

FOUR LAKES Volleyball League Rules – Playoffs: September 14th, 2019

The FOUR LAKES Volleyball League (FOUR LAKESVL) uses the Official [USA Volleyball](#) rules for all league play with some exceptions, which are listed below.

Contact the [Recreation Director](#) concerning any questions about league rules.

Philosophy

The FOUR LAKESVL is a self-officiated league. Players are expected to call their own faults (nets, lifts, etc.) and not those of the opposing team. If you think that the opposing team has committed a fault, continue playing until the ball is out of play. Then your team captain should discuss the perceived fault with the other team's captain. If the captains cannot agree, replay the point.

Team

A legal team is required on the court for all games. A legal FOUR LAKESVL team for regular season and tournament games consists of:

- 4 players, at least 1 of whom must be female, (All 4s Teams)
- 6 players, at least 2 of whom must be female. (All 6s Teams)
 - At the opposing (co)captains' discretion, a team may play a league sanctioned game with less than the minimum players. This choice is solely the opposing (co)captains' choice.
- If a team is playing down a player the office breakdown of players is:
 - 4s Team: 1 male and 2 female*
 - 6s Team: 3 male and 1 female*
 - The opposing captain can allow you to play with a different breakout of players at their discretion.

Players must be listed on the team roster and must have submitted a signed waiver form in order to compete in FOUR LAKESVL play. If any player plays in a league sanctioned game and is found to not be on the teams official roster shall cause an immediate forfeit of all games played that evening.

Players must compete in at least 10 regular season matches in order to play in the season-ending tournament.

Play

These are some abbreviated rules. See the Official USA Volleyball Rules for more detail.

USAV Rules

TEAM HITS

A hit is any contact with the ball by a player in play. The team is entitled to a maximum of three hits (in addition to blocking, Rule 14.4.1), for returning the ball. If more are used, the team commits the fault of: "FOUR HITS."

9.1.1 CONSECUTIVE CONTACTS

A player may not hit the ball two times consecutively (except Rules 9.2.3, 14.2 & 14.4.2).

9.1.2.2 When two opponents touch the ball simultaneously over the net and the ball remains in play, the team receiving the ball is entitled to another three hits. If such a ball goes “out,” it is the fault of the team on the opposite side.

FAULTS IN PLAYING THE BALL

9.3.1 FOUR HITS: a team hits the ball four times before returning it.

9.3.3 CATCH: the ball is caught and/or thrown; it does not rebound from the hit

9.3.4 DOUBLE CONTACT: a player hits the ball twice in succession or the ball contacts various parts of his/ her body in succession.

REACHING BEYOND THE NET

11.1.1 In blocking, a blocker may touch the ball beyond the net, provided that he/she does not interfere with the opponents’ play before or during the latter’s attack hit.

11.1.2 After an attack hit, a player is permitted to pass his/her hand beyond the net, provided that the contact has been made within his/her own playing space.

PENETRATION UNDER THE NET

11.2.1 It is permitted to penetrate into the opponents’ space under the net, provided that this does not interfere with the opponents’ play.

CONTACT WITH THE NET

Any player involved in play action - attempting to make either an offensive or defensive attempt on the ball who comes in contact with the net will have committed a net fault.

Any contact with the net irrespective of the degree of contact, length of contact or whether the contact in any way influenced the result of the play (ex. even if the ball was already in trajectory to continue out of bounds or would not have cleared the net).

Any contact with the net which interferes with the play action or in any way disrupts the play action will be considered a net offending fault.

The team committing the offense will forfeit the point and the opposing team will be awarded the point, possession of the ball and assume the next service attempt.

PLAYERS' FAULTS AT THE NET

11.4.1 A player touches the ball or an opponent in the opponents' space before or during the opponents' attack hit.

11.4.2 A player interferes with the opponent's play while penetrating into the opponent's space under the net.

11.4.3 A player's foot (feet) penetrates completely into the opponent's court.

11.4.4 A player interferes with the opponent's play by (amongst others):

- touching the top band of the net or the top 80 cm (2' 7.49") of the antenna during his/her action of playing the ball, or

- taking support from the net simultaneously with playing the ball, or

- creating an advantage over the opponent, or

- making actions which hinder an opponent's legitimate attempt to play the ball.

