

**VOLLEYBALL OF THE ROCKIES, INC.** (d.b.a. The Island), 2017  
4x4 INDOOR HARDCOURT LEAGUE RULES, Updated 11/17

- FORFEITS:** Teams unable to field a full team (2 women + 2 men), (2 women + 1 man), (2 men + 1 woman) (3 women) or (4 women) 5 minutes after the time of their scheduled match are automatically given a forfeit. A 2nd forfeit will be awarded 20 minutes after, 3<sup>rd</sup> forfeit 40 minutes after.
- GAMES AND MATCHES:** REGULATE YOUR OWN PLAY! Standard VOTR/Island matches will consist of 1 hour matches, three (3) games to 25 (27 cap) points, All three (3) games count towards league standings.
- 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, SET, OR ATTACK FROM THE BACK COURT** (see **ATTACKS**). Three person teams (two (2) women and a man, or two (2) men and a woman) may ignore the “ghost player” rule, but servers are still considered back row and may not spike. A team unable to field a team will be awarded the appropriate number of forfeits.
- SUBSTITUTIONS:** Teams can substitute for a position (requires a time-out, one (1) per game), or rotate in (no time-out required), but not both. A maximum of one (1) position substitution is allowed in each game. A 4th player arriving late may enter the game during any dead ball.
- REFEREES:** VOTR and The Island do not provide referees for our leagues except for our 6's league. Teams are asked to call their own games fairly and honestly. A League Organizer will be available at all times to assist in officiating an occasional game and to answer any questions that arise. If discrepancies do arise, please don't hesitate to request the League Organizer to referee a game or two. Keep in mind that the League Organizers retain the right to refund a team's fees, and ask them to leave if they seem to have problems with the rules. So if there's a discrepancy, do everyone a favor and just replay the point. Remember we're out to play a bunch of VB. Save the intense stuff for the tournament. NO unsportsman like conduct will be accepted.
- 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. The server is **NOT** allowed to attack the ball in the front court (See **ATTACKS**). The server is allowed to leave the ground in the front court to block and set and remains the “back row” or “serving” player until a new player rotates to the serving position.
- 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 before the ball goes back over 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. You may serve from anywhere on the back line. 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. You may **NOT** set the serve (see **PASSES AND SETS**). Please serve the ball in a reasonable amount of time.
- DINKS:** No open-handed dinks are allowed. An opened hand allows the player to affect the direction of the ball by using fingertips in conjunction with the twist of the wrist. The ball must leave the hand clean (i.e., the player may not "steer" or control the ball).
- ATTACKS:** The Server may **NOT** jump and attack the ball in the front court (in front of the 10' line), but is allowed to attack the ball in the back court (must jump from behind the 10' line). All other players can legally attack the ball at the net.
- PASSES AND SETS:** **PLAYERS MAY NOT “SET”** (OVERHEAD W/ FINGERTIPS) **THE SERVE** (i.e., the serve must be “passed” with a bump or with your hands together (above the waist)). Players cannot 2 hand set a free-ball (open hand received) unless it is perfect and there is no double contact or spin. A hard driven ball (no upward trajectory) causing a “reactionary” play on the ball may be double handed. Players should call their own sets, with “cleanliness” being dictated by the night and level of the league. **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.
- TIME-OUTS:** Each team is allowed one (1) time-out per game. Time-outs are 30 seconds
- NET CONTACT:** Any contact with the net by a player is considered a violation resulting in a side out.
- 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. It is a violation if you interfere with a player on the other side.
- 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:** Antennae are considered out of bounds and the ball must travel inside the antennae when crossing the plane of the net. If the ball makes contact with any part of the antennae (on or above the net) the ball is considered out of bounds resulting in a side out. If teams cannot agree, replay the point.
- GOING ON THE OTHER COURTS:** If there is a scheduled game on an adjacent court you cannot play a ball that goes on that court. If you do, the play stops and it is a point for the other team.