

## *4v4 League Rules*

All participants must be at least 18 years of age and must complete the waiver agreement before playing. To complete the waiver, your team captain must invite you to the team on [www.teamsideline.com/sunvalleylanes](http://www.teamsideline.com/sunvalleylanes). You will receive a roster invite email, which you must complete.

Outside alcohol is not permitted on our property.

Alcohol must remain within the building or the fenced in areas at all times.

### **Team Composition:**

- Teams are permitted to have up to eight members on their roster (All men, all women, or a mix).
- Only four members are permitted on the court at any given time.
- Substitutions can be made throughout the game.

### **Roster Management:**

- It is the team captain's responsibility to ensure that anyone playing with them is on their roster and that they have signed the waiver agreement. Waivers can be signed at the volleyball bar at Sun Valley Lanes & Games.
- Captains can manage their roster at the league's standing/schedule page at [www.teamsideline.com/sunvalleylanes](http://www.teamsideline.com/sunvalleylanes).
- Captains will have until a specified date to finalize their roster. After that date, the rosters will be locked and no new subs are permitted to play. The date will be determined, prior to the season, and will be included in multiple emails and league announcements.
- If an ineligible player is used in the playoffs, the set(s) that they were used in will result in a forfeit. Ineligible players include players that meet one of the criteria:
  - 1) Are under the age of 18
  - 2) Are not enrolled on their team's roster.
- Teams are permitted to have up to 8 players on their roster.

### **Roster Protests:**

- If a team would like to protest an ineligible player, they must inform the manager on duty immediately. The manager will then begin an investigation. The opposing team will be informed of the protest and will have the option to remove the player-in-question from play and forfeit any sets that they played in that day. Protests are not permitted after the match is completed.
- Teams are only permitted to protest one roster member at a time. If they win the protest, then they retain the right to protest another member. If they lose the protest, they are not permitted another protest that week.

- The cost of a protest is a \$50 deposit. The deposit must be made at the time of protest and will be returned if the protest is valid and the player is ineligible. If the player-in-question is an eligible roster member, the \$50 will be retained as a penalty.

- Teams refusing to provide accurate information to SVL management, during a protest, will automatically forfeit the match and may receive further repercussions.

### **Ground Rules:**

- Matches will be self-officiated. All participants are expected to know the rules of the sport.

- Disagreements will be settled by replaying the point.

- The winning team of a pre-match volley will serve first in the first set and choose its playing side. At the conclusion of the first set, the teams will switch playing sides and the team which did not serve first in set one will serve first in set two.

- All games will be played to 21 points, rally scoring, with a cap at 25 points. Games must be won by two points unless the game reaches its cap (Example: a team could win by the score of 25-24).

- The serving player shall verbally state the score of the game, before each serve, loud enough for both teams to hear. The serving team's score shall be announced first, followed by the opponent's score.

- If the serving team is winning 12 to 9, the announce would be made as "twelve – nine"

- If the serving team is losing 9 to 12, the announce would be made as "nine – twelve"

- Unless both teams agree to a spectator score-keeper, the 4 players on the court are responsible for keeping the score. Score corrections coming from the sidelines must be agreed upon by both teams.

### **The Serve:**

- At the moment of contacting the ball to serve, or at ground take off for a jump serve, the server must not touch the court, end line, or ground outside the service zone.

- Jump serves and skyball serves are permitted.


- Teams are required to follow a serving rotation but player positions during the match do not have to change. Once the serving rotation is set, it must remain the same throughout the set.

- A served ball that touches the net, but continues to the opponent's side, is considered a live ball.

**General Play:**

- A ball touching any part of the boundary line is in.
- A ball making contact with the antenna above the net is immediately considered out.
- It is permissible to run out-of-bounds to play a ball.

**Legal Contact:**

- Any player may contact the ball with any body part, above or below the waist.
- Open handed receiving is not permitted unless your hands are in contact with each other. The simplest way to do this hold your hands next to each other with the two thumbs touching each other and the two index fingers touching each other. 
- Players are not permitted to scoop, hold, or throw the ball. The ball may never be contacted with an open-hand underhand motion. The ball must not visibly come to rest on the player's hands, fingers, or any other part of the body.
- A set ball that is spinning is indicative of a double touch or excessive "finger action". Spinning sets should be deemed a dead ball.
- Open handed tips are not permitted - tips should be made with clawed/closed knuckles. Roll shots, with the heel of the hand, are legal.
- A player shall not make successive contacts of the ball. One person may play the ball twice during a volley but not twice in succession.
- A ball, other than a serve, may be recovered from the net provided the player avoids contact with the net and does not catch or hold the ball.
- The ball must always be returned over the net by the third contact. Making contact with the ball, while blocking, is not considered contact.

**Blocking:**

- A blocking contact is not counted as a team hit. The blocking team will have three contacts to return the ball after a blocking contact.
- Blocking and spiking the ball on the serve is illegal.

**Net Play:**

A player may reach under the net as long as he/she does not interfere with an opponent's attempt to play the ball. A player may reach over the net to complete a spike which was begun on the player's own side of the net. A player may never touch the net. A player may reach over the net to block, but not to interfere with the opposing team's play.

**Game Time and Forfeits:**

- All matches will start at their designated times. There is a 10-minute grace period until a forfeit is declared.
- Matches must be completed by 5 minutes before the next scheduled league time (A league starting at 6:30 PM must be done by 7:40 PM, if there is a 7:45 PM league). In the event that a match is not completed 5 minutes before the next scheduled league time, the team with the most points, when time is called, will get the win.
- For the sake of the league and the respect of your opponents, all teams should put in their best effort to show up for their league.
- Teams that know they will not be able to make it for league are asked to call us at 402-475-3469 to inform us as soon as possible. We will attempt to contact the opposing team captain when this happens.
- Teams are permitted to, but not required to, make-up matches on their own terms. These matches must be completed at least 1-week prior to the beginning of the league playoffs.
- If a team is a "no-show" for a make-up match, the team receiving the forfeit will be the team that was unable to play at the originally scheduled league time.

**Spectators and Children**

For the safety of all guests, spectators, including children, are not permitted in the sandy area while Sand Volleyball is being played. All spectators should remain on the patio at all times. **Do NOT, under any circumstance, allow kids to play in/dig holes in the sand, as that is a major liability concern.**

**Wind Rule**

When it's windy, the Wind Rule can be applied during the third set by either team. The team intending to implement the Wind Rule must notify their opponent before the third set begins. If the opposing team is not informed before the start of the third set, the Wind Rule can only be applied later if both teams agree.

When using the Wind Rule, after a team reaches 11 points in the third set, both teams will switch sides. They will continue to play the remainder of the set from their newly assigned side.