

## **Town of Parker Adult Coed Grass Volleyball Rules: 4 v 4**

The Town of Parker House Rules are intended to create a balance of play, an atmosphere of sportsmanship and fair play, and to emphasize cleverness and skill without limiting freedom of individual or team play. All games will be played according to current USAV Beach Volleyball Rules.

Recreational Philosophy – Adult Sports: To provide a fun, safe learning environment for participants to experience the social and physical benefits of playing sports.

### **Participant Information**

**The Recreation Staff will have complete authority to administer the program and make decisions and adjustments as they see fit for this recreational setting. Their decisions are final.**

### **Court Supervisor:**

The court supervisor is on site to monitor the games and the facility, assist with injury, answer questions, assist with rulebook clarifications and monitor participant behavior. His/her decisions are final.

### **Officials:**

There are no officials provided for the outdoor grass volleyball league. Teams are asked to call their own games fairly and honestly. If there is a discrepancy arises or a concern is present, please consult the rules and replay the point.

### **Players:**

#### **1. Team Rosters & Player Eligibility:**

- a. Each player must sign a release of liability form, which will also serve as the team roster. Failure to do so will result in an illegal player causing a forfeit.
- b. There will be no limit on the size of team rosters.
- c. No player will be allowed to play unless he/she is on the official team roster. Teams may add players at any time prior to each game by contacting the field supervisor.
- d. Any team caught playing with illegal team members will result in a forfeit.
- e. The illegal player must have been identified either by the opposing team or the field supervisor prior to the end of the game.
- f. No team may add players to their roster for the tournament.
- g. A player must have played during the regular season in order to be eligible for the tournament.
- h. If a player is identified participating illegally, the penalty is an automatic forfeit.
- i. No player can play on more than one team in the same league.
- j. Each player is required to have a photo I.D. with them at all games.
- k. All players must be 18 years of age.**
- l. You may substitute in a division above yours (i.e., Lower Rec players can play in Upper Rec leagues but not the other way around) and you may only be on ONE other roster than your original team.
- m. You must pick one team to play with throughout playoffs.

- n. Any player wanting to change teams in the same league may do so one time. All transfers must be done prior to the third game.

## **2. Participation:**

- a. 4 v 4
  - i. Each team will play with no more than (4) players on the field at once.
  - ii. Teams will be allowed to play with (3) players as long as there is at least one (1) woman on the court.
  - iii. No more than two males can play at a time on the same team.
  - iv. Teams may start and finish with three players.
- b. However, in the event of an injury that occurred mid-game, ratios may have more men than women.
- c. In the event of an ejection, ratios **MUST** be maintained.
  - i. There is no “Ghost” rule.

## **3. Acceptable Men-to-Women Ratios:**

- a. 2 men 2 women
- b. 2 women 1 man
- c. 2 men 1 woman
- d. 3 women 1 man
- e. 4 women
- f. 3 women

## **4. Coed Rules:**

- a. If multiple contacts of the ball are made by a team one of the contacts must be by a female player.

## **Logistical Information**

### **Grass Volleyball Quick References Grass vs Indoors:**

1. Blocks count as the first touch for a team.
2. No open hand dinks.
3. If you set the ball over the net to the opposing team your shoulders have to be square to the net.
4. Serve free ball soft hits cannot be passed with a set using finger action.
5. Legal types of attacks: a hit, spike, roll shot, knuckles, punching, closed fists, pokey.
6. Net contact will result in a net violation.

### **Team Uniform:**

1. Each team should have the same-colored jerseys.
2. Players are allowed to wear hats, bandanas, and sunglasses.
3. Players can play either barefoot or with shoes on.
  - a. No flip flops/crocs/Chaco’s or any type of sandal are allowed.
4. Jewelry
  - a. No Jewelry may be worn during sports participation. Exception: Medical alert jewelry may be worn but must be taped to the body or covered (i.e., with a sweat band).

### **Game Equipment:**

1. Volleyball used: Wilson AVP II Replica Beach Volleyball.

### **Game Location:**

1. Auburn Hills Park – South Field.

**Net Height:**

1. 7ft 11 5/8 for coed.

