



Co-Ed 4's Rules & Regulations

FIVB rules apply unless stated otherwise in this document.

MINIMUM REQUIREMENTS

- Teams must have 2 males and 2 females. Teams can play with 3 persons, but 1 must be the opposite sex.
- You can never play with more than 2 males.

ROSTERS

- Only players listed on your roster are allowed to play in any regular season or playoff game. If a team wants to pick up a non-rostered player for a match, both team captains must agree and inform the referee prior to the start of the match. If both teams do not agree to allow the non-rostered player, then the match will be considered a forfeit.
- If a team is short players and players are available, those players may join the team only at the approval of the captain of the opposing team.
- A player may play on only 1 team per league. Players must be 18 and/or out of high school.
- A team may have a maximum of 8 players on their roster. Rosters must be submitted by end of second week of play. All rosters are final after second week of play.

STARTING GAMES & SCORING

- A team earns the right to choose to serve/receive OR side for the start of the first game by winning a coin toss or some other approved method (i.e., rolling a ball in the sand, then whichever direction the air valve is pointing that team "wins" choice). The team losing the contest will get to choose from whichever option remains between serve/receive OR side.
- Teams will play 3 games to 21 with a cap at 25 using "All Rally Score" scoring. All Rally Score scoring means that every time a point is finished, one team will be awarded a point, whether they served or not. • Serves that hit the net and go over the net to the opponent's side will be "live" and are good serves provided the opposing team plays them or they land in bounds.
- A ball which lands on the boundary line shall be considered in.

SERVICE & ROTATION

- Team members do not need to rotate position on the court. They do have to rotate service AFTER EVERY SERVE. This means, a team that continues to win the rally will have a different server for every serve. This will eliminate someone with a very good serve from serving 21 straight points without giving any other person on the team a chance to serve.
- The server may not step on or over the end line until the ball has been contacted. The width of the service area is from sideline to sideline. The depth of the service area is limited by the sand.
- The serve may not be blocked or spiked.

- Players can return the serve by:
 - A. Bump pass
 - B. Clasping their hands together
 - C. A closed fist
 - D. With a hand set (as indoors, does not have to be “clean”)

PLAYING THE BALL

- **THREE CONTACTS** - Each team is allowed a maximum of 3 successive contacts of the ball to return the ball to the opponent's area.
 - Exception: In the action of blocking an attacking ball, the touch, or contact resulting from the block attempt does not constitute one of the three successive contacts. For all other scenarios, if more than one contact is made, the second or third must be by the opposite sex. The first contact by any team member can send the ball back over the net to the opponents by any legal means.
 - **ATTACKING THE NET** - Every player is eligible to attack the net.
 - **SIMULTANEOUS CONTACTS** - When two non-blocking teammates touch the ball simultaneously, it is considered one contact, and any player may make the next contact. When two blocking teammates touch the ball simultaneously, it is not counted as a contact, and any player may make the next contact.
 - When two opponents simultaneously and instantaneously contact the ball over the net, and the ball remains in play, the team receiving the ball is entitled to another three hits. If such a ball lands “out”, it is the fault of the team on the opposite side of the net from where the ball lands.
- **CHARACTERISTICS OF THE CONTACT** - The ball can contact any number of body parts down to, and including the foot, providing such contacts are simultaneous and the ball rebounds immediately and cleanly after such contact.
- **HELD BALL** - The ball must be contacted cleanly 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. It can rebound in any direction.
- **HAND SETS** - A contact of the ball using the fingers of one or two hands to direct the ball toward a teammate is a set. The ball must come into contact with both hands simultaneously and leave both hands simultaneously to avoid a double hit call. A player may set the ball over the net in front or behind them only in the direction in which their shoulders are squarely facing either forward or back set.
 - Note: Rotation of the ball after the set may indicate a held ball or multiple contacts during the set but in itself is not a fault. The General Rule is less than 2.5 rotations OR being able to read the name brand on the ball. Please call your “bad hands”, double hits, and holds! A “deep dish” set is not a held or thrown ball. Referee’s discretion as to what is allowed.
- **ATTACKING THE BALL OVER THE OPPONENTS COURT** - A player is not allowed to attack the ball on the opposite side of the net. If the ball is hit above the spiker’s side of the net and then the follow-through causes the spiker's hand and arm to cross the net without contacting an opponent or the net, the action does not constitute a fault.

- An open hand “dink” is a fault. At no time can a ball be directed with a single open hand in any direction. This will be called a throw.
 - o Blocking is the action close to the net which intercepts the ball coming from the opponents’ side by making contact with the ball before, during or after it crosses the net.
- MULTIPLE CONTACTS - Multiple contacts of the ball by a player(s) participating in a block shall be legal provided it is during one attempt to intercept the ball. Multiple contacts of the ball during a block shall be counted as a single contact, even though the ball may make multiple contacts with one or more players of the block.
- PARTICIPATION AFTER A BLOCK - Any player participating in a block shall have the right to make the next contact, such contact counting as the first of three hits allowed the team.
- BLOCKING A SERVE - Blocking or attacking a serve is prohibited.
- BLOCKING A BALL ACROSS THE NET - Blocking of the ball across the net above the opponent's court shall be legal provided that such a block is:
 - A. After a player of the attacking team has spiked the ball, or, in the referee's judgment, intentionally directed the ball into the opponent's court, or has exhausted their third allowable hit.
 - B. After the opponents’ have hit the ball in such a manner that the ball would clearly cross the net if not touched by a player, provided no member of the attacking team is in a position to make a legal play on the ball.
 - C. If the ball is falling near the net and no member of the attacking team could reasonably make a play on the ball.

PLAY AT THE NET

- PLAYER CONTACT WITH THE NET - No part of the body may touch the net at any time unless a ball or person driven into the net causes the contact. Player contact with the net in a manner not directly relating to or affecting the course of play is not a violation. Contact with hair or part of the uniform will not be considered a fault.
- SIMULTANEOUS CONTACT BY OPPONENTS - If opponents contact the net simultaneously, it shall constitute a double fault and the point shall be played over.
- INTERFERENCE - Beach volleyball allows any and all parts of the body to cross the center line as long as there is no interference with the opposing player.