EXECUTION OF THE SERVICE

12.4.1 The ball shall be hit with one hand or any part of the arm after being tossed or released from the hand(s).

12.4.2 Only one toss or release of the ball is allowed. Dribbling or moving the ball in the hands is permitted.

12.4.3 At the moment of the service hit or take-off for a jump service, the server must not touch the court (the end line included) or the ground outside the service zone.

SCREENING

12.5.1 The players of the serving team must not prevent their opponent, through individual or collective screening, from seeing the server or the flight path of the ball.

12.5.2 A player or group of players of the serving team make a screen by waving arms, jumping or moving sideways, during the execution of the service, or by standing grouped to hide the flight path of the ball.

ATTACK HIT

13.1.1 All actions which direct the ball toward the opponents, with the exception of service and block, are considered as attack hits.

13.1.2 During an attack hit, tipping is permitted only if the ball is cleanly hit, and not caught or thrown.

13.1.3 An attack hit is completed at the moment the ball completely crosses the vertical plane of the net or is touched by an opponent.

RESTRICTIONS OF THE ATTACK HIT

13.2.1 A front-row player may complete an attack hit at any height, provided that the contact with the ball has been made within the player's own playing space (except Rule 13.2.4).

13.2.3 A back-row player may also complete an attack hit from the front zone, if at the moment of the contact part of the ball is lower than the top of the net.

13.2.4 No player is permitted to complete an attack hit on the opponents' service, when the ball is in the front zone and entirely higher than the top of the net.

FAULTS OF THE ATTACK HIT

13.3.1 A player hits the ball within the playing space of the opposing team.

13.3.2 A player hits the ball "out."

13.3.3 A back-row player completes an attack hit from the front zone, if at the moment of the hit the ball is entirely higher than the top of the net.

BLOCKING

14.1.1 Blocking is the action of players close to the net to intercept the ball coming from the opponents by reaching higher than the top of the net, regardless of the height of the ball contact. Only front-row players are permitted to complete a block, but at the moment of contact with the ball, part of the body must be higher than the top of the net.

BLOCKING WITHIN THE OPPONENT'S SPACE

In blocking, the player may place his/her hands and arms beyond the net, provided that this action does not interfere with the opponents' play. Thus, it is not permitted to touch the ball beyond the net until an opponent has executed an attack hit.

BLOCK AND TEAM HITS

14.4.1 A block contact is not counted as a team hit. Consequently, after a block contact, a team is entitled to three hits to return the ball.

14.4.2 The first hit after the block may be executed by any player, including the one who touched the ball during the block.

BLOCKING THE SERVICE

To block an opponent's service is forbidden.

BLOCKING FAULTS

14.6.1 The blocker touches the ball in the opponents' space either before or simultaneously with the opponents' attack hit.

FOUR LAKESVL rules:

Since outdoor nets do not have antennas, the ball must pass between the poles.

All leagues except 4sA are allowed to open-hand attack or “dink” over the net. 4sA observe “beach rules” which require the attacker’s shoulders to be perpendicular to the net when using open hand attacks.

Opposing teams must rotate after every side-out, *including the first serve*.

Because the FOUR LAKESVL is a self-officiated league blockers are expected to call their touches of balls that are hit out of bounds, even if the contact is not obvious.

Miscellaneous

FOUR LAKESVL: Players must call their own net violations. If there is a disagreement on the fault, replay the point.

FOUR LAKESVL courts have no center line under the net. It is not a fault to cross under the net, but it is a fault to interfere with an opponent's play of the ball. It is also dangerous to cross under the net and therefore discouraged.

The boundary lines are part of the court. The ball is considered "in" if it strikes a boundary line or causes the line to move. Note that a player's foot, and not the ball, may at times cause the line to move. If there is a disagreement, replay the point.

