

Brighton Recreation 4s Volleyball League Rules and Information



The current USAV Rules will govern play. The rules listed below are ones we wish to emphasize or are implemented by the Recreation Department.

ELIGIBILITY: The league is open to men and women 18 years and older. Anyone who is a member of a high school or college volleyball team during the present school year is ineligible. Participants may not play on more than one team.

TEAM ROSTER: All team members must be listed on a team roster provided by the Recreation Department. **Rosters are limited to 8 players.** Changes must be given to the League Supervisor before players are eligible. Players are responsible for having a picture I.D. at the game site. Failure to do so will result in a player being ineligible. **If the Brighton Recreation Center is unable to fill the league with all coed teams, it reserves the right to allow teams of all one gender to participate.** During these matches, rules specific to the coed designation do not apply.

THE MATCH: Each match will consist of three games. The first two games will be played to **21 points** and must be won by a margin of two points or cap at 30. The third game will be played to **15 points** and must be won by a margin of two points or a cap at 20. Each game will be recorded in the league standings. Teams will be allowed a 5-minute warm-up period prior to match time. One-minute intervals will be allowed between games in a match.

FACILITIES AND EQUIPMENT: Games will be played at the Brighton Recreation Center on Tuesday evenings. Game ball will be provided for all matches. **Net height for coed is eight feet (8').**

OFFICIALS: This league will be self-officiated. Since there is no head referee to make a call, each team is expected to play on their honor. All players are expected to call themselves and their teammates when a foul is committed within the rules of their level of play. Please be as honest and as aware as possible. If the opposing team feels you have committed a foul without calling yourselves, please have a discussion and if an agreement cannot be made (for example a ball is debated in or out) a replay will occur. The Brighton Sports Department will provide one site supervisor that may step in and provide their best judgement as needed. Before each serve, the score must be verbally called out by the server loud enough for the other team to hear.

FORFEIT: Each team must have 3 players to begin the match. **MATCH TIME IS FORFEIT TIME.** If a team is not ready to play at match time the first game will be forfeited and the team has (15) minutes before the remainder of the match is forfeited. Coed teams must have an even number of men to women or a maximum difference of 1 on the court at any time.

SPOKESPERSON OF THE TEAM: Only the playing team captain may address the gym monitor / site supervisor and shall be the spokesperson for their team. They are also responsible for the conduct of their players.

ROTATIONS AND SUBSTITUTIONS: Coed teams must have an even number of men to women or a maximum difference of 1 on the court at any time. Substitutions can be done on a rotation system or for a specific player. If using a rotation system, it must follow in the same order throughout the game. In 4's play, no player other than the server is required to rotate. For teams who choose to adopt this feature, please remember your place in your lineup to avoid conflict. Teams may have 5 players in the gym at any time, but only 4 on the court. Therefore, if the roster has more than 5 players, the remaining teammates cannot come to the match that evening.

TIMEOUTS: A team is allowed 2 timeouts in each game, which are limited to 30 seconds each. The captain is the only person with the right to request a timeout.

PLAYING THE BALL:

- A. The server hits the ball with the hand (open or closed) or any part of the arm to send it over the net into the opponents' area. The ball may be served while resting in the hand but may not be thrown or pushed. The score must be called out loud and clear before a service happens.
- B. The team receiving first at the beginning of a game does not have to rotate when they achieve the first side out.
- C. Each team is allowed a maximum of three successive contacts with the ball on its side before directing the ball over the net towards the opponent's court. If there are 3 touches on the ball, it is required that both genders have at least one touch. In other words, 3 touches cannot all be from the same gender.
- D. Walls, basketball rims, and any overhead apparatus is considered out of bounds.
- E. When the ball visibly comes to rest momentarily in the hands or arms of a player, it is considered to have been held. The ball must be hit in such a manner that it rebounds clearly from a player. Scooping, lifting, pushing, or carrying the ball shall be considered a form of holding.
- F. A player may not attack the ball on the opposite side of the net. Follow through on a spike is allowed provided contact with an opponent or the net is not present. A block is not considered an attack, thus, blocking over the net is allowed. A blocked ball is considered to have crossed the net. Blocking a served ball is prohibited.
- G. If a player's action causes them to contact the net during play, accidentally or not, with any part of the player's body or uniform, that player shall be charged with a fault. If a ball is driven into the net with such force that the net contacts a player, such contact will not be considered a fault.

CONDUCT:

- A. There is no smoking, vaping, or drinking allowed. Any player under the influence of alcohol or drugs will automatically be prohibited from playing.
- B. The league supervisor or site supervisor has the authority to stop a game they feel is out of hand and to suspend any team(s) or player(s) for not keeping within the spirit of sportsmanship.
- C. Any player who hits, shoves, pushes, or in any way harms a referee, recreation personnel, or spectator will automatically be ejected from the facility and suspended for the remainder of the season and possibly the entire program.

ELASTICITY CLAUSE: Any enforcement procedures that are not stated herein may be provided by the league supervisor as necessary to provide for the recreational enjoyment of players, coaches, and spectators.

PLEASE MAKE SURE ALL PLAYERS ARE AWARE OF THESE RULES.