



## INNIT Volleyball League – Co-ed 4s Rules and Regulations

*Updated: 2021-08-21*

### ***Team Requirements***

#### ***Team Registration, Payment, and Waivers***

Team registration must be completed on [innitlife.com/volleyball](http://innitlife.com/volleyball) website for the current season prior to the scheduled registration deadline. All players designated to a team must be registered through the [innitlife.com/volleyball](http://innitlife.com/volleyball) website and have acknowledged the INNIT electronic waiver. Captains are responsible for completing team registration and ensuring all players on current team have registered properly. Team registration dues are visible from each team page and each player on a designated team may pay towards the total individually, if desired by the team captain (“partial payments”). A total of 1/3rd of the team registration dues are required to be paid in order for a team captain to be able to select the **team’s color** for the season. Total registration dues must be posted prior to the registration deadline in order to secure a team’s position in the league season. Failure to register as a player prior to the registration deadline will result in denied participation in the league season. Failure to complete team registration by the registration deadline will result in denied team participation in the league season. Team registrations/rosters are final come registration deadline and will not be altered at any time during the season.

Should special circumstances arise, it will be at INNIT staff discretion whether an alteration to a team’s roster may be made. Any alterations made to a team roster must be approved by INNIT staff and the captain of the team in question. Changes will be implemented **ONLY** by INNIT staff. INNIT reserves the right to have final say in all matters pertaining to team and player registration. Team roster modifications shall only occur under these circumstances during the regular season. No roster modifications during the end-of-season tournament shall be permitted for any reason. Valid reasons for player replacement during the regular season may include but are not limited to: player injury, change in employment hours, family emergency circumstances, moving away from town, etc. Players that are replaced may not rejoin their team during the same season.

#### ***Player Age Requirement***

This is intended to be both a social and semi-competitive league where liability insurance is secured for all adult participants as a condition for reserving courts with the City of Tucson. As such, players must be 18 years of age or older to register and play in league seasons.

### ***Team Composition***

For this 4s league, a team must be composed of at **least 4 players, 2 of each gender for the normal 4s format and 1 of each gender for “chill” 4s**, with a maximum of **8 players per team**. For any given game (set), a team must be composed of:

#### ***For normal 4s:***

- If 4 Total Players: 2 male and 2 female
- If 3 Total Players: 1 male and 2 female **OR** 2 male and 1 female
- If 2 Total Players: 1 male and 1 female

#### ***For “chill” 4s:***

- If 4 Total Players: 1 male/3 females, 2 males/2 females, 3 males/1 female
- If 3 Total Players: 1 male and 2 female **OR** 2 male and 1 female
- If 2 Total Players: 1 male and 1 female

A team may play with as few as 2 players (1 male and 1 female) for a valid game (set). If a team fails to meet the requirements mentioned above, then they will forfeit that game.

### ***Player Equipment***

Player must be wearing an official INNIT shirt of their current team's color to participate in league play. Should a player lose their official INNIT shirt a new shirt will be available for purchase from the INNIT online store. Alterations of official INNIT shirts are permitted to ensure comfort of wear. This includes removal of sleeves, collars, cutting twisting and tying so long as the alteration does not interfere or remove legibility of INNIT logo. Additional text, pictures, or insignia on official INNIT shirts **is permitted** so long as the additions are not offensive, derogatory, or inappropriate in nature or intended to target or defame a specific player or team in a negative fashion. Should a player add any text, pictures, or insignia to an official INNIT shirt that is deemed inappropriate in nature, they will be asked to remove it prior to playing their scheduled game. Should the player be unable to remove the text, picture, or insignia they will forfeit their position to play in that night's game and any following games until text, picture or insignia is removed or the official INNIT shirt is replaced.

### ***Regulation for Teams, Official Rosters, and the Substitutes List***

Substitute players are **not** permitted during the end-of-season tournament. Team captains should take the precaution of having all players – even “part-time” players who may not participate most weeks – register as official “players” for the league season on the [innitlife.com/volleyball](http://innitlife.com/volleyball) website and be assigned to their team's roster. **All players who intend to play for only one particular team and/or be eligible to play in the end-of-season tournament** for a team should add themselves to that team's roster for the season.

