



4-v-4 Indoor Volleyball Rules

All rules & interpretations will be covered under Washington Interscholastic Activities Association (WIAA) with the following exceptions listed below. Airway Heights Parks & Recreation (AHPR) reserves the right to interpret and change rules in the best interest of the 4v4 Volleyball League.

This program is strictly a RECREATION LEAGUE for the fun and enjoyment of those taking part. Violations of the rules and code of conduct will not be tolerated. Those doing so will be banned from further league play and may be banned from participation in all Parks & Recreation Department activities. HAVE FUN!

Teams/Players

1. **Player Eligibility:** Participants must be 16 to play. Exception: Non-participating WIAA High School will be eligible for play with approval by the AHPR. Individuals who are currently playing High School or Collegiate Basketball are ineligible, including red-shirts. Teams playing with ineligible players will be subject to forfeiture. An adult family member must be on the team of anyone player under the age of 18. Only 2 under 18 players per team.
 - All teams are limited to two players who have played colligate level volleyball within the last three years. Teams in violation will forfeit all sets played that limit was exceeded.
2. **Entry Fee:** \$250.00
3. **Team Roster:** All team captains/managers shall file a roster of players, providing ALL requested information about each player. This roster must be on file in the Parks & Recreation Office by the designated deadline.
 - **Minimum Players:** Teams must carry a minimum of 4 players on their roster.
 - **Maximum Players:** Teams may carry a maximum of 8 players on their roster.
 - **Adding Players:** Players may be removed and added up to the 3rd week of the season. After week 3, no changes can be made to the roster. Players are not eligible to participate unless added to the official roster in the Parks & Recreation Office prior to the first set they participate in.
4. **Roster Checks:** All players must check in with photo ID and sign the official set check in sheet prior to match time or entering the set. Match Check In Sheets will have the most current roster for each team. Teams may only request an official roster check before the start of play.

5. **Protests:** Protests regarding rules or gym supervisor decisions **will not be accepted.** Questions about rule interpretations, judgment calls, or player conduct must be settled by the gym supervisor. The gym supervisor or court monitor's decisions are final.
 - Player eligibility protests will be accepted but the gym supervisor must be notified that the remainder of the set is being played under protest. Gym supervisors will record the name and verify photo ID of the player(s) in question to be reviewed by the Parks & Recreation Supervisor.
6. **Leagues:** Recreation & Competitive Leagues will be offered (if applicable). If not enough teams register in a specific division, leagues will be altered to accommodate registered teams at the discretion of the Parks & Recreation Supervisor.
7. **Schedules:** Once a match is scheduled, it will be played according to the date, time and place listed. No postponements or changes in the schedule will be allowed unless made by the Parks & Recreation Supervisor due to facility availability or inclement weather. Match schedules will be posted at airwayheightsparksandrec.org/adults
8. **Equipment:** No player shall be allowed to wear a guard, cast, hard brace or other potentially dangerous equipment on his or her elbow, hand, wrist, finger, or forearm, including equipment made of hard leather, plastic, plaster or metal—even if the equipment is covered with soft padding. Soft braces, sleeves and wraps will be allowed unless they pose a danger to other players. AHPR retains the right to disallow any equipment or apparel that it judges to be dangerous or inappropriate.
9. **Jewelry:** Players are not to wear equipment that is dangerous to other players or is not appropriate. Examples of illegal items are headwear (any hats and/or rags) and jewelry (including necklaces, bracelets, earrings, rings, beads, etc.)
 - Exceptions: Jewelry that is worn for medical identification or religious purposes must be contained at all times and not pose a danger to other players.
10. **Shoes:** Gym appropriate shoes must be worn. No marking soled shoes.

Match Rules

1. Volleyball matches will consist of best two (2) out of three (3) sets. Swap sides after each set. Regardless of the number of wins and losses in sets 1 and 2, teams will play set 3.
2. Teams will consist of 4 players on the court. Teams may start with as few as 2 players. If for any reason during your set your team consists of less than 2 players the set will then be forfeited.
3. There must be at least one female on the court at all times.
4. Match time is forfeit time. A team has the option to play the second and third set if they arrive within 10 minutes after the first scheduled set. They will have already lost the first set.
5. Sets consist of rally scoring. Sets 1 and 2 are played to 25 points straight up, set 3 is played to 15 points straight up.
6. Matches should not exceed 50 minutes.
7. Net height will be set to men's height at 7 feet, 11 ⁵/₈ inches.
8. The serve may be executed anywhere behind the back line.
9. One (1) time-out, thirty (30) seconds in length per team per set.
10. Matches will be self-officiated.

