.

### -Faults while Playing the Ball

- When a team hits the ball four times before returning it. This is called **FOUR HITS**.
- When a player takes support from a teammate or any structure/object in order to hit the ball within the playing area. This is called an **ASSISTED HIT**.
- When the ball is caught and/or thrown and it does not rebound from the hit. This is called a **CATCH**.
- When a player hits the ball twice in succession or the ball contacts various parts of his/her body in succession. This is called a **DOUBLE CONTACT**.

- When an open handed set shot over the net is forbidden. One-handed placement or redirection of the ball with the fingers is a fault. This is called a **SET OVER**.

## **Ball at the Net/Playing at the Net**

- Ball touching the net is when the ball is crossing the net and it touches the net.
- Ball in the net is when a ball is driven into the net may be recovered within the limits of the three team hits.
- Do not touch the net at any time.

## **Service**

### -Service Order

- While the serving team wins the rally, the player who served before, serves again.
- When the receiving team wins the rally, it gains the right to serve and the player who did not serve last time will serve.

### -Execution of the service

- The ball shall be hit when one hand or any part of the arm after being tossed or released from the hand(s).
- Only one toss or release of the ball is allowed. Moving the ball in the hand is permitted.
- The server may move freely within the service zone. At the moment of the service hit or take-off for a jump service, the server must not touch the court (the end line included) or the ground outside the service zone. His/her foot may not go under the end line.
- After the hit, he/she may step or land outside the service zone, or inside the court. If the line moves because of the sand pushed by the server, it is not considered a fault.
- If the ball, after having been tossed or released by the server, lands without being touched or caught by the server, it is considered as a service. No further service attempt will be permitted.

## **Attack the Hit**

### -Faults of the attack hit

- A player hits the ball within the playing space of the opposing team.
- A player hits the ball "out."
- A player completes an attack-hit using an open-handed finger action or if using finger tips that are not rigid and together.

## **Block**

### -Blocking

- Blocking is the action of players close to the net to intercept the ball coming from the opponent by reaching higher than the top of the net, regardless of the height of the ball contact. At the moment of the contact with the ball, a part of the body must be higher than the top of the net.

### -Blocking within the opponent's space

- In blocking, the player may place his/her hands and arms beyond the net, provided that this action does not interfere with the opponent's play. Thus, it is not permitted to touch the ball beyond the net until an opponent has executed an attack hit.

### -Blocking the service

- To block an opponent's service is forbidden.

## **Additional Information**

- Leagues will not use referees and will use the honor system.
- All teams are responsible for cleaning up after their players and fans.
- Weather information: 979-209-5204. Cancellation decisions will be made by 4pm before games start.