



CABOT PARKS & RECREATION 4V4 VOLLEYBALL RULES

- All league rules are governed and interpreted by the League Director.
- Play will be governed by Cabot Parks & Rec. League Rules.
Any further rules will be through NFHS rules.
- Cabot Parks & Rec. reserves the right to modify/change, add, or delete any rules or regulations during the season.
- If changes are made, all coaches/players affected will be notified.

- NO OPEN CONTAINERS OF ALCOHOL WILL BE ALLOWED.
- THERE IS NO SMOKING/VAPING ALLOWED.

1. Team Composition

- Each team consists of at least 4 players with a maximum of 6 players.
- There must always be at least 3 players on the court.
- Can start with a minimum of 3 players, but the 4th player position (when that player is supposed to serve) will result in a point for the other team and then your next player will serve.
- A match may not proceed with less than 3 players. An exception can be made if an illness or injury occurs during a match.
- Teams can have substitutes and substitutions can be made freely during dead ball situations.
- There will be no libero.
- No dangling necklaces, hoop earrings, bracelets or watches.
- Teams must have matching jerseys/shirts.

2. Game Start

- Captains will do rock, paper, scissors to see which team will serve first.
- The match will consist of a 40 minute running clock, but will stop at the conclusion of set 1 and set 2 (If time is remaining). If tied at one set each, the 3rd set will use any remaining time on the clock.
- Each team will have a 2 minute warm-up before the match starts.

3. Scoring

- Use rally scoring (a point is scored on every serve, regardless of which team is serving)

4. Serving

- The server can serve from anywhere behind the end line.
- You cannot attack a server above the net.

5. Timeouts and Breaks

- Each team is allowed 1 timeout per set, each lasting 1 minute.
- There will be a 5 minute break in between each match.

6. Injuries

- If a player is injured and the team does not have another player to substitute, the team will play with less players.

7. Player Conduct

- Players must display sportsmanship and respect towards officials, opponents and spectators.
- If a player is to be ejected for any reason, they will be **disqualified** for the **remainder of the season**.

8. Coaching and Communication

- Coaching from the sideline is allowed but must be done in a respectful manner.
- Coaches cannot interfere with the referee's decisions or disrupt the match.

9. Game Official

- The game is controlled by 1 referee who will control the game clock and rules decisions.
- Will also have 2 volunteers to do line judging and one to two parents (one from each team) to keep score at the scorers table.