

## LEAGUE RULES: MEN'S 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 2 males. After 15 minutes it is a complete forfeit. 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 8:00 and 9:00, 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 given a warning. If a team forfeits twice in a season, that team will automatically not be allowed to finish the season and lose priority for next season.
- 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 6's int male player can play for the 4's advance level. If times conflict the player must play in the lower level match).
- A maximum of four males are allowed on the court at one time.

- 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](http://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 two full matches during the season, in order to qualify for playoffs. During playoffs, the opposing team may request a roster check at any time. If a player is not on the roster, that player is not allowed to play.
- Wins must be recorded with the nightly director in order for the win to count. If a 9:00 game, results can be emailed to the league director.
- 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](http://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. For game 3, teams will start the way they did on game 1. Meaning, if you served in game 1, you will serve in game 3.
- 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.**
- Volley:
 

No lifts or carries are allowed. Unless hard driven ball, open hands may not be used.

- Setting:
  1. No more than one or two forward rotations of the ball. No side spin is allowed, and 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 square with the position of the ball.
  
- Blocks:
  1. Blocking the serve is a fault.
  2. The 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 deters from injury and collisions with other players. 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.