

4's Volleyball FAQ's

Volleyballs:

1. Volleyballs are to be provided, and agreed upon, by either team.

Net Height:

Men's- 7'11" 5/8

Women's- 7'4" 1/8

Match:

1. Matches are to begin on time. If a team is not prepared to begin the first set and takes a forfeit, they shall have ten minutes before forfeiting the second set. All teams should remain in the gym, ready to play. When a court becomes available, the match in the next time slot on that court will begin as soon as possible.
2. The First server will be determined by rock/paper/scissors. The team that wins will get the serve for the 1st game; the other team gets the serve for the 2nd game regardless of who wins the 1st game. If 3rd game is played, rock/paper/scissors will determine who gets the serve.
3. The first two games of each match will be played with rally scoring to 21 points with a 21 point cap; the 3rd game will be played to 15 points and a 15 point cap at Northwood and Mountainside ONLY, all other locations play to 21 points with a 23 point cap. These matches will have a 45 minute time limit. The first team to win 2 games wins the match. However, the 3rd game is always played.
4. In league AND playoff games, teams must start with a minimum of 2 players.

Roster:

1. Be sure that all players currently playing on your team are listed on your roster at the County Park's office. If you feel an illegal player is playing on any opposing teams, notify your gym supervisor. It will be investigated by the Recreation Staff the next working day. Teams playing with illegal players may forfeit any wins and be suspended from the tournament. **To be a legal player for tournament, each individual must have signed your team roster and played on your team on a minimum of half of the matches during the regular season.
2. Teams may roster a maximum of two (2) players aged 15 to 17

Substitutions:

1. Spokane County league and tournament play allows for substitutions to occur without guidelines as long as players do not advance in serving order and the team sustains the appropriate male and female ratios. Late players may fill holes as long as serving order of initial players isn't changed.

Positions:

1. All players are considered front row the entire match (ie. a player is still able to hit in the front row even if they just served).
2. No player can attack or block a SERVED ball while it is above the height of the net.
3. No Setting a serve. Closed hands are acceptable to receive ball off the serve.
4. No carrying the ball. Any obvious carries will result in a side-out.
5. No palming/throwing the ball on a hit. (Contacting ball behind head, catching ball in hand, and throwing over the net). Palming/throwing will result in a side out).

6. Every time the ball crosses the net the first contact is allowed to be a double hit. A block is not considered first contact. At no time is a player allowed to ATTACK a ball which is completely on the other side of the net. Blocking is allowed over the net provided the other team has had their 3rd hit OR in the Referee's judgment, the flight of the ball would have crossed the plane of the net and no opponent is up to make a play on ball.

Self-Refereed Games:

1. Self-Refereed Divisions must make honor calls on foot faults, hands, under the net and rotation faults. Call out score before each serve. Also stay on schedule and be sure to record game scores on Score Sheet!

Playable Overhead Obstructions:

1. A ball striking the ceiling or an overhead obstruction above a playable area shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net extended that is occupied by the team that last played the ball, and the ball is legally played next by the same team.
2. Cables, which are used to retract a ceiling-suspended net system and located only on one side of the net, are playable overhead obstructions.

Children:

1. Remember, children are allowed at the games as long as they are sufficiently supervised by a **NON-PLAYING ADULT**. Referees may forfeit the game if the issue persists.