Players who option to register for a season and place themselves on the “Substitutes List” are optioning to be available to all team captains as possible substitutes for their teams during the regular season only. These players **will not** be eligible to play in the end-of-season tournament. At the beginning of each tournament night a team roster will be provided so that a **player audit** may be performed, if required, to ensure that only players on official team rosters are playing in a tournament match.

If a team is found to be playing a player that is **not on that team's official roster** during a tournament match after the match has already begun, that team will **forfeit that match** (all sets).

### ***A Note on Team Captains and Co-captains***

Each registered team in the league has a team captain who is the primary representative for that team in INNIT affairs and in the conduct of the league and who is also responsible for funding the team and providing for referee duties. A team captain may assign a team co-captain to assist in this capacity. In-game objections may only be brought to the concern of the referee and INNIT representatives by the team captain or co-captain. A call made by the referee is absolute and it is at their digression to involve INNIT representatives. Resolutions of disputes will be conducted through these team representatives as well.

INNIT representatives who participate in the league (currently Jaime Hermosillo, James Damgar, and Alex Kanaval) may choose to be team captains or co-captains for team leadership and/or organization purposes. However, another separate representative of the team – either the captain or co-captain – will represent the team in matters relating to rule of play disputes or other matters that may present a conflict of interest to these persons in their capacity as league representatives.

## ***Season Scheduling***

### ***Matches per Week***

The season schedule will be posted and made available by the first week of matches. Courts at De Anza will be reserved for use by the INNIT league between 7pm - 10pm on game nights. Time slots for matches will be at **7pm, 8pm, and 9pm**. An effort will be made to ensure double-headers for all teams are a part of each week's schedule.

### ***A Note on Self-Reffing***

For the INNIT 4s league **all matches will be self-refereed** by the participating teams involved. If there is a disputed call on the court between teams without an agreed-upon resolution, then teams may option to replay that given point. If there is a need for clarification on a given rule, then team captains may approach INNIT league representatives who are not involved in the match to reach a resolution.

## ***Match Play***

### ***Determination of Side or Serve***

Each match between teams will begin with a contest (such as rock-paper-scissors) between team captains to determine who can choose side or serve. The winning captain may choose to serve first OR the side they wish their team to start on, but not both. If the winning captain chooses side, the losing captain may choose to serve first or defer that option to the other captain. The first set (game) of the match will then begin. Teams may then alternate sides and first serve during subsequent sets or the right of choice of side or first serve may alternate between sets - whichever format the teams involved prefer.

During the end-of-season tournament, determination of side or serve will be given to the team with the **higher seed** in the tournament bracket, regardless of whether that team is in the "winner's bracket" or the "loser's bracket" (seed is maintained throughout the tournament). During the second set of a **tournament match**, teams will alternate sides and first serve. For the third set, the **higher seed** will also get the determination of side or serve.

### ***Game (Set) Play and Scoring***

Each game between teams is played to a score of 21 using rally scoring rules - a point may be earned by either the serving or receiving team during each rally. A team must win by at least 2 points, up to a maximum score of 25 - at which point the team achieving 25 points wins the game.

### ***Match Duration and Timeouts***

A match between teams is scheduled for a maximum of 1 hour and consists of 3 games (sets), each of which counts towards league standings. If a match exceeds 1 hour, play for the current game may be halted when a team reaches a score of at least 15. The team achieving the highest score of at least 15 will be declared the winner of that game. Each team is permitted a single 30-second timeout per game (set). A 5 minute break window will be allowed in between each game of a match for rest. This may be accelerated if games are running behind. During the season tournament, matches are played best 2-out-of-3. If a team wins the first 2 games in a tournament match, the 3<sup>rd</sup> match is not required.

During the **regular season**, if a game must end early due to weather or other factors - such as the lights shutting off at the park - and the game has progressed beyond a 'few points' (ie. is judged to be well underway), then the team leading at the end of play will be declared the winner. Games not judged to have begun will be postponed and started anew.

During the **end-of-season tournament**, if a game must end early due to weather or other factors it will be postponed. When the game is resumed, the game may resume at the previous score and game situation if both captains agree. If agreement cannot be made, then the game will start anew.

