

4's Rules on Top 6's Rules are Below

LEAGUE RULES: CO-ED 4'S

- Teams get 1 hour of court time. Game begins after 5-minute warm-up. Teams lose a point per minute if they can't field the minimum number of players; which is 1 male and 1 female. Late players may enter at any stoppage of play.
- Each game will count, and three games will be played per match. First two games rally score to 21, cap of 23. Third game rally score to 21, no cap if time permits. If time expires before the match ends, the team in the lead wins. If tied at that point, the next team to score wins. The nightly director should call time, but if he/she fails to do so, teams should walk off the court.
- Games begin at 6:30, 7:30, 8:30 and 9:30, or as stated on the posted website schedule.
- Teams get one 30-second time out per game. **No time outs are allowed in the third game.**
- The season is a round-robin, 7 weeks of regular play, with a 2 week single-elimination tournament.
- Leagues could be bumped twice during the season, with a two week notice of bump (games will be made up, if bumped).
- If a Team Forfeits, they will be charged a \$25 forfeit fee. The fee is waived if a timely notice of 48 hours or more, prior to the match, is given. If a team forfeits twice in a season, that team will be able to finish the session but not be asked back in the following session.
- An individual can only play for one team per night. However, a person from a lower level can play in the upper level on the same night. (Ex. A rec female

player can play for the intermediate level. If times conflict the player must play in the lower level match).

- A maximum of two males and two females are allowed on the court at one time. You must have at least one male and one female to play.
- Players and/or teams will be removed from the league for unsportsmanlike conduct.
- Rosters must be filled out, signed and turned in at the start of the season. Please obtain these forms online at www.stclairvolleyball.com. Everyone who plays on your team must sign the roster. You may have as many players as you want, and you can add people during the season. A player must have played at least twice during the season, in order to qualify for the playoffs. During playoffs, the opposing team may request a roster check at any time. If a player is not on the roster, either that player is not allowed to play or the team must forfeit game or match.
- Wins must be recorded with the nightly director in order for the win to count. For the 9:30 games, results can be emailed to the league or night director the following day.
- Unless stated otherwise below, USA Beach volleyball rules apply. For a copy of these rules, please see link on the home page of www.stclairvolleyball.com.
- The night director will begin play to determine side or serve by any game of chance (ex. Pick a #, odd or even). Game 2, sides and serve will be switched. In game 3, **teams** will Roe-sham-bo (Or some other game of chance) to determine side or serve.
- Positioning:
 1. The overlap rule does not apply.
- Serves:
 1. Only one foot may be placed into the court when serving.

2. Players are allowed only one extra toss of the ball if needed.
 3. **Let serves are allowed.**
 4. A serve can only be received by a bump.
Hands must be together if an overhead bump.
This rule applies to all major outdoor tournaments and will apply to this league.
- Volley:
No lifts or carries are allowed. Unless hard driven ball, open hands may not be used.
 - Setting:
 1. In intermediate, a set must not have several rotations, or slip off the fingers in any way. A set can be legal from below the chin, but must not be held for more than one and $\frac{1}{2}$ seconds, and must be held to higher standards with no more than two rotations of the ball. In advanced play, no more than one or two forward rotations of the ball. No side spin is allowed, and please call your own fault.
 2. If setting a teammate, any position of the body is legal, as long as the set is legal with rotation.
 3. Setting over the net, the body must be parallel with the position of the ball.
 - Blocks:
 1. Block the serve is a fault.
 2. In intermediate play, a block does not count as a hit. **In advance play, a block counts as a hit**
 3. Any touching of the net is a fault. If the ball hits the net and then touches the person blocking, it is not a fault.
 - Dinks:
 1. Best use is knuckles and/or fist.
 2. No open handed dinks

Net Violations:

Please call your own net. It is more of a safety issue than a rule. It deters from injury and collisions with other players.

Honor Rule:

Please ask the opposing team if a fault occurred, even if during play, if the answer is no, either keep playing or resume play.