It is the responsibility of each team to provide an opposing corner line judge, to watch for in, out, net, foot fault, and illegal hits. LINES ARE IN.

11. A player may not block a serve under any circumstances. Blocking is allowed at any other time.
12. It is legal to set a serve as long as it is not a carry or lift and does not go directly back over the net.
13. After a side out the service and rotation must move clockwise and order must alternate male/female when possible.
 - After a loss of serve, including the first side out of the set, the team preparing to serve shall rotate clockwise.
13. A substitute may not come back out of the match until they have had the opportunity to serve.
14. The ball is considered dead if it comes in contact with the net standards, the line judge, or any object located out of bounds. The result will be a side out.
15. No player should come in contact with the net, or cross the centerline under the net while the ball is in play.
16. The ball may be played off any part of the body on any hard-driven ball, as long as it is not a carry. A carry is defined as extended contact with the ball. No open-palm underhand contact will be allowed – closed fist underhand only.
17. The ball may touch the net on or within the sidelines, and may be played from it, including a serve.
18. If the ball hits the ceiling on the opposite side on the way over it is dead and turned over to the other team. If the ball hits the ceiling on the same side it is playable. If the ball hits any obstruction such as down basketball hoops, the ball is dead and replayed.

General Information

1. Each team is to provide their own warm up & match ball.
2. Any player that is bleeding must leave the set immediately. The bleeding must be stopped and the wound securely covered with a bandage before that player can continue. Players cannot return to play with blood on uniform.
3. Home team will serve the first set (listed second on the schedule), and then teams will alternate the service thereafter.
4. NO OUTSIDE FOOD OR DRINK IS PERMITTED IN THE GYMNASIUM. WATER IS ACCEPTABLE.
5. **All Children must be accompanied and supervised by an adult at all times, and must remain off the court.**

Code of Conduct

It is each player's responsibility to understand and abide by the player code of conduct. All players shall demonstrate good sportsmanship while participating in any league-sponsored activity. Any player or team guilty of poor conduct may be disciplined by ejection, suspension or other action(s) as to be determined by the AHPR staff. It is the duty of each team captain to require acceptable conduct from all team members.

1. Unsportsman-like behavior will NOT be tolerated.
2. No Player Shall: Lay a hand upon, push, shove, strike, threaten to strike, or be involved in a physical altercation with a player, official, supervisor or staff member.
 - Penalty: Player will be suspended for one full year from all activities and sports. Player may return only after review from the Recreation Programs Supervisor.
3. Foul or offensive language that is offensive or may be construed as offensive to anyone overhearing the slur is prohibited.
 - Penalty: The player may be warned, penalized or ejected from the current game. If there are further problems with the player in future incidents, penalties may be more severe, including probation periods or suspension from the activity.
4. ZERO TOLERANCE: Tobacco, Alcohol or drugs on public property. No player shall appear in an intoxicated condition while taking part in a AHPR organized activity.
 - Penalty: The player may be asked to leave the facility and may not participate in the game. If the player creates problems for the officials, staff members or supervisors local law enforcement may be called and the player may be suspended from play for a duration determined by the Recreation Programs Supervisor.
5. Officials, Staff and Supervisors are empowered to WARN, EJECT and make recommendations on suspensions for Code of Conduct violations.
6. Any player that has been ejected from the game for a Code of Conduct violation must leave the facility immediately without causing further disruption of the activities. Failure to comply may result in a forfeit of the current game for the player's team.
7. If a game has been determined to be out of control and the officials, staff, and supervisor determine that the game can NOT be continued. Play will be stopped both teams will receive a forfeit.
8. If any team has 3 or more players removed from the game for Code of Conduct violations they will forfeit the game. If both teams meet these criteria a double forfeit may be applied.
9. All players will abide by the Recreation Programs Supervisor decisions on Code of Conduct Violations.

*** No refunds are given as a result of inability to follow the Code of Conduct.***