

Adult 4 on 4 Volleyball

League Rules

1. Matches will consist of 3 games to 21. We will use the Rally Point method of scoring. There will be a cap of 23 on each game. Teams will play all three games no matter what. League standings will count all three games equally.
2. Referees will be provided.
3. Teams must have at least 3 people present and ready to play at their scheduled time. Coed must have at least one male and one female on the court at all times. There may never be more than two males or two females on the court. Game time will be forfeit time for the first set to 21. You will then get 15 minutes before the 2nd and 3rd set are forfeits. If your team forfeits more than two matches during the season, you could be subject to removal from the league.
4. Players may play on ONE women's team and/or one coed team only. There will be no substituting from team to team. All players that play must be on your roster or games will be forfeits.
5. Each team will be allowed 2 thirty second time outs per game.
6. PLAY:
 - There will be no designated positions on the court. All players may block and attack. Serve receive can be done in any formation.
 - Serving order must be established before starting each game. This serving order must remain the same throughout each game. Coed must alternate male-female-male-female. This order may change at the start of a new game. You may serve from anywhere on the end line. The ball may hit the net on the serve.
 - Players may not block or attack the serve.
 - Substitutions may be made on any dead ball. There is no limit on number of substitutions. Just remember, you must keep the same serving order for all players throughout each game.
 - If a ball touches any part of the boundary line, it is considered good and in bounds.
 - Players may touch the lower part of the net during play, as long as it doesn't interfere with play. A player may not touch the top white tape at any time during play.
 - Players may step over the center line, as long as it doesn't interfere with play.
 - The ball may touch any part of the body, provided the contact is clean and the ball does not come to rest.

7. Regular Minot Park District volleyball rules will be followed if not listed above. Those rules can be found on teamsideline.com/minot under the “downloads” section.
8. If you have any disputes or questions, please find the supervisor (they will have a green Park District shirt on). Any decision by the supervisor will be final! Have fun!!