

General Rules:

- Team Rosters: Each team must have a minimum of 5 players and a maximum of 8 players on their roster.
- Gender Participation: (Choose one based on your league's format)
 - Co-ed: No more than 3 players of one gender on the court at a time.
 - Same-sex: All players must identify with the designated gender of the league.
- Sportsmanship: Unacceptable behavior will not be tolerated. This includes verbal abuse, arguing with calls, or any actions that could lead to injury.
- League Officials: All games will be officiated by a designated referee or use a self-officiating system with clear communication between teams.
- Safety: All players must wear appropriate athletic clothing and footwear.

Gameplay Rules:

- Match Format: Matches will consist of best 2 out of 3 games (play to 25 points, win by 2). A third game, if necessary, will be played to 21 points, win by 2.
- Serving: A player must serve underhand or overhand. Serves may touch the net and still be considered in play (let serve). A team gets one service attempt before the ball goes to the opposing team.
- Rotation: All players must rotate one position clockwise after each side out.
- Hits per Side: Each team is allowed a maximum of 3 hits (including the block) to return the ball over the net.
- Substitutions: Substitutions are allowed during any dead ball situation. Players may only substitute once per play.
- Timeouts: Each team will be awarded one 30-second timeout per game.

Scoring Rules:

Building on the general rules, here are specific scoring regulations for your 4 vs 4 volleyball league:

- **Point Awarded:** A point is awarded to the serving team whenever:
 - The opposing team lets the ball hit the ground on their court.
 - The opposing team commits a fault (e.g., double hit, centerline violation, exceeding three hits).
 - The opposing team fails to return the ball over the net.
- **Rally Scoring:** A point is awarded after every rally, regardless of who served the ball. The team winning the rally gains the right to serve.
- **Set Scoring:** Sets are played to 25 points, with a two-point advantage. If the score reaches 24-24, the set continues until one team wins by two points (e.g., 26-24, 27-25).

- **Final Set: (Optional)** If your league plays a best 3 out of 5 format, you can choose to shorten the deciding game to 15 points, win by 2.
- **Timeouts:** A timeout cannot be called during a rally to stop play for the purpose of scoring a point. Timeouts can only be called during dead ball situations.

Here are some additional scoring considerations:

- **Service Errors:** If the serving team commits a fault during their serve (e.g., foot fault, serve hits the net and doesn't go over), the opposing team scores a point and gains the right to serve.
- **Simultaneous Fault:** If both teams commit a fault simultaneously, the point is replayed (no points awarded).
- **Net Violations:** A ball touching the top of the net during play is considered "in play" and the rally continues. However, reaching over the net to play the ball on the opponent's side is a violation.

Specific Rules:

- **Double Contact:** A player cannot hit the ball twice consecutively.
- **Centerline Violation:** A player cannot touch the net with any part of their body during the play. This includes reaching over the net to block a ball on the opponent's side.
- **Blocking:** A team is allowed to have a maximum of 3 players blocking at the net.
- **Back Row Attack:** Back row players may attack the ball above the net attack line, but their approach (the last three steps before jumping) cannot break the plane of the net.

Breaks and Forfeits:

- **Between Sets:** Teams will have a 2-minute break between sets.
- **Forfeits:** Teams forfeiting a match will result in an automatic win for the opposing team.