

Sideout Sports

4v4 CoEd Volleyball League

1. **Teams** - Teams must consist 4 players, male and female (though we recommend at least 6 incase a substitute is needed). At least one female must be playing on the court at all times. To be eligible to play, players must be on the original roster list.
2. **Match Format** - Two out of three scored to 25 (maximum 28). Teams must win by two points. If a third match is needed, the game is played to 15 (maximum 18), win by two points.
3. **Match Start - Coin Toss:** The referee shall hold a coin toss with the opposing team captains after designating which captain will call the toss. The winner of the toss has choice of serving or side of court; the loser has the alternative choice. The teams shall switch courts after each game. If the match goes to three games, a retoss will determine service and court side.
4. **Serve-** The match begins with the serve, which the back row position designated as the server during the rotation. The serve must be contacted with the hand or forearm from behind the end line and between the side hash marks. One re-serve will be allowed during the term of service.
5. **Playing the ball-** All players must legally contact the ball either by passing (digging) or overhead passing (setting action). The ball may not have pro-longed contact with the hands, fingers, or any upper body part.
6. **Kicking-** Any contact from the ball with your feet is legal.
7. **Multiple Contacts** – is legal on all first balls. The ball may not be lifted; however, it may be contacted multiple times (this does not include two separate attempts by the same player).
8. **Simultaneous Contact-** By the same team is allowed and either player may contact the ball again.
9. **Net Violation-** Players may not contact the net during a rally, exceptions to this is the player's hair or the net being pushed into a player by the ball.
10. **Encroachment-** Is illegal. A player must not cross the center line with the foot. Any portion of the foot that is in contact with the line or the plane is legal. Players may not reach over the net to interfere if the opposing team is attempting to pass. If the

opposing team is attacking or playing the ball over, the defender is allowed to cross the plane to block.

11. Ball in the vertical plane of the net is free to be played by either team.

12. Playable area- The official will establish playable area. If a legal attempt could have been played, but in the officials judgment there was interference, a replay shall be awarded. If team a hits a ball into the ceiling and stays on team A's side, the ball is live. However, if team A hits the ball which strikes the ceiling and travels to team B's side of the court, team B will be awarded a point. Any ball that strikes the wall or track is considered dead.

13. Boundary Line- Any part of the ball contacting the boundary lines is considered **IN** and is legal play.

14. Boundary line- The ball must cross entirely between the nets' antennas to be a legal play.

15. Block/Attack- It is illegal to block/ attack the serve (attempts included). Legal blocks or attacks are made by any player in the front row. Legal attacks for back row players are when the ball is contacted by the player entirely behind the ten foot line. It is illegal for back row players to attempt to attack or block the ball in front of the ten foot line. It is legal for a blocker to attempt to block and attempt contact with the ball immediately following the block (i.e. blocks/passes).

16. In blocking- The player may place his/her hands and arms beyond the net (cross the plane of the net), provided that this action does not interfere with the opponents' play. It is not permitted to touch the ball beyond the net until an opponent has executed an attack hit.

17. Substitutions- Players will substitute by rotating into the serving position. Players may not substitute for any other position unless there is an injury. Players must start in their correct position. Once the serve has been made, players may move and switch positions (exception, a back row player may not block or attack beyond the ten foot line).

18. Team- The minimum number of players needed to begin a match is three.

19. Forfeit- The first game will be forfeited at game time. The match will be forfeited ten minutes past scheduled game time.