

VOLLEYBALL OF THE ROCKIES, INC. (d.b.a. The Island), 2018 **4x4 GRASS LEAGUE RULES**,
Updated 08/18

MATCH STARTING & FORFEITS: Teams unable to field a full team (2 women + 2 men), (2 women + 1 man), (2 men + 1 woman), (3 women +1 man), (3 women) or (4 women) by 6:15 pm are automatically awarded a forfeit. They can then play the first game “short-handed,” until the remainder of their team arrives. Upon arrival of the entire team, both teams will start the second or third game. The remaining games should be extended or shortened to fit the remaining time. A 2nd forfeit will be awarded at 6:40 pm, 3rd forfeit 7:00pm. (Note: 2 or more league night forfeits nullify a team’s entry into the end of session tournament).

GAMES AND MATCHES: **REGULATE YOUR OWN PLAY!** Standard VOTR/Island matches will consist of three (3) games to either 21 (23 cap) or 25 (27 cap) points, per league organizers’ specifications (length of games will be dictated by sunlight, weather, and the number of matches scheduled for the night). Teams should take the initiative to regulate their own play, and if a match is running ahead of or behind schedule, feel free to extend or shorten the games. All three (3) games count towards league standings (i.e., league standings are based on total games, not matches).

SCORE SHEETS: Score sheets are provided at each net. Team captains are responsible for recording the final score of each game and signing off on the score sheet. Score sheets not filled out may result in a forfeit of all three (3) games to both teams.

PLAYERS: VOTR and The Island four (4)-person volleyball is played with two (2) men and two (2) women on the court; however, teams will be allowed to play with three (3) players as long as there is at least one (1) woman on the court. The server is considered the back row player, and he/she **WILL NOT BE ALLOWED TO LEAVE THE GROUND EXCEPT TO BLOCK OR SET.** Three person teams will need to follow this rule as servers are still considered back row and may not spike.

ROTATIONS: The standard for a rotation in VOTR and The Island is a diamond, (i.e., a front row player (the setter), two hitters (right and left) and a back row player (server)); however, while players must serve in rotation, they are allowed to line up in any position or rotation, just like the pros.

CO-ED RULE: VOTR and The Island do not have a coed rule in 4’s, (i.e., a woman is not required to touch the ball on each side of the net).

SERVE RECEIVE AND SERVING: You must hit the ball on the first toss of the serve (overhand or underhand). If you catch the ball, drop the ball, or allow the ball to drop to the ground, it is an automatic side out. If you forget to serve in rotation, it is an automatic side out. You may not block the serve or attack the ball when it is still in the plane (any part of the ball is above the net; clarification – leaving the ground or not does not factor into a violation, the ball must drop below the plane of the net regardless if your feet are on the ground or not).

SHOES: Players should plan on playing in bare feet, tennis shoes or cleatless shoes. **CLEATS ARE STRICTLY PROHIBITED!!!**

SPIKES: All players can legally spike the ball at the net except the “back row” player (the current server in the rotation).

DINKS: No open-handed dinks are allowed. The ball must leave the hand clean (i.e., the player may not "steer" the ball with an open-hand).

PASSES AND SETS: Passing plays involving finger action require special attention. If the ball is hard-driven, double-contacted handsets or momentarily held balls are not considered faults. This also applies if there is a block contact, as long as the ball is still a hard-driven attack. A player can use a finger setting action on a non hard-driven ball as long as the contact is “clean.” Players should call their own sets, with “cleanliness” being dictated by the night and level of the league (ask League Organizer for more clarity for your division if needed). **ALL SETS OVER THE NET MUST BE AA** and must leave the setter’s body perpendicular to the player’s feet and shoulders. Balls can be played off any part of the body. Players should call their own sets, with “cleanliness” being dictated by the night and level of the league (i.e., lower-level leagues should be a venue to learn and practice setting so most sets will be okay, within reason – ask League Organizer what goes on in your division), while higher-level leagues will be expected to have higher-level sets.

HARD-DRIVEN BALLS: In a defensive action of a hard-driven ball, the ball can be doubled overhand with the fingers. VOTR and The Island’s definition of a "Hard-Driven Ball" is a ball that travels its **entire** flight path, from the hitter’s hand to the digger’s hands, in a downward direction creating a “reactionary”

passing attempt. **Furthermore, a serve is never a hard-driven ball, and may never be doubled-contacted with a handset.**

UNDER THE NET: Players may go under the net as long as they do not interfere with another player's ability to get a ball. If the ball touches you while you are under the net, it is a point for the other team. If you interfere with a player on the other side, point for the other team.

BLOCKS: A blocking contact is not counted as a team contact. The blocking team will have three contacts after a blocking contact.

OUT OF BOUNDS AND BOUNDARY ROPES: If a boundary rope is pulled up, replay the point. Poles are considered out of bounds and the ball must travel inside the poles when crossing the plane of the net. If teams cannot agree, replay the point. If players make contact with the poles or support ropes, play may continue unless it affects the point. If a player inadvertently pulls out the boundary lines; if it is not that out of place, you may continue the point and determine where the ball should have landed based on the original location of the line; or if the line is pulled way out its original spot, stop the rally and replay the point.

GOING ON THE OTHER COURTS: If there is a scheduled game on the adjacent court you are not allowed to go on that court, even if you contact the ball prior to going on the adjacent court. If you do, the play stops and it is a point for the other team.

TIME-OUTS: Each team is allowed one (1) 30 second time-out per game.