



# League Format Rules

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## 4s Leagues (Men's, Women's & Coed)

### Team Composition

- 4 players on the court
- Rosters: typically 4-6 players
- Teams may play with 3 players if needed

### Gameplay Rules

- No open-hand tipping/dinking
- Players may not set the ball over the net **unless shoulders are square to the intended target and it was intentional**
- **Double contacts will NOT be called** if the player's teammate makes the next touch

### Coed 4s

- Must have a minimum of 2 females on the court
- Max 2 males on the court

### Play Style

- Fast-paced, more court to cover
  - No positional restrictions
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## Coed 6s Rules

### Team Composition

- 6 players on the court
- Must have at least 2 females and no more than 3 males

### Serving Order

- Must alternate genders:
  - Example: M / F / M / F / M / F
  - Any consistent alternating variation is allowed

## **“Girl Rule” (Contact Rule)**

- A female player must make **at least one of the three contacts** before the ball crosses the net
- Exception: If the ball goes over on one contact, the rule does not apply

## **Minimum Players**

- Minimum of **5 players** required to play

If a team has only 5 players:

- League may enforce a “Ghost Rule”
    - Automatic side-out or point loss when the missing rotation spot is reached **OR**
    - The opposing team may be awarded **3 starting points**
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## **Coed 2s (Doubles Rules)**

### **Match Format**

- Best of 3 sets (2 sets to 21 points, 3rd to 15 if needed)
- Must win by 2, cap of 23 & 17

### **Gameplay Rules**

- No open-hand tipping
- No setting on the first or third contact
- Blocks do NOT count as a touch

### **Serving Courtesy Rule**

- Females serve to females
- Males serve to males

This is a courtesy rule, not a strict enforcement but if it’s clearly being used as a competitive advantage, it will be enforced

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## **Final Notes**

This league is competitive, but it’s still played in the sand at the 152 Club - not the Olympics.

- Make honest calls

- Respect your opponents
- Keep the game moving
- And don't be "that team" everyone groans about on the schedule