2014 FALL VOLLEYBALL LEAGUE

Co-Ed Reverse 4’s

***RULES AND REGULATIONS***

1. **Dates and Start Time**
2. The league will be held on every Wednesday night from September 17th until November 5th, 2104 at a cost of $63 per player.
3. The first set of games begins at 8:00pm. Each game is 30 minutes, with 5 minutes to report scores and start the next round of games. Please arrive 10 minutes early to ensure that your games start on time.
4. 4 games will be played consecutively through out the night (each team will play 2 or 3 games) with the last game finishing at 10:15pm
5. Team Captain’s will paly rock, paper; scissor to decide on who starts with serve and what side the other team would like to start on.
6. **Team Make up**
7. There will be 6 teams in the league
8. Each team is made up of 6 players each (3 female and 3 male).
9. The first 36 players (18 females and 18 males) to sign up and pay will be drafted onto a team.
10. If a team is without at least 4 players (2 females and 2 males) at the start of the game, they may pick-up a player with permission of the opposing team or will forfeit the game.
11. The first week will be an open format from which the director will watch and use the games to select the teams to start the proceeding 6-week league play.
12. **Scoring**
13. Each game will be up to 25 points, win by 2 and cap at 30 points.
14. Rally Point System - A team gets a point on each rally regardless of which team serves. Team that gets the point serves for next point.
15. If time remains teams may start a second game up to 15 points for fun (however it does not count towards Wins and Losses).
16. Each team will be tracked on how many wins they record throughout the 6-week season and will be ranked accordingly for the last week (playoff week).
17. **Referees**
18. All games are officiated by referees (which can be a player from a team sitting off).
19. All teams must abide by the referees calls and should show exemplary sportsmanship to both the other team and the official.
20. There is no tolerance for abusive behavior toward anyone involved in the league and if such behavior occurs you will be warned and reported to the director. If behavior continues you will be asked to resign from the league and never invited back.
21. **General Rules of Play**
22. A team will consist of 4 players on the court at one time: 2 Men and 2 Women, no exception.
23. Net will be set at Women’s Height (7’4” or 2.24 Meters)
24. Unlimited substitutes. However can only sub players in after rally has ended and a female player can only go in for a female player and vise versa for the male players.
25. No rotation is required, however the service order must be maintained.
26. Maximum of 3 contacts per side.
27. A block does not count as a contact.
28. A player may never block or spike a serve on first contact.
29. Player may play the ball cleanly off any part of their body.
30. If a ball lands on the line it is in.
31. Lifting or scooping the ball and double hits is not permitted.
32. “Sets” that accidently drift over the net are permitted.
33. A ball may be volleyed over the net only if you are square to the direction of the ball.
34. A MALE player may attack hit a ball that is completely above the net from behind the attack line (3 meter line). His feet must be completely behind the attack line when leaving the floor.
35. A FEMALE player may attack hit from anywhere.
36. MALE players may only block attack shots from MALE players. However, FEMALE players may block both MALE and FEMALE players.
37. No “open-handed’ tipping: players who contact the ball with one hand putting the ball over the net must do so cleanly using the following shots: - roll shot (hit with heel or palm of the hand)
* knuckle shot (knurled fingers)

 \*\*\*No one-handed placement or redirection of the ball with fingers

1. **Contacting the Net and Center Line**
2. A player may cross the imaginary centerline or touch the lower portion of the net as long as they don’t interfere with the play or get in the way of the opposition.
3. A player may not touch the top band of the net during his or her action of playing the ball.
4. **Serving**
5. Net serves are allowed (the ball is allowed to contact the net on the serve).
6. A server may serve the ball from anywhere along the baseline.