

## **RULES OF PLAY – CO-ED 4'S**

USAV Indoor Rules will be followed, with the following exceptions:

- **Must have 2 women and 2 men on the court at all times**
- **The roster may contain up to six (6) players, and three (3) staff members. One (1) Head Coach and two (2) assistant coaches.**
- **There are NO court position restrictions or requirements in 4's volleyball, but service rotation must remain the same throughout a single game.**
- **For example, players can stay in the same court position an entire game (at the net/back row etc.), but each player MUST serve in the same service rotation for the entire game (implication of this is that both men can be front row all the time, with one of the females also being considered front row)**
- **No open-handed tipping: Players who contact the ball with one hand and are putting the ball over the net must cleanly hit with the heel or palm of hand (a roll shot), with straight, locked fingers and a locked wrist (a cobra), knurled fingers (a camel toe), or with the back of the hand (locked wrist and locked fingers/knuckles. One-handed placement or redirection of the ball with the fingers (dink, open-handed tip, or redirected block) is a fault.**
- **If a player is going to play the ball into the opponent's court by setting or volleying, the player must contact the ball with 2 hands above the shoulders and it must be set directly forward or backward in relation to the player's body (shoulders and hips should be in the same position from prior to the set happening). NO DUMPING! This applies even if it is the team's 3rd hit.**
- **No gender contact rule (i.e. a team is not restricted to having a female player contact the ball if it is contacted more than one time)**