### ***Match Start Time and Penalty***

Starting times for matches are scheduled for 7pm, 8pm, and 9pm respectively. A best effort will be made to start scheduled matches on time. As matches in the 4s league are self-refereed, team captains should make a best-effort to start their matches on time.

### ***Rainouts and Weather Conditions***

In the event of inclement weather at game time (lighting storm, rain, etc.) or the City of Tucson closing the courts due to weather, INNIT representatives will announce a day's games as postponed. How this will work is that the season schedule (including the tournament) will be delayed by 1 week. The end of the season will be delayed by up to 2 weeks. Any subsequent court closures beyond 2 will result in that day's matches being cancelled. The reason for this maximum is to avoid extending the end of this season too far into the future and cause disruption for players. Note that often folks will still free play on the De Anza courts even if there had been rain or the COT has closed the courts. However, our league court reservation and insurance are tied to the courts being open by the COT for play. Therefore, we must comply with their wishes. Any free play on the courts during a cancelled match day will not be sanctioned or insured by INNIT.

### ***Alternating Sides***

If teams wish to do so, they may opt to switch sides after every 7th point scored during a set in order to account for environmental conditions which may cause an imbalance to the conduct of play. This may include the positioning of the sun in relationship to the court or the presence of strong winds, etc. The choice of whether or not to switch sides during a set will be left to the discretion of team captains.

### ***Game Day Substitutions***

Players wishing to be available to sub for teams during the season (but not the tournament) must **register with the [innitlife.com/volleyball](http://innitlife.com/volleyball) website and place themselves on the "Substitutes List"**. By registering with INNIT and adding themselves to the substitutes list, players make themselves eligible to be contacted and picked up by team captains for play during the regular season as subs. As a part of registering on the website as a player, a substitute will sign an electronic waiver just like any other player. **Only players that are present on this list and registered with INNIT be permitted to sub during the season.** This is to ensure that only players with waivers are participating in the league and that all team captains have the ability to contact this batch of players. Game day substitutions are **not permitted during the tournament**, only registered team rosters are allowed.

Players who are registered with other teams may also substitute for a team so long as their team is not playing during the same match time slot as the team they are substituting for. Once again, these inter-team substitutes are only permitted during the regular season.

During regular season play, **at least 1 rostered member of a team must be playing for that team** in a match or else the team must **forfeit** that match.

### ***Match Forfeiture***

During regular season play, a match forfeit will result in a final score of 21-10 being applied to all sets that a team has forfeited in the advantage of the opposing side.

### ***End-of-Season Tournament Final Match***

During the end-of-season tournament, if the loser's bracket team is victorious over the winner's bracket team in the first championship match and the "if necessary" 2nd match must be played, then it will be played as a single set (game) to a score of 25 (no win by 2).

## ***Rules of Play***

Rules herein have been derived and adapted from the following source. When in doubt, the following will be referenced:

### [FIVB 4s Volleyball Rules](#)

In summary, INNIT **4s volleyball** is to align with typical "**sand volleyball**" rules. This includes closed hand and/or percussive receive of the serve, no "tipping", and having to be square to the ball when "pushing" over to the other side of the net (on the 2nd or 3rd contacts with the ball). Also, unlike our 6s league, it **is not** permissible in the 4s league to hand set a softly driven or "free" ball. For the purposes of this determination, a softly driven or "free" ball is a ball that was passed/pushed/knuckled/etc. over the net, or a ball with a "high arc" such as a "roll shot" in which the ball starts and ends with a high-arc trajectory. A "hard driven" ball is one that was the result of a "full swing" hit by the attacking player, even if that swing took place below the net line (i.e. from player who are unable to hit from above the net line). Here a "full swing" is an attacking volleyball hit performed at close to or full power for the player involved. If in doubt, do not hand set a ball coming over from the attacking team. Ask for a demonstration from INNIT volleyball personnel if there are questions as to the legality of a play.

Relative strictness on the "cleanliness" of hand setting in general is left to each player's discretion and ability, and if in doubt, team captains must agree on a policy for their match (contact time, spin on the ball, etc.). Side sets and/or "dumping" of the ball (in which the ball is pushed over the net with one hand or pushed with two hands but in a manner not square to the plane of the player's shoulders) are not permitted in the 4s league.

