

GAME RULES

VOLLEYBALL OUTDOOR – REVERSE COED 4 v 4

Updated 1/24/24

LEAGUE PLAY

Play each week is on a women's height net. Teams play 4 rounds and ref 2. All rounds are timed and consist of 2 rally point games to 21, starting on zero, win by 2, no cap (unless time runs out, then win by 1). Teams switch sides in each game when one team reaches 8 points to keep things even. One timeout per team per match allowed. Only the losing team may call a timeout in the last 5 minutes. When a round ends your team should move quickly to your next match, as the timer for the next round is set right away.

PLAYERS, ROSTERS, ELIGIBILITY

Players. There can be any number of players on a team roster, and rosters are open to players of all gender identities and expressions. For Coed 4's Volleyball, rosters must have a minimum of 1 player who identifies as a woman ("female player"), and one as a man ("male player"). After this minimum is satisfied, all other roster spots are open to any gender.

Rosters. Captains can add players to their online roster up until the week before playoffs. Any team who uses a player not on a roster will forfeit all games in question. All players must be listed on and have signed the electronic waiver in order to be eligible to play.

Picking Up Players. During the regular season, teams may pick up players from other teams in the league in order to avoid a forfeit or bring the team to full strength. Players can be listed on more than one roster. Teams cannot pick up players for Playoffs.

NUMBER OF PLAYERS

No more than 4 players are allowed on the court at one time, 1 female player and 1 male player at all times.

- A. If a team has more than 4 players present, they may choose to do one of the following:
 1. Have the extra players sit out, but "sitters" must be different for each game
 2. Rotate around into games in order, maintaining serving order
- B. If you do not have at least 2 players and do not pick up players, first game is a forfeit. The second game must start within 10 minutes and counts. But, if no other players arrive, the second game is a forfeit as well. All players are considered front row with rotation for serving order only. New players arriving may be placed on the court between players in any position.

GENERAL VB RULES

Referee must blow the whistle each time to start play with a service, and again to end the play (when the ball hits the ground, or a fault is committed). Service must be from entirely behind the end line, only one toss is allowed per serve, you have 8 seconds in which to serve the ball. Let serve is allowed. No more than 3 contacts per team. Players can use any part of their body, in one attempt to play the ball. NEVER catch or throw the ball.

Players may not touch the net at any time or go under the net during play. Since there is no centerline on the court, refs will use their best judgment. If it is close, do not call it unless it interferes with another player's attempt to play the ball. Players may never touch the adjacent court – before, during, or after playing a ball. Do not stand between courts when waiting to sub in. There are no antennas, the ball must go over the net within the poles. If the ball travels outside of the pole or hits it, the ball is out. If the ball hits the line, it is in.

REVERSE COED 4v4 RULES

All male players are always considered back row and therefore may not block or attack a ball completely above the height of the net from in front of the 3-meter attack line. Female players are always considered front row. Players must rotate the server and maintain that order throughout the game. Position on the court is of no consequence. Open hand tips are illegal, as are redirected blocks. Any serve is legal, as long as you don't lift the ball. Beach Digs and open-handed (one attempt) plays are allowed, but it must be a hard driven ball

coming from completely above the height of the net. If sending the ball over with a setting motion, you must be square to your target. When setting your teammate, if the ball drifts over net because of wind, that is ok.

PLAYOFFS

All players must have played at least 2 weeks to be eligible, no picking up players. No clock is used. All rounds are single elimination matches, best 2 out of 3 games; first two rally games to 21 points; 3rd game, if needed, rally to 15 points. All games start at zero, win by 2, no cap. One timeout per team per game is allowed.

ANYTHING NOT COVERED

This league follows USAV rules. Any time you touch the net it is a fault. A player's hands or feet must be *completely* over the centerline to be a fault. Any other body parts that cross the line are a fault. Jewelry rule is followed for watches, large earrings, and long necklaces, or anything considered dangerous. It is suggested that all jewelry be removed except flat wedding bands. NO hats can be worn while playing.

Boston Ski & Sports Club reserves the right to add, delete or modify any rule at any time.