

## **BROOMFIELD GRASS LEAGUE RULES (4S)**

Rock paper scissors will determine first service. Opposing team will pick the side to receive.

Teams will then switch for the second match.

A team must have at least two (2) players to begin.

Tennis shoes or bare feet. No metal spikes or cleats allowed (turf shoes and rubber soles only)

Nets – Outdoor nets will be used for play. Rope boundaries will be used to outline the playing surface.

### **Game Play -**

1. All matches are self-officiated and teams will record their own scores.
2. All league games will consist of two (2) matches played to 21 points (23-point cap). (Rally scoring, win by 2) The 3rd match plays to 15 (17 cap).
3. Playoffs games will be played best 2/3 matches to 21 points (23-point cap). If needed, the third match will be played to 15 points (17-point cap). (Rally scoring, win by 2)
4. Teams are allowed one 30 second timeout per match.
5. Those scores must be recorded on the clipboard provided.
6. **Serving** – Let serves allowed. - No re-toss is permitted. Jump serves are not allowed.
7. Coed Leagues – The service order must alternate male-female when possible.
8. Coed – If the ball is contacted more than once by a team, a woman is **not** required to touch the ball prior to sending the volleyball back to the other side.
9. **Playing the Ball**
  - a. No open hand dinks. (Directional tip or hit with fingertips)
  - b. No side sets over the net. If the ball is set over the net with hands, the ball must be contacted above the shoulders and must be directed directly in front or behind of the direction the upper torso is facing.
  - c. Spikes - everyone can spike except for the server (considered the only “backrow” player).
  - d. First ball over may be a double contact, but not a lift.
  - e. Any part of the body may be used to play the ball as long as it doesn’t result in a lift or carry.
  - f. A block at the net does not count as a “first touch”.
10. **Substitutions/Extra player Rotation** – Teams may substitute player for player before they serve (back row).