

FORCE EASTLAKE LEAGUE RULES: 4's

Force Eastlake plays by USA Volleyball Rules. The rules on this sheet are basic rules that are most likely to come up. If you have any additional rules questions, please contact the head official.

1. No fighting or extensive arguing with the official or another player. This will result in:
 - a. Yellow card: Warning and loss of point
 - b. Red card: Loss of point and expulsion from match (and possible removal from league)
2. Minimum of 2 females per team of 4.
 - a. If your team only has 1 female, you can only play with 2 males.
 - b. If your team has no female, you cannot play and must forfeit the match.
3. You will play 3 games to 21 (Rally Scoring) win by 2 with a cap of 23 (regular season only).
 - a. Playoffs – preliminary rounds: 21, 21, 15 (if necessary) with no cap
 - b. Playoffs – Semis & Finals: Match play (best of 3, all to 21) with no cap
4. Each team receives ONE timeout per game. They do not carry over game to game if unused.
5. Official game ball is the Wilson AVP Official Game Ball. You can borrow from the bar in exchange for an ID, keys, or CC.
6. Net: You cannot contact any part of the net. It is a loss of point if any part of your body touches any part of the net.
7. Under: There is no center line so a player is allowed to go under the net as long as they do not interfere with the other team. This includes any contact as well as making a player unable to make a play because you are in the way. If a player interferes on the other side, it is a loss of point.
8. If the ball hits the net on the serve, it is still playable.
9. Kicking the ball is legal. You do not have to have your foot planted on the ground.
10. If there is no antenna on your court, play pole to pole.
11. Pursuit/other courts
 - a. You are allowed to chase down a ball that is hit outside of the antenna if you do not step onto your opponents' side and if you bring the ball back into play from outside the antenna.
 - b. You are allowed to play a ball all the way up to another court. If you step onto another court before, during, or after you contact the ball, it is a dead ball and point for the opposing team. The exception is if there is no scheduled game on an adjoining court. If a team is warming up or in between games or matches that counts as a scheduled game.
12. Lift
 - a. If a ball is caught or thrown it is a lift.
 - i. Examples: A player scoops a ball from below their waist, pulls it from behind their head, or it "sticks" in their hands or to their body for too long.
 - ii. A ball must come to a "top" in order to be a lift, rolling down a players arms is not a lift
 - b. This is at the official's discretion. Typically, a lift will be called regardless of level of play.
13. Double contact
 - a. Setting: If the ball is contacted by the hands at different times, it is considered a "double contact" which is illegal. Double contacts will be called differently based on level of play and official's judgment.

- b. You can double contact any 1st ball over (including the serve) this also means multiple contacts on the body as long as it is one *continuous* motion.
- 14. Service Order: Since there are no score keepers/down refs to keep track of rotation, mistakes in service order are handled differently than USAV rules. If it is found that a team served out of rotation (server served twice or wrong server from front row), the consequence will depend on how quickly it is caught:
 - a. Replay of point if noticed after one point.
 - b. Play continues as normal after multiple points.
- 15. In-game substitutions:
 - a. Extra players: If a team is rotating in an additional player or players, they must enter at the same position (typically the serving position or when entering the front row)
- 16. Sub Rules
 - a. Regular Season: You are able to sub for another team as long as you are subbing to a higher division or staying within your division. You are not able to sub for a team that is playing a lower level than your team on that night.
 - i. Example: Bill is a full time player in the Wednesday BB 4's league. He can sub in the BB league or the A league on Wednesday. He can't sub on a team below the BB division for Wednesday's.
 - b. Playoffs: For absolutely no reason will a regular roster player be able to sub for another team (during that same night) in the playoffs regardless of the division. You can't play for 2 teams in the playoffs even if you are subbing up to a higher division.
 - i. Example: Kelly is a sub and plays on an UB playoff team the 1st week (of playoffs). Her team loses the 1st week. She can't come back the 2nd week and sub on another Wednesday team that is still playing. You must commit to ONE team for playoffs.
- 17. Prizes
 - a. The winning team of playoffs will receive custom-designed Force champion's t-shirts. The team with the best record during the regular season receives the 1st seed making their path to the championship easier.

4s Specific Rules:

- 18. You CAN hand receive a serve or hit. It does not have to be hard driven. It does not have to look good. Basically, you can do anything with the first ball over.
- 19. You cannot hand set a ball **over the net** (even if you are square to the net)
 - a. If you hand set a hard driven hit or serve and it goes over the net; that is legal. It must be unintentional and the original hit must be hard driven (a roll shot does not count). This is rare and is usually obvious when it happens.
- 20. You cannot open hand tip or throw the ball over the net. You must punch, knuckle, or "roll" the ball.
- 21. There is no "back row". Any player may attack the ball above the plane of the net from anywhere.

22. There is no rotation rule. A player can play the same position the entire match. You must follow a service rotation order though.