

Broomfield Adult 4v4 Grass Volleyball Rules

A. Match Start

1. Teams must have at least 2 players to start
 - a. Coed teams must have one of the following player ratios to start and end a match, with the exception of an injury replacement mid-match:
 - b. 2 men, 2 women
 - c. 3 women, 1 man
 - d. 2 women, 1 man
 - e. 2 men, 1 woman
 - f. 3 women
2. Captains will rock, paper, scissors to determine first service
 - a. Losing captain will choose which side to receive from
 - b. Teams will trade first service for the second and third games
3. Tennis shoes or bare feet must be worn for matches, no spike or cleats are permitted

B. Match Format

1. All matches are self-officiated and teams will record their own scores on the score sheets provided
2. League matches will consist of 3 games using rally scoring
 - a. Games 1 and 2 played to 21 points, win by 2, capped at 23 points
 - b. Game 3 played to 15 points, win by 2, capped at 17 points
 - c. All 3 games count towards league standings, and standings will be based on total games, not total matches
3. Playoff matches will be played best 2 out of 3 games
 - a. Games 1 and 2 played to 21 points, win by 2, capped at 23 points
 - b. If needed, game 3 played to 15 points, win by 2, capped at 17 points
4. Matches will have a time limit of 50 minutes
 - a. If time expires, the team with the most points will win the current game
 - b. If there is a tie when time expires, the team with the most total points in the match will win the current game
 - c. Each team is allowed one 30 second time out per game

C. Game Play

1. Serving

- a. Let serves are permitted
- b. The ball must be hit on the first toss of the serve. No re-toss is permitted
- c. Blocking the serve is not permitted
- d. The server is considered a back row player and is not allowed to be an attacker
- e. Coed- service order must alternate male/female when possible

2. Playing the Ball

- a. Open hand dinks are not permitted (Directional tip or hit with fingertips)
- b. First ball over may be a double contact, but not a lift.

- c. Any part of the body may be used to play the ball as long as it doesn't result in a lift or carry
- d. **Sets** over the net must be contacted above the shoulders and must be directed directly in front or behind of the direction the upper torso is facing. Side sets over the net are not permitted.
- e. **Spikes** can be hit by any player except for the server (considered the only "backrow" player)
- f. **Blocks** at the net do not count as a "first touch" and teams are allowed 3 more touches following a successful block
- g. Coed- if the ball is contacted more than once by a team, a woman is **not** required to touch the ball prior to sending it over the net

3. Substitutions

- a. Teams may substitute player for player before and after they serve (back row)
- b. Coed- the men-women player ratio must be maintained with substitutions, with the exception of an injury substitution

4. Out of Bounds

- a. Poles are considered out of bounds (substitute for the antenna)
- b. The ball must travel inside the poles when crossing the plane of the net
- c. If a player contacts the poles or support ropes, play may continue unless it affects the point
- d. If a player accidentally disrupts the boundary lines
 - i. if it is only slightly out of place, you may continue the point and determine where the ball should have landed based on the original location of the line
 - ii. if the line is pulled completely out of its original spot, stop the rally and replay the point

5. Point Discrepancies

- a. In all situations where there is a disagreement between both teams on who should be awarded a point, replay the point starting with the previous server