A team may call 2 time-outs per game.

Legal contact of the ball, particularly during a hand set, is probably the most difficult part of the game to self-officiate. The ball must be contacted cleanly (one contact on the second and third hit) and not held, lifted, pushed, caught, carried or thrown. The ball cannot roll or come to rest on any part of a player's body. Rotation of a set ball may indicate a held ball or multiple contacts during the set, but in itself is not a fault. Since the FOUR LAKESVL has different categories of skill, there are differences in how strictly this rule is applied. The more strict you are with your team, the more likely the team's skill will improve. If a captain feels that another team is constantly setting the ball illegally and not calling it, it is better for the captain to point out the fault early in the game and not wait until the score is 14-14.

We want to reemphasize that a team calls its own faults. If the opposing team believes there was a fault, only the team captain may ask if a fault has occurred. If there is a disagreement over the call, replay the point.

Four Lakes League Specific Rules, guidelines for registration, tournament, etc:

SECTION 1: ORGANIZATION

- **Incomplete rosters will not be accepted.** Since there are only 10 available spots per division, teams with **completed rosters** (correct names, email addresses, and applicable fees) **printed clearly, of course**, will be placed in the desired division on a first come, first serve basis. **Reminder: Once the rosters have been submitted to the Recreation Department, they will remain in the office. Therefore, anyone who has not yet proved residency and/or paid fees must come to the main office during business hours to finish the paperwork.**
- Each league will have its own prizes. A maximum of **eight awards for six-player teams and six awards for four-player teams, teams with rosters larger than the recommended minimum may purchase additional awards.**
- Players may participate in only **ONE** six-player team and one four-player team.
 - At the time of the league tournament, each player will be required to choose which team to play on (if multiple the player belongs to multiple teams). This is to help time keeping and to keep on pace.
- Any player who is caught playing on a team besides his/her own will be banned from participation in the league for the remainder of the summer.
- If for any reason, a team has allowed a non-rostered (illegal) player to play, they will forfeit their match for that night. If this happens during tournament play, both the team that allowed this and the individual player will not be allowed to participate in the tournament. If the “illegal” player happens to be a captain of another team, his/her team will also forfeit their match for their next scheduled night. If this occurs during tournament play, both teams (the captain’s team and the one he/she illegally played on) will be eliminated from the tournament.
- All league tournaments are open to all teams registered in the league. Teams will be placed in the End of the Season Tournament at the discretion of the Recreation Department. **Any team that has forfeited 25% of its matches will be dropped.**

SECTION 2: ELIGIBILITY

- Each player’s eligibility will be validated by Four Lakes Management. **All players, both resident and non-resident, will be required to show a photo I.D. upon request. Please have I.D’s available at all times.**

--GAME NIGHT

- Six-player teams are required to check in, and to have on the court playing, two women and two additional players. Four-player teams are required to check in, and to have on the court playing, one woman and one additional player. If both captains agree, the minimums can be waived and the score sheet must be signed by both captains.
- Once the first game of the match has started, a team cannot call a forfeit on another team; exception is a roster check (see next line).
- It is the captain’s responsibility to review the rosters posted by the score sheet. Prior to the start of the second game, captains have the ability to pull a roster check and declare a forfeit if non-roster individuals were playing.

SECTION 3: ROSTERS AND ROSTER CHANGES

- Four Lakes residents, employees and non-residents may be added to a roster prior

- to the second session for the six-player league and four-player league.
- Players can change teams any time prior to the second session.
- All roster changes involving players switching teams will become effective immediately after being reported to the Recreation Office by the captain of the new team.
- Team captains can obtain rosters of teams in their division/league upon request.
 - Rosters will be present with the score sheets at each match.