**Court Dimension:**

1. Grass Court Size is 60' L x 30 W'.

**Playing Rules****Duration of Games:**

1. Length of Game
  - a. 50-minute time limit for the match.
    - i. When the time expires, the team with the most points will win that game.
    - ii. If there is a tie when time expires, the team with the most points wins the game.
  - b. Each team is allowed one timeout per game.
    - i. Timeouts are 30 seconds each and non-cumulative.
  - c. Each match will consist of 3 games
  - d. Each game will use RALLY scoring.
  - e. Teams may score a point by:
    - i. Successfully grounding the ball on the opponent's court.
    - ii. When opponent team commits a fault.
    - iii. When the opponent team receives a penalty.
  - f. All games will be played to 21-points/cap 25
    - i. Play will continue until one team scores 21 points, winning by two points, with a cap at 25.
    - ii. If the serving team wins a rally, it scores a point and continues to serve. If the receiving team wins a rally, it scores a point and serves next.

**Game Play:**

1. The captains will rock, paper, scissors for the choice of court side or the service for the first and third games.
2. Teams are allowed 3-minutes of warm-up prior to their match as long as games are not running behind.
3. Each team has three (3) contacts max to return the ball to the opposing team.
4. No player can touch the ball twice in a row except during or after blocking the team's first contact.
5. If the ball bounces on the boundary lines the ball is considered in.

**Rotation:**

1. While players must serve in rotation, they are allowed to line up in any position or rotation.

**Substitutions:**

1. Players may substitute in between games.
  - a. Men to women ratios must be maintained. In general, men replace men and women replace women when subbing.
2. Substitutes must go in and out for the same person or must rotate into the back position.
3. If there is an injury during a game, a substitution is allowed to take the spot of the player injured for the remainder of the match.

- a. Once an injured player comes out of a game, he/she is not allowed to re-enter until the next game.

### **Serving:**

1. Service order must be maintained throughout the set.
2. Before each serve, the player must announce the score loudly for both teams to hear.
  - a. If there is a discrepancy with the score is announced, it must be brought to the attention of the serving team before the ball is served.
3. The ball shall be hit with one hand or any part of the arm after being tossed or released from the hand(s).
4. At the moment of the service hit or take-off for a jump service, the server must not touch the court (the end line included) or the ground outside the service zone. His/her foot may not go under the end line.
5. Players must serve within the boundaries of the sideline extended.
6. You must hit the ball on the first toss of the serve (overhand or underhand) If you catch the ball, drop the ball, or allow the ball to drop to the ground, it is an automatic side out and point for your opponent.
7. You may move freely and serve from anywhere on the back line.
8. You **may not** block the serve (you may not leave your feet to attack the serve above the net).
9. You **may not** set the serve.
10. Let serves are legal and playable.
11. The server is considered a back row player and is not allowed to be an attacker.
12. If an incorrect player attempts to serve, the other team should prevent the error prior to service.
  - a. Should the error be discovered after the ball has been put in play, the other team can stop play and allow the correct player to serve.
  - b. Should the incorrect server not be discovered until after points were scored, the service order is merely corrected with teams maintaining their points and a new service is made.

### **Hard Driven Balls:**

1. A serve is never a hard driven ball and may never be taken with two hands (a set).

### **Passes and Hits:**

1. The ball may touch any part of the body.
2. The ball must not be caught and/or thrown. It can rebound in any direction.
3. Ugly contact isn't automatically illegal as long as it's not caught or thrown.
4. Each team is entitled to a maximum of three hits for returning the ball over the net.
  - a. If more are used, the team commits the fault of: "FOUR HITS."
5. A player may not hit the ball two times consecutively.
6. Simultaneous contacts are permitted and count as one team contact. Either player can play the next hit.
7. Double hits are allowed on first team contact as long as it's one single attempt to play the ball.

### **Setting:**

1. Players are not allowed to pass the ball using finger action on served balls, free balls, and soft hits.
2. All other hits may be set clean or spiked.
3. Players should call their own sets, with "cleanliness."

