

OLYMPIA PARKS, ARTS AND RECREATION DEPARTMENT



City of
OLYMPIA

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 three players throughout each game.
3. **PLAYERS MUST COMPLETE AND SIGN YOUR TEAM ROSTER BEFORE PLAYING TO BE ELIGIBLE.** Rosters will be available at the gym and T-shirts will only be given to eligible players. You may not add players to your roster for play-off games or the last week of league.
4. Players may be on only one Olympia **COED** Fours roster per season unless prior approval has been received by the league director. Players must be 18 years or older unless prior approval has been granted.

II. FORMAT/SCORING/AWARDS

5. **Rally scoring will be used for all games and matches.**
6. **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.
8. League Champions are determined by games won/lost or in play-offs and receive individual t-shirts.

III. GAME RULES

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9. **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 8:15pm.**
 10. Home team, listed first, serves first game. Visitor chooses side. Reverse that for second game of match.
 11. Two, 30 second time-outs per game. (May be called by any player on the team during a dead ball).
 12. Extra players may "rotate" or be subbed in. Late arriving players may enter the game during any dead ball.
 13. Serve from anywhere along the backline. You may step on, but not completely over the backline to serve.
 14. **"LET" serves are allowed.**
 15. Service order, once established, must be maintained. Alternate women / men when possible.
 16. Serves may NOT be blocked or attacked.
 17. Any serve that strikes a wall, ceiling, curtain or other obstruction is "out".
 18. **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.**
 19. You may go up to, but not onto, the adjoining court to play the ball.
 20. There are no overlap violations. All players are eligible to hit / block.
 21. The "Woman Contact" rule is in effect.
 22. **Teams are responsible for calling their own ball handling faults.**
 23. All chips, dinks, tips, etc., are okay so long as the ball is not double hit, held or thrown.
 24. 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.
 25. Any ball striking the curtain or walls is "out". Any ball contacting the basketball boards or attachments is an immediate dead ball, then "out" or "replay". Balls making contact with hanging ropes are a "replay" unless played upon.
 26. Play the ball from the foot on up! The ball may contact any part of the body.
 27. All net contact is a fault unless it is incidental contact from a loose shirt or long hair.
 28. You may cross the centerline completely, so long as you do not interfere with opponent's play.
 29. For safety reasons, we prefer that you do not bring children to the gym. If you must bring children with you, a non-playing adult must supervise and keep children in the gym only.

Have fun and be friendly. Unsportsmanlike conduct may result in ejection or suspension, at the discretion of the gym supervisor or league director (Shelli Bell, 360-753-8335, sbell@ci.olympia.wa.us)

THANKS FOR PLAYING!!