SECTION 4: RULES ENFORCEMENT

- Since there are no referees, enforcement of the rules on game nights will be handled by captains.
- The Recreation Office will handle all questions regarding rules interpretation. 630-963-3422 or cbuehler@fourlakesnowsports.com or acochran@fourlakesnowsports.com

SECTION 5: CAPTAIN'S RESPONSIBILITIES

- The captain is to be the spokesperson for the team during games.
- The captain is responsible for payment of all fees.
- Both team captains or designates must check all game scores and sign the score sheet immediately at the end of the match. If, for any reason, scores are not reported, the Recreation Office will wait until the end of the session in progress before double forfeits are enforced.
 - **Note:** Accurate reporting of scores is important because session/season ending ties are determined by: **First, overall record; Second, head to head competition; Third, point differential; and Fourth, coin toss.**
- --Game balls are not provided.
- --The team captains will determine the general level of play. Whenever a rule discrepancy occurs during a game, captains or team designates are responsible for resolving the problem on the spot. If a solution cannot be reached, replay of point shall occur. No protest shall apply. (This rule is meant to expedite play, not cause arguments or be a test of wills. Keep your rules handy and be fair.)
- **RAIN AND RAIN OUT RESCHEDULING** - Since all matches are played outside, Mother Nature does throw us some curves, however, team **captains should tell their teams to report and check in by match time.** There have been many instances where it has stopped raining fifteen minutes prior to match time and we have been able to play the matches. If it is still raining at game time, and both captains agree to reschedule at this time, both captains should decide on a date and write it on the score sheet and sign their names. Score sheets will be available at the court, as well as through email with the league director, but must be signed by both captains and returned if a make-up game is not during regularly scheduled time.
- **TENTATIVE DEADLINES FOR SESSIONS AND REPORTING SCORES** - All scores from the appropriate session must be submitted to the Recreation Department by 9:00am on the following dates:
 - **Session Deadline for scores:**
 - Session I - July 5th, 2019
 - Session II - September 6th, 2019
 - If scores are not submitted by the time and dates above, both teams shall receive a forfeit, that match will be recorded as a loss for both teams with no points awarded.

SECTION 6: PENALTIES

- Unsportsmanlike conduct will not be tolerated. Any instances should be brought to the immediate attention of the Recreation Department and the team captains. Repeated unsportsmanlike conduct will result in a player's dismissal. Penalty for violation of the rules of section two will be the forfeiture of all games within a session upon detection of the violation. In addition, any team found to be in violation will not be awarded prizes or other awards no matter when the violation occurred. Finally, teams in violation will not be permitted to participate in any subsequent tournaments unless reviewed and approved by the Recreation Department.
- If a team does not participate in half of their games for said session, they will not be able to participate in the upcoming session.
- **All players must have played in at least half of the games since becoming a member of their team in order to participate in the End of the Season Tournament.**

SECTION 7: GAME TIME

- Session I **Mon./Tues./Wed./Thurs. 6:45pm**
- **Session II Mon./Tues./Wed./Thurs. 6:30pm**

- Session I **Sun. 5:30pm and 6:45pm**
- **Session II Sun. 5:15pm and 6:30pm**

- 6-player League- C & B Sun. & Wed. (6:45)
- 4-player League- B Sun. (5:30) & Tues. (6:45)
- 4-player League- A Mondays Only (6:45)
- **We do have a forfeit rule, and it is 10 minutes just like the official USAV rules.**
 - No legal team by 10 minutes after start time, set 1 is forfeit.
 - No legal team by 20 minutes after start time, set 2 is forfeit.
 - No legal team by 30 minutes after start time, set 3 is forfeit.
- During the End of Season Tournament (Playoffs), team will be considered after 10 minutes past scheduled start time.
 - EXCEPTION: 1st match of the day will have a 15 minute grace period

SECTION 8: SCORING

- Games are played to 21 points, rally scoring. Games must be won by a minimum of 2 points. Cap is at 23. All three games are to be played.
- During play-off matches, if a third game is necessary, the captains will toss a coin again before the third game. Teams will switch sides in this third game when one of the teams reaches 8 points.

SECTION 9: SUBSTITUTION

- USVBA rules govern this league. For four-player and six-player, unlimited substitutions are allowed as long as one player does not occupy more than one position in the service order during a single game.

