

VOLLEYBALL OF THE ROCKIES 4x4 COED GRASS LEAGUE RULES, MARCH 2026

MATCH STARTING & FORFEITS: Teams unable to field a full team (2 women + 2 men), (2 women + 1 man), (2 men + 1 woman), (3 women + 1 man), (3 women), or (4 women) by 6:15 pm (or 5:15 during fall session) are automatically given a forfeit. They can then play the first game “short-handed,” until the remainder of their team arrives but this game will count as a “loss”. Upon arrival of the entire team after 6:15, both teams will start the second or third game. The remaining games should be shortened to fit the remaining time if necessary. A 2nd forfeit will be awarded at 6:40 pm, 3rd forfeit 7:00pm. (Note: 2 or more league night forfeits nullify a team’s entry into the end of session tournament). If there are 2 teams that are not present by 6:15pm in the same or adjacent division, then the opponents of those teams will be matched up to play each other. If your team shows up after 6:15pm, there is a chance that the team you are scheduled to play against has found a new opponent.

GAMES & MATCHES: REGULATE YOUR OWN PLAY! Standard VOTR matches will consist of three (3) games to either 21 (23 cap) or 25 (27 cap) points, per league organizers’ specifications (length of games will be dictated by sunlight, weather, and the number of matches scheduled for the night). Teams should take the initiative to regulate their own play, and if a match is running ahead of or behind schedule, feel free to extend or shorten the games. All three (3) games count towards league standings (i.e., league standings are based on total games, not matches).

PLAYERS ON THE COURT: Most VOTR teams are with two (2) men and two (2) women on the court; **teams cannot have more than 2 men on the court at a given time;** there is no limit to how many women can play at a given time. Teams will be allowed to play with three (3) players if there is at least one (1) woman on the court. The server is considered the back row player, and he/she WILL NOT BE ALLOWED TO LEAVE THE GROUND TO ATTACK, HOWEVER THEY CAN LEAVE THE GROUND TO BLOCK. Note – teams that do not serve first, do NOT need to designate a “server” until the side out and their team starts their serving rotation. VOTR does not have a coed rule in 4’s, (i.e., a woman is not required to touch the ball on each side of the net).

ROTATIONS: The commonly used rotation in VOTR is a diamond, (i.e., a front row player (the setter), two hitters (right and left) and a back row player (server)) however, teams can

line up in any formation that they choose. While players must serve in rotation, they are allowed to line up in any position or rotation.

PASSES & SETS: Passing plays involving overhead fingertip action require special attention - players receiving a serve, free ball, roll shot, or soft attack CANNOT double contact the ball using this motion. If the ball is hard driven, double-contacted handsets or momentarily held balls are not considered faults. This also applies if there is a block contact, if the ball is still a hard-driven attack, causing a reactionary play. A player CAN use a finger setting action on a serve, free balls, soft attack, or roll shot, if the contact is “clean” with absolutely no possibility that the contact was doubled (NOTE – this is a skill that should only apply in the upper divisions as it is difficult to pass a ball with an overhead setting motion and produce a singular contact). Players should call their own sets (open hand, finger-tip pass to your partner for an attack), with “cleanliness” being dictated by the level of your team’s division, NOT by the player’s personal skill level (i.e., lower-level leagues should be a venue to learn and practice setting so most sets will be okay, within reason, while higher-level leagues will be expected to have exclusively higher-level sets).

SETS OVER THE NET: ALL SETS OVER THE NET MUST BE AA level (usually only possible in upper divisions) and must leave the setter’s body perpendicular to the player’s feet and shoulders. Balls can be played off any part of the body.

SERVE RECEIVE AND SERVING: You must hit the ball on the first toss of the serve (overhand or underhand). If you catch the ball, drop the ball, or allow the ball to drop to the ground, it is an automatic side out. If you forget to serve in rotation, it is an automatic side out. You may not block the serve or attack the ball when it is still in the plane (any part of the ball is above the net; clarification – leaving the ground or not does not factor into a violation, the ball must drop below the plane of the net regardless of if your feet are on the ground or not).

SPIKES: All players can legally jump and spike the ball at the net except the “back row” player (the current server in the rotation). **DINKS:** No open-handed dinks are allowed. The ball must leave the hand clean in a rebounding contact without controlling or redirecting (the player may not "steer" the ball with an open-hand).

UNDER THE NET: Players may go under the net if they do not interfere with another player's ability to play the ball. If the ball touches you while you are under the net, it is a point for the other team. If you interfere with a player on the other side, point for the other team.

CONTACTING THE NET: All contacts with any part of the net (except your hair) during play is a violation and a side out to the opposing team. This rule is designed to keep players out of the net which is one of the most common causes of injury.

BLOCKS: A blocking contact is not counted as a team contact. The blocking team will have three contacts after a blocking contact.

OUT OF BOUNDS AND BOUNDARY ROPES: Poles are considered out of bounds (substitute for the antenna) and the ball must travel inside the poles when crossing the plane of the net. If a player contacts the poles or support ropes, play may continue unless it affects the point. If a player inadvertently pulls out the boundary lines; if it is only slightly out of place, you may continue the point and determine where the ball should have landed based on the original location of the line; or if the line is pulled completely out of its original spot, stop the rally, and replay the point.

GOING ON THE OTHER COURTS: If there is a scheduled game on the adjacent court you are not allowed to go on that court, even if you contact the ball prior to going on the adjacent court. If you do, the play stops, and it is a point for the other team.

TIME-OUTS: Each team is allowed one (1) 30 second time-out per game.

SHOES: Players should plan on playing in bare feet, tennis shoes or cleat-less shoes. CLEATS ARE STRICTLY PROHIBITED!!!

**IN ALL SITUATIONS WHERE THERE IS A DISAGREEMENT BETWEEN BOTH TEAMS,
PLEASE BE ADULTS AND REPLAY THE POINT!**