## ***Serving***

A legal serve is one which crosses the net between the antenna poles without making contact with the poles and either touches an opposing player or lands within the bounds of play on the opponent's side (within or on boundary lines). The ball may make contact with the top of the net during a serve. The serve must be "percussive" in nature and the ball may not be lifted or thrown. The serving player may not cross or make contact with their end-line until the ball has been served and left their contact. Doing so will result in a fault. **Service out of turn will result in a forfeit of both the serve and the point** during a game.

## ***Receiving the Serve***

The player receiving a serve may bump pass the ball or make percussive contact with the ball with clasped hands or a fist. A player **may not set the serve or open-hand receive a serve**. However, they may set and/or open-hand receive other balls apart from the initial serve, so long as a "carry" or "double" is not performed. The serve may not be blocked. The served ball may not be contacted while it is still above the horizontal plane of the top of the net.

### ***A Note on Front Row and Back Row Players***

For the 4s league **no distinction** will be made between front row and back row players. All players may line up at any position on the court prior to a served ball. All players on a team are permitted to block and hit balls within the 10-foot line of the net during each point. However, it should be noted that players must continue to serve in whatever order is established for a given game (set). Failure to serve in order will result in the loss of that point.

### ***Player Contact with the Ball***

During each point, a team is permitted a maximum of 3 contacts with the ball to return it to the opponent's side. If a player for a team makes contact with the ball and the ball falls to the ground on their side, makes contact with the net antennas, makes contact with portions of the net outside of the antennas, or makes contact with a foreign object not in play, the play is ruled dead and the opponents are scored a point. With the exception of a set, contact with the ball must generally be percussive in nature and may be made with any part of the body. Prolonged contact with the ball or contact with an open hand may be judged a "lift" or "carry" and result in the play being ruled dead and an opponent's point scored. Clarification will be provided by INNIT league representatives.

A player wishing to "push" the ball over the net must have their body square to the direction they are pushing the ball. For example, a player pushing the ball due north must have their body square to (facing) due north. Failure to be square to the direction a ball is pushed will result in the loss of that point.

For the 4s league, "**tipping**" of a ball **will not be** permitted. Instead, a ball must be "knuckled", "poked", or otherwise contacted with a "closed hand" if it is being sent over the net and is not being pushed or contacted with a "full swing" arm movement. Contact with the back of the hand is permitted. "Jump sets" are permitted.

### ***Player Contact with the Net***

A player's body may not make contact with the net unless it is caused by contact from the ball or another player. Contact from a player's clothing or hair do not count.

### ***Player Crossing of the Plane of the Net***

A player may incidentally cross the vertical plane of the net from underneath, so long as they don't make contact with the net, an opposing team's player, or cause an impact to play. This will be at the discretion of the head referee. A player may only contact the ball if it has reached or crossed the plane of the net to their side of play.

### ***Out of Bounds***

The out of bounds area includes the ground outside (but not including) the end/side lines, the antenna poles (which extend to infinity above the net), the surface of the net outside of the antennas, and foreign objects not in play.

### ***Player Substitutions***

Between points one or more players may be substituted by a team captain. Minimum gender requirements must be maintained after substitutions. Player rotation order (serving order) must be maintained through substitutions. This means that if a player is substituted out of a game and they wish to return, they must substitute back in at the same rotation spot they left at. One implication of this is that a player may never serve sooner than 4 rotations since their last serve in a game (set). In the event of a dead-ball situation (player injury, the lights at the park turning off, etc.), no substitutions are permitted. Substitutions may be resumed after play has resumed.

### ***Court Equipment***

The INNIT league will supply lines, antenna poles, a regulation sand volleyball and scoreboards for each of the courts being used. Equipment will be setup prior to the beginning of a night's matches and torn down after the last match finishes and maintained by INNIT representatives. Court nets are provided by Tucson Parks and Recreation at De Anza Park. Adjustments will be made, as needed and where possible, to ensure these conform as close as possible to men's league net dimensions.