



Elkins YMCA Co-Ed Indoor League 4v4 Volleyball Rules

Players:

- A team can roster as many players as they want, but cannot have fewer than 3 or more than 4 on the court during play
- Substitution is allowed on rotation, or if there is a pause in play for injury
- Teams playing with only three players are not required to have a designated back row player
- For a player to participate in the end of season tournament, they must have played in at least three regular season matches
- There are no min/max gender requirements
- Players must be at least 15 years old to play

Contact:

- Each team is allowed a maximum of three touches before hitting the ball over the net
 - a block does not count as a touch
- The same player cannot touch the ball twice in a row
 - a block doesn't count as a touch
 - players are allowed a double hit on a hard driven ball (serve or spike)
- Back row players can only attack from behind the 10 ft. line
- Players are not allowed to lift, carry, catch, hold or throw the ball (no basketball moves)
- Contact with any part of the body is a hit and kicking is permitted
- Players are not allowed to block or attack an opponent's serve
- Attacking a ball that has not broken the plane of the net is illegal
- Reaching over the net to block the ball is allowed, IF the opposing team has used all three touches or are playing the ball over
- NO contact with the net is allowed while the ball is in play. The only exception is if the force of the ball hit into the net pushes the net into the player

Matches:

- Teams must be on the court with the minimum number of players required and ready to play at the time of their scheduled match to avoid penalty
- No more than 5 minutes will be allowed for warm-up
- Rally scoring to 25, win by 2
- Best 2 out of 3 games wins

Unsportsmanlike conduct will not be tolerated and all other Elkins-Randolph YMCA rules apply. For more information or questions, contact League Coordinator, Jessica Sutton at 304-614-5337 or jessica.sutton.74@gmail.com.