4. Shoulders have to be square to the target when setting over the net.
5. Sets over the net can be facing forwards or backwards but shoulders must be square to the target.

#### **Dinks:**

1. Open-handed dinks **are not** allowed in the outdoor 4's league.

#### **Tips:**

1. Open hand dinks are not allowed.
2. A miss-hit is **NOT** an open-handed dink.
3. Roll shots that are clearly hit off the heel of the palm of the hand are legal.

#### **Spikes:**

1. All players can legally spike the ball at the net.
2. The server is the designated the back row player and is not allowed to attack the ball.

#### **Block:**

1. A block counts as a firsthand team touch.
2. After a block you are allowed 2 more touches
3. Blocking a serve is **not** permitted.
4. Back row players cannot come to the net to block.
5. Guys can block girls and girls can block guys.

#### **The Net:**

1. The ball may touch the net while crossing it.
2. A ball driven into the net may be recovered within the limits of the three team hits.
3. There is no center line under the net.
  - a. A players' body may partially or completely pass under the net into the opponent's court.
  - b. A violation occurs when it interferes the opponent's ability to play the ball.
  - c. An interference results in a side-out or point favor of the hindered team.
4. Teams can have contact with the supports for the net.
5. Net contact will result in a violation.

#### **Faults:**

1. There are **NO** positional faults.
2. A service order fault is committed when the service is not made according to the service order. The team is sanctioned with a point and a side out to the opposing team.
3. **Four Hits:** a team that hits the ball four times before returning it.
4. **Assisted Hit:** a player takes support from a teammate or any structure/object in order to hit the ball within the playing area.
5. If two or more faults are omitted successively, only the first is counted.
6. If two or more faults are committed by opponents simultaneously, a **DOUBLE FAULT** is called and the rally is replayed.

#### **Self-officiating/Protest Procedures:**

1. Teams are asked to call their own games fairly and honestly.
2. Only the designated captain of the team may make a protest.

3. If there's a discrepancy, consult these rules and replay the point.
4. No protest will be allowed for judgment calls.
5. Rule Book call protest must be made to the sports supervisor prior to the serve following the infraction.
6. Roster protests must be made before the game is over. **NO** roster contentions may be made after the clock has expired or after the 3rd match has been played to completion.
7. The sports supervisor's ruling is final.

### **Players Conduct:**

1. All players are expected to conduct themselves in a sportsman like manner.
2. Any player displaying unsportsmanlike conduct will be given a verbal warning from the sports supervisor.
3. A second offense will cause the player to be ejected from the game.
4. A single serious offense will be signaled with an ejection from the entire match and must immediately leave the park.
5. All players are subject to the Town of Parker's Behavioral Policy

### **Children:**

It is recommended that children be accompanied by a care provider or left at home. Children attending the matches must remain seated on the sidelines. Children are not allowed to engage in any other activity in the warm-up areas. Should league play be disrupted by unsupervised children, games will be stopped and penalties, including forfeits may occur. The safety of the league players as well as the children will be the top priority.

1. **1<sup>st</sup> offense:** Teams use a time out. If no time outs are available, it will be considered a technical foul and a point or point and side out will be awarded.
2. **2<sup>nd</sup> offense:** Technical foul, a point or point and side out will be awarded.
3. **3<sup>rd</sup> offense:** The adult in charge of the children will be removed from the game to supervise the children. He/she may not re-enter the game until the children are seated and in compliance with the league rules.
4. **4<sup>th</sup> offense:** The game is forfeited.

### **League Notes:**

The Parker Recreation Department reserves the right to adjust league assignments after the first night in order to protect the competitive integrity of the league. Teams may be moved down or up from each league to adjust competition level for the next season.

### **ELASTIC POWER:**

The Parker Sport supervisor reserves the right to establish guidelines for any and all rules or infractions not covered in the league rules and to refuse participation to any individual or coach if they do not obey the rules and regulations and keep within the spirit of sportsmanship.

### **Alcohol:**

Municipal Code 12.02.200 - Alcohol states: It is unlawful for any person to possess or consume alcohol beverages on park lands except in compliance with a special permit issues by the Town.