



Competitive 4's - League Rules

Player Requirements

- 4 players on the court. A default occurs if there are less than 3 players
- The opposing team may waive the minimum player requirement and have the match count as an official game. This determination must be made prior to the start of play. This understanding must be made clear at the net and prior to the start of play by both Team Captains
- A minimum of 1 female must be always on the courts

Start Time

- Please arrive with enough time to check in at volleyball office, check in and to ensure that they games start on time
- If a team does not meet the minimum requirements 5 minutes after the official match start, they will default the first game 21-0. If the minimum requirement is not met 15 minutes after the official match begins, they will default the match. A default match is counted as a loss
- After three (3) defaults, teams will be ineligible from further competition and be removed from the schedules
- After two (2) defaults the team deposit will not be returned at the end of the season.

Substitutions

- Each team can have as many subs as they want. Each team captain and sub must notify the Coordinator and sign/hand in a waiver before playing.
- This league can have two subs per match.
- Subs must be present for at least half of the regular season games to qualify in playoffs. Subs that are new and do not meet this requirement will not be permitted to play in the play offs.
- Valid ID of the sub must be shown to the Coordinator at the start of the match.
- All subs will be tracked and recorded by the Coordinator

Scoring and Standings

- You will play a maximum of 3 teams per night. Each match is 40-minutes in length and within the designated 40-minuters teams will play best out of three games
- Two games are played to 21 points with rally point scoring (a point is scored on every serve) and must be won by 2 points, with a 23-point cap. First to 23 points wins and does not have to win by 2
- The third game is played to 15 points and must be won by 2 points, with a 17-point cap. First to 17 points wins and does not have to win by 2.
- If time runs out the team leading in the third game wins. If the score is tied, then one rally point will be played to determine the winner of the match
- If at the end of the 40 minutes the two teams are tied in games won, then the team with the most total points will be declared the winner of the match. If the total points are even, then one rally point will be played to determine the winner of the match.
- One point will be awarded for each game win. An additional point will be awarded for the win of a match.
 - For example, Team A vs Team B
 - Game 1 to 21 points – Winner was Team A
 - Game 2 to 21 points – Winner was Team B
 - Game 3 to 15 points – Winner was Team A
 RESULTS – Team A is awarded 3 points towards their standings (2 for winning individual games and 1 for winning the overall match). Team B is awarded 1 point towards their standings (for winning one game)
- The Captains are responsible for recording the score of each game and getting scores to the Coordinator at Spike House who will upload them into the scheduling platform. Both Captains must be present to record scores to Coordinator.
- In the event of a tie in the standings the winner will be determined first by Head-to Head followed by Most Wins, Most Points For and lastly Least Points Against

Referees

- There are no referees, all games are self-officiated. Teams are required to call their own violations and the closest player with a clear view of the play makes the judgment on scoring and in/out decision
- Teams are expected to be honest and keep a high level of sportsmanship at all times
- If you feel your opponent is not being accountable, Captains are to politely intervene to discuss.
- If there is a dispute, re-serve the point

Play

- A player may never block or volley a serve
- A ball may be volleyed over the net only if you are square to the direction of the ball. Side-setting is allowed when attempting to set your partner
- No lifting or scooping the ball
- Maximum of 3 hits per side
- If the ball lands on the boundary line, it is considered in
- A player may not execute an open-handed volley on first contact (every time the ball crossed the net including free balls), unless it is hard driven
- No open-handed tipping. A player is not allowed to complete an attack-hit using an open-handed tip or directing the ball with the fingers. Players who contact the ball with one hand and are putting the ball over the net must cleanly hit with the heel or palm of the hand (a roll shot) with straight, locked fingers and locked wrist (a cobra), knurled fingers (a camel toe) or with the back of the hand (locked wrist and locked fingers/knuckles) One handed placement or redirection of the ball with the fingers (dink or open-handed tip) is a fault
- A hard-driven ball is classified as a ball hit with a full swing with very little arc.
- Sets that drift over the net are permitted
- When digging a hard-driven spike it can be double-hit. Open hand digs are okay
- Apart from the hard-driven spike or block, you can never double-hit the first contact
- A block does count as one of the three hits. The player who made the block can play off it
- No replay for "joust" above the net
- "Continuation" exists, for example, if you touch the net after spiking a ball it is still a "net" even if the ball hits the sands before you touched the net
- A player may not return a third hit with a volley over the net
- Players can play the ball off any part of their body, including their feet

Player Rotations

- Rotate new players in before your team starts a new server
- You do not have to rotate your players around the court, but you must rotate your servers.

Contacting the Net and Center Line

- Players may not touch the net at any time during play. If you touch the net, it is the other team's ball
- A player may pass under the net (the imaginary centre line) without violation, as long as they do not touch anyone on the other team or interfere with the play or get in the way of the opposition.

Serving

- Net serves are allowed, meaning the ball can contact the net on the serve
- The server must clearly release or toss the ball before contacting it for a serve. A player may only have one toss per serve attempt
- A server may serve the ball from anywhere along the baseline
- The same server continues to serve if his/her time successfully wins the point
- The server's teammate must not prevent the opponents from seeing the server or the path of the ball through screening. On an opponent's request, a player must move sideways, bend over or bend down

Court Side Changes

- After every match teams will switch sides

Court Etiquette

- Please keep the courts safe for all players
- Beach chairs and lawn chairs along the end of the courts are permitted but please be careful of obstructing courts and creating a hazard to player safety
- Please ensure that if you have brought children as spectators to the games that they are monitored and are kept clear of the courts.