

SHELTON PARKS & RECREATION DEPARTMENT



The USA Volleyball rules are used as general guidelines for situations not specified below. When a situation creates a dispute that might require an official's interpretation and is not specifically covered in the rules listed here, call a replay. Complete USA rules are available at www.USAVolleyball.org. Thanks!

WOMEN'S FOURS VOLLEYBALL GUIDELINES

I. PLAYERS

1. Teams consist of four players.
2. Teams may compete with a minimum of **two players throughout each game.**
3. **PLAYERS MUST COMPLETE AND SIGN YOUR TEAM ROSTER BEFORE PLAYING TO BE ELIGIBLE.** Rosters will be available at the gym. You may not add players to your roster week of playoffs. They all have to be added the week prior. Players must play for a team during the regular season in order to be eligible for the playoffs **unless approved by the league administrator.**
4. **Players may sign up to 2 rosters, but if both teams play each other they can only play with one, and that is same for during playoffs.**
5. Players must be 18 years or older unless prior approval has been granted, and parent release forms are filled out. 16 years old is the youngest age eligible to play.
6. **(NEW) You are only allowed up to 6 people per roster.**

II. FORMAT/SCORING/AWARDS

7. Rally scoring will be used for all games and matches. Matches = 2 games to 25 and 1 game to 15, win by "2", no cap.
8. Teams are responsible for keeping score. Scores not reported by winning team will be counted as a LOSS. The server **MUST** announce the score **LOUDLY & CLEARLY** prior to serving. You can always ask and double check before announcing.
9. **(NEW) Game balls will be provided for each game.**

III. GAME RULES

10. **Grace Periods:** Five-minute grace period for the first game of the night.
11. Home team is listed first and serves first. Visitor chooses side. Reverse that for the second game of match.
12. Two 30 second time outs per game (may be called by any player on the team during a dead ball).
13. Extra players may "rotate" or be subbed in. Late arriving players may enter the game during any dead ball.
14. Serve from anywhere along the back serve line. You may step on, but not completely over the backline to serve. You can serve under or over hand.
15. Service order, once established, must be maintained. Serves may **NOT** be blocked or attacked.
16. Any serve that strikes a wall, ceiling curtain or other obstruction is "out."

17. Once the ball is released for service, it may be caught or allowed to drop for a re-serve, only once per player per term of service.
18. There are no overlap violations. All players are eligible to hit/block.
19. Teams are responsible for calling their own ball handling faults.
20. All chips, dinks, tips, etc., are okay as long as the ball is double hit, held or thrown.
21. During the team's first hit, multiple contacts with various parts of the body are permitted in a single action of playing the ball. These contacts include "finger action" on the ball and/or contact with the foot. The ball, however, cannot be caught and/or thrown (no prolonged contact). The "first hit" of the team includes reception of: a) the serve, b) an attack hit (hard or soft) by the opposing team, c) a ball blocked by your own team, and d) a ball blocked by an opponent.
22. **Any ball striking the curtain, center beam or walls is "out"**. Any ball hitting the basketball backboard or rim shall be out of play unless the attacking team attempts to play the ball. In this case the point shall be replayed if attacking team doesn't make the attempt. It is up to the team who hit the ball to make the ruling on this.
23. Jumps serves are allowed.
24. **Contact with the net by a player during the action of playing the ball, is a fault.** Net height for regular coed is 7' 4" and 1/8". If it is not possible to get to these heights because of the standards, we will get them as close as possible to this height.
25. **For safety reasons, we prefer that you do not bring children to the gym.** If you need to, it needs to be cleared by the Recreation Coordinator prior to game day.

Have fun and be friendly. Unsportsmanlike conduct may result in ejection or suspension, at the discretion of the gym supervisor or league director (Jordanne Krumpols 360-432-5106, or jordanne.krumpols@sheltonwa.gov)

THANKS FOR PLAYING!