- In six-player, planned switches are permitted within the same row only; not between the back row and front row for six-player play.
- In four-player and doubles, players are free to position themselves anywhere within their court; overlaps do not apply. However, correct rotation must be maintained for the serve.

SECTION 10: BALL IN PLAY

- The score shall be called by the server before each serve. The ball is considered in play after the score is called. The server may not step on or over the end line until the ball has been contacted for the serve. The server can serve from any area on the end line provided they make contact with the ball while in the area between the sidelines. The depth of the serving area beyond the end of the court is indefinite.
- First service is determined by a toss of the coin prior to the first game, and will alternate for subsequent games.
- A served ball is dead if it: a) touches the ground in the serving team's area, a team member, the net, or the post; b) passes under the net or crosses the net outside of the sideline boundaries. NOTE: Since there are no referees, tape or antennas on the nets to determine whether the ball passes over the playing area of the net, the ball is in play if it passes between the net poles.
 - Level C in both 4's and 6's, NO LET SERVES: meaning the ball cannot touch the net on the serve.
- Out of bounds is the area outside of the ropes. The ropes are in bounds.

SECTION 11: CONTACTING THE BALL

- Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent's area. A defensive block is not counted as one of the three allowable contacts.
- **THE BLOCK:** A player may reach over the net to block a ball which is crossing the net provided that action does not interfere with the opponent's play. The player is not permitted to touch the ball beyond the net until the opponent has made an attack-hit. A player who has participated in a block may make the next play on the ball which counts as a team's first contact of the three permitted per side.
- In six-player: (1) only front row players may block; (2) only front row players may spike within ten feet of the net.
- In four-player: (1) no restrictions exist as to which players may participate in a block; (2) all players eligible to attack in front of 3 meter line.
- **The serve may not be blocked or spiked.**
- **THE SPIKE:** A spike may follow through over the net after they have legally contacted the ball. Spikes are legal only if contact has been made with the ball while a portion of the ball is directly above the net or it is completely on the spiker's side of the net. The ball must be cleanly hit when spiking with an open hand. Guiding or carrying the ball is a violation unless it is done entirely with closed fingertips.
- **SERVE RECEPTION OR HARD DRIVEN BALL RETURNED DURING A VOLLEY:** All leagues should use the forearm pass (bump). However, the USVBA has loosened the rules and the interpretations are listed below:
 1. One arm bump--- legal
 2. One open hand--- legal if the wrist does not break
 3. Two open hands--- legal if the fingers do not direct the ball, and there is only one motion to the ball.

4. Inverted bump--- legal as long as there is one motion toward the ball and the ball didn't roll on arm.
5. Set on hard driven LEGAL **ONLY** IF THERE IS NOT A DOUBLE CONTACT OR A ball or serve--- HELD BALL.
6. Two arm bump with arms apart--- legal if arms do not move independently
7. Beach dig--- ILLEGAL - ball cannot be between hands and flipped up.

SECTION 12: SETTING AND OVERHEAD/OVERHAND PASSES: (Interpretation for lower divisions)

- The direction of the ball cannot be changed. If a person is facing in one direction, the overhead pass must go in the direction the person is facing or directly backwards.
 - NOTE: Team captains should discuss this before the game since team captains control the level of play. This violation has caused many issues in the past, talk about it and agree on the ruling before you start your match.

SECTION 13: MISCELLANEOUS

- No part of the body is allowed to touch the net at any time. Net play must be policed by captains
- Players on the serving team cannot screen for the purpose of limiting the vision of the receiving team.
- Teams assigned to a court for league play may take the court 30 minutes prior to the start of match time. They also have the option of keeping the court for the remainder of the evening, provided it is not scheduled for any other activity.
- Penetration under the net by a player is permitted in sand play as long as the interference with an opposing player does not occur.
- All situations not specifically covered in these rules will be governed by official USVBA rules.

NOTE: The Recreation Department reserves the right to modify the policies, rules, dates, and times of games and events without notice.

Full Rules: <http://usavolleyball.org/resources/officials-rules/domestic-competition-regulations>

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