

Montrose Recreation District

4 x 4 ADULT VOLLEYBALL RULES



Current NFHS rules will govern play with the following exceptions:

Team Rosters: No player will be allowed to play without signing the team roster first. Any team caught with illegal players on the floor will forfeit the game(s) in which that player has played. By signing the team roster you are also signing a liability waiver.

- A player may be added at any time during the regular season.
- To be eligible for the tournament, a player must have played in at least 2 regular season matches.
- Players can only play for 1 Coed team and 1 Women's team. They may not play in a rec and leisure coed/women's.
- You may change teams by contacting the league coordinator and requesting a switch.
- All players must be in high school or older (15+)

Game Scoring and Timing

- Each match consists of three games, rally scoring to 21 points. Play will continue until one team scores 21 points, winning by two points, with a cap at 25 points.
- Rally Scoring: 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.
- There will be a 45 minute time limit for the match.
- All three games will count in league standings.
- Game time is forfeit time for the first game of the match. There will be a 15 minute grace period and then game 2 will be called a forfeit. If after 20 minutes a team still has less than 3, the entire match is forfeited.
- One 30 second time-out is allowed per game.
- There will be a one minute rest period between games.

Serving

- A serve contacting the net will result in end of play/point.
- It is illegal to block or attack a served ball.
- A serve may be set as long as it is not lifted or carried.
- When the receiving team has gained the right to serve, its players rotate one position clockwise
 - Receiving team does NOT rotate after first end of rally/point.

Game Play

- Games are played at regulation height (Coed Rec will play at the men's height, 7' 11 ^{5/8}" , and all other divisions will play at women's height, 7'4 ^{1/8} ")
- Home team listed will choose Serve, Side or Receive. This will be maintained for game 1 & 3.
- Teams may warm-up depending on time available- there is no guaranteed warm up period. There is NO warming up on the Gray Court.
- Free substitution is allowed in between points and must be made in a consistent manner throughout.
- A ball may contact the ceiling above the playing area, as long as it remains on your side, and be played.
- Open hand tips must land past the 10' line, roll shots and contact made by knuckles may land inside the 10' line.
- All players are considered front row and may attack and block.

Faults:

- Fault: A team commits a fault by making a playing action contrary to the rules. The referee will determine the consequences according to the rules. If two or more faults are committed successively, only the first one is counted. If two or more faults committed by opponents simultaneously, a DOUBLE FAULT is called and the rally is replayed.
- There are No Positional Faults as there is no set player rotation.
 - At the moment the ball is hit by the server, each team must be within its own court (except the server).
 - The players are free to position themselves. There are NO determined positions on the court.
 - Players must still follow a set serving rotation.
- Service Fault - Service order must be maintained throughout the set. A service order fault is committed when the service is not made according to the service order.
 - The referee will correct any incorrect player and the fault is punished by loss of rally/point

Protest Procedures:

- Only the designated captain of the team may make a protest.
- No protest will be allowed for judgment calls.
- Rule Book call protest must be made to the gym supervisor prior to the serve following the infraction.
- 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.
- The gym supervisor's ruling is final.

Players Conduct:

- All players are expected to conduct themselves in a sportsman like manner.
- Any player displaying unsportsmanlike conduct will be given a verbal warning from the head official.
- A second offense will cause the player to be ejected from the game.
- A single serious offense will be signaled with an ejection from the match and must immediately leave the gym.

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 bleachers or the surrounding floor area.

- Children are not allowed to play basketball or engage in any other activity in the warmup 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.
- Children need to stay in the gym and not playing on the open court, unless they pay to use the facility.

Spectators: People are welcome to come watch the games at no cost. Please pay if you stay and use the facility after participating or watching.

COED Specific Rules**Acceptable M:W Ratios:**

- 2 men 2 women; 1 man 3 women; 3 women; 1 man 2 women;
- Teams may never start with more men than women on the court. However, in the event of an injury that occurred mid-game, ratios may have more men than women. In the event of an ejection, ratios MUST be maintained.
- If the ball is played more than once, a female player must play the ball at least once.

Game Play

- Free substitution may be used on a side-out into a consistent position. (Men to women ratios must be maintained. In general, men replace men and women replace women when subbing).

League Notes: The Montrose Recreation District 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.

Tournament/ Playoffs: League Standings will be determined by the following order: Game Record, Head-to-head games, Match Record, head-to-head matches, Point differential.

- Tournament games will be played best 2 out of 3 games – 3 games to 21, cap at 25 and time limit of 45 minutes.