

LACEY PARKS, CULTURE AND RECREATION DEPARTMENT



LACEY PARKS SPORTS & FITNESS

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 if 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 Field. 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 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 will not be allowed to play in that tournament anymore. (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. **Players will now be allowed to substitute for more than one team in the same league. Players on multiple rosters can only play on one team for each league during the playoffs and must have played on that team during the season.**
5. Players must be 18 years or older unless prior approval has been granted, and parent release forms are filled out.

II. FORMAT/SCORING/AWARDS

6. Rally scoring will be used for all games and matches. Matches = 2 games to 25, win by "2", no cap.
7. 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

8. 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 7:00pm.
9. **Home team, listed first, serves first game. Visitor chooses side. Reverse that for second game of match.**
10. Two, 30 second time-outs per game. (May be called by any player on the team during a dead ball).
11. Extra players may "rotate" or be subbed in. Late arriving players may enter the game during any dead ball.
12. Serve from anywhere along the backline. You may step on, but not completely over the backline to serve.
13. Service order, once established, must be maintained. Alternate women / men when possible.
14. Serves may NOT be blocked or attacked.
15. Any serve that strikes a wall, ceiling, curtain, or other obstruction is "out".
16. 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.
17. There are no overlap violations. All players are eligible to hit / block.
18. **We no longer have the "women's contact rule" in any leagues.**
19. Teams are responsible for calling their own ball handling faults.
20. All chips, dinks, tips, etc., are okay so long as the ball is not double hit, held or thrown.
21. 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.
22. You may go up to, but not onto, the adjoining court to play the ball.
23. Jump serves are allowed in Open, A or B Major play, but not in B or C Major leagues.
24. **no net contact while the ball is in play.**
25. **Faults beneath the net - It is permitted to penetrate the opponent's space under the net, if this does not interfere with the opponent's play. To touch the opponent's court with a foot (feet) is permitted, provided that some part of the penetrating foot (feet) remains either in contact with or directly above the center line: to touch the opponent's court with any part of the body above the feet is permitted if it does not interfere with the opponent's play.**

26. 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.
27. For safety reasons, we prefer that you do not bring children to the field. If you must bring children with you, a non-playing adult must supervise. You can rotate this nonplaying 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.

**Have fun and be friendly. Unsportsmanlike conduct may result in ejection or suspension,
at the discretion of the field supervisor or league director (Sean Finney 360-413-4388, or sfinney@ci.lacey.wa.us)**

THANKS FOR PLAYING!!