

## **CFC 4-ON-4 VOLLEYBALL RULES**

USA Volleyball rules with the following intramural adaptations:

**Rule 1. Height of the Net.** The height of the net is 7' 11-5/8" for co-rec

**Rule 2. Teams and Players.**

- A. Teams shall be composed of 4 players. May have 6 players on a roster.
- B. Teams with fewer than 3 players are incomplete and forfeit the game or match.
- C. Co-Rec / Open teams (as many girls or guys...any combination)

**Rule 3. To Win a Game.** Rally scoring

A game is won by the team that first scores **25** points with a lead of two points. In the case of a **25-25** tie, play is continued until a 2-point advantage is reached (**e.g., 25-23 or 27-25**).

**Rule 4. To Win a Match**

- A. A best 2-out-of-3 games match is won by the team that wins two games.
- B. A 3<sup>rd</sup> game will be played to 25
- C. League coaches will communicate scores of ALL games to the Sports Manager/Staff

**Rule 5. Court Switches.** In 25-point games, court switches will occur after each game.

**Rule 6. Rotation Order**

The rotation order specified by the starting line-up must be maintained throughout the game.

**Rule 7. Players' Positions**

Players may position themselves anywhere within their court.

**Rule 8. Service**

**A. First Service In A Game**

1. The first service of the first game and any deciding game is executed by the team determined by winning rock-paper-scissors.
2. The first service of the second game will be determined by the choice of the team captain who lost rock-paper-scissors the first game.

**Rule 9. Playing the Ball. Characteristics of the Contact:**

- A. A player may touch the ball with any part of the body.
- B. A player may have successive contacts with the ball during a single attempt to make the team's first contact provided the fingers are not used to direct the ball.
- C. The ball must be contacted cleanly and not held, lifted, pushed, caught, carried, or thrown. The ball cannot roll or come to rest on any part of a player's body. It can rebound in any direction.

D. A contact of the ball using the fingers of one or two hands to direct the ball toward a teammate is a set. A player may set the ball in any direction toward his/her team's court. Rotation of a set ball may indicate a held ball or multiple contacts during the set but is not a fault.

E. When contacting the ball with one hand, other than setting the ball toward a teammate, the ball must be cleanly hit with the heel or palm of the hand.

**Rule 10. Playing Faults.** The following types of faults can occur during an attempt to play the ball:

A. Four hits: a team contacts the ball four times before returning it to the opponents.

B. Assisted hit: a player takes support from a teammate or any object to reach the ball.

C. Double contact: a player contacts the ball twice in succession or the ball contacts various parts of the player's body successively.

D. Held ball: a player does not contact the ball cleanly.

E. Over-sets (no over sets)

**Rule 11. Ball at the Net**

A. Ball Crossing the Net.

1. A ball sent to the opponent's playing area must pass over the net within the crossing space.

The crossing space is the part of the vertical plane of the net limited:

A) below - by the top of the net, and

B) at the sides - by the antennae (posts) and their imaginary extensions.

2. A ball completely crossing the net above the net and within or over the antennae (posts) may not be recovered.

B. Ball Touching the Net. The ball may touch the net while crossing the net.

C. Ball In The Net (Other Than The Service). A ball driven into the net may be recovered within the limits of the three team contacts.

D. Let serves will be played.

**Rule 12. Player at the Net.** Penetration Into the Opponent's Playing Area and Space.

- A player touches the ball or an opponent in the opponent's space before or during the opponent's attack hit.
- A player interferes with the opponent's play while penetrating the opponent's space under the net.
- A player interferes with play by (amongst others): – touching the net between the antennae or the antenna itself during his/her action of playing the ball, – using the net between the antennae as a support or stabilizing aid – creating an unfair advantage over the opponent by touching the net – making actions which hinder an opponent's legitimate attempt to play the ball, – catching/holding on to the net. Any player close to the ball as it is played, and who is him/herself trying to play it, is considered in the action of playing the ball, even if no contact is made with it. However, touching the net outside the antenna is not to be considered as a fault.

**Rule 14. Blocking Contact.** No restrictions exist as to which players may participate in a block.

**Rule 15. Forfeiting a Match**

- Teams will forfeit if they have less than 3 people
- Teams will forfeit if they do not meet the required number of females on the court at a time (**Rule 2**)
- Teams consistently violating these rules and regulations will be given 2 warnings. After 2 warnings the team will then forfeit their current season.

**Rule 16. Officiating**

- We will not have official officiating this season,
- There will be officiating during the tournament