LEAGUE RULES: CO-ED 6'S

- Teams get 1 hour of court time. Game begins after 5-minute warm-up. Teams lose a point per minute if they can't field the minimum number of players; which is 1 male and 1 female. Late players may enter at any stoppage of play.
- Recreational Level - Each Match is the best 2 out of 3 games to 15, with a point cap at 17. If time expires before the match ends, the team in the lead wins. If tied at that point, the next team to score wins. The nightly director should call time, but if he/she fails to do so, teams should walk off the court.
- Intermediate Level - Each game will count, and three games will be played per match. First two games rally score to 21, **cap of 23**. Third game rally score to 21, **no cap if time permits**. If time expires before the match ends, the team in the lead wins. If tied at that point, the next team to score wins. The nightly director should call time, but if he/she fails to do so, teams should walk off the court.
- Games begin at 6:30, 7:30, 8:30 and 9:30, or as stated on the posted schedule online.
- Teams get one 30-second time out per game. But no time outs are allowed in the last 5 minutes of play for recreational teams. **No time outs are allowed in the third game for intermediate play.** Please avoid long breaks between games.
- The Season is a round-robin, 7 weeks of regular play, with a 2 week single-elimination tournament.
- Leagues could be bumped twice during the season (games will be made up, if bumped).

- If a Team Forfeits, they will be charged a \$25 forfeit fee. The fee is waived if a timely notice of 48 hours or more, prior to the match, is given. If a team forfeits twice in a season, that team will be able to finish the session but not be asked back in the following session.
- An individual can only play for one team per night. However, a person from a lower level can play in the upper level on the same night. (Ex. A rec female player can play for the intermediate level. If times conflict the player must play in the lower level match).
- Only three males are allowed on the court at one time, but your team must have at least one female to play. Five females are okay, if one male is on the court.
- Players and/or teams will be removed from the league for unsportsmanlike conduct.
- Rosters must be filled out, signed and turned in at the start of the season. Please obtain these forms online at www.stclairvolleyball.com. Everyone who plays on your team must sign the roster. You may have as many players as you want, and can add people during the season. A player must have played at least two full matches during the season, in order to qualify for the playoffs. During Playoffs, the opposing team may request a roster check at any time. If a player is not on the roster, either that player is not allowed to play or the team must forfeit game or match.
- Wins must be recorded with the nightly director in order for the win to count. If a 9:30 game, results can be e-mailed to the league or night director the following day.
- Unless stated otherwise below, USA Beach volleyball rules apply. For a copy of these rules, please see link on the home page of www.stclairvolleyball.com.
- The night director will begin play to determine side or serve by any game of chance (ex. Pick a #, odd or even). Game 2, sides and serve will be switched. If a

game 3 is needed, teams will switch side and serve again. Meaning, if you served in game 1, you will serve in game 3.

- Positioning:

The overlap rule applies, players in the back row are unable to block or hit at the net. A hit can be made from the back row, but must be made from behind the 10-foot line.

- Serves:

1. Only one foot may be placed into the court when serving.
2. Players are allowed only one extra toss of the ball if needed.
3. **Let serves are allowed only for intermediate.** If the ball hits the net on a serve, it is in play. For Recreational play, no let serves are allowed.
4. Recreational league, the serve can be received by any method. In Intermediate level, a serve can only be received by a bump. **Hands must be together if an overhead bump.**

- Volley:

In recreational level, lifts and carries are not called, unless flagrant (ex. Grabbing or throwing the ball). In Intermediate play, no lifts or carries are allowed. Unless it is a hard driven ball, open hands may not be used.

- Setting:

Rec. level, any type of set is legal, as long as not a carry or throw.

1. In intermediate, a set must not have several rotations, or slip off the fingers in any way. A set can be legal from below the chin, but must not be held for more than one and $\frac{1}{2}$ seconds, and must be held to higher standards with no more than two rotations of the ball.
2. If setting a teammate, any position of the body is legal, as long as the set is legal with rotation.
3. Setting over the net, the body must be parallel with the position of the ball.

- Blocks:
 1. Block the serve is a fault.
 2. A Block does not count as a hit.
 3. Any touching of the net is a fault. If the ball hits the net and then touches the person blocking it is not a fault.

- Dinks:
 3. Best use is fingertips, knuckles or fist.
 4. Open Hand dinks are allowed.

Net Violations:

Please call your own net. It deters from injury and collisions with other players. Hair can be excused. Otherwise any touching of the net or player outside the neutral plain is a fault.

Honor Rule:

Please ask the opposing team if a fault occurred, even if during play, if the answer is no, either keep playing or resume play.