

**Spikefest Grass Outdoor Volleyball Rules – REVERSE COED 4's**  
(LAST UPDATED JULY 2022)

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1. **POOL PLAY** matches shall be to 21 points, win by 2, cap at 23 points using **RALLY** scoring. Teams change sides after every 7 points.
2. **PLAYOFF** matches will be best 2 out of 3 games to 21, cap at 23 points. The third game (if needed) will be to 15 points, cap at 17 points, with switches every 5 points. The **CHAMPIONSHIP** match will be best 2 out of 3 to 21, cap at 23 points **BUT** no cap on the third game (if needed).
3. A team shall consist of 4 **PLAYERS** on the court at one time: 2 **MEN** and 2 **WOMEN**, no exceptions.
4. The Captains of each team will use rock-paper-scissor or spin the ball to determine first serve or side. Each team has one 30-second timeout per game.
5. **NO ROTATION** is required. The service order must be maintained during a game and it must be alternating gender. If a service order error is made the penalty is loss of rally.
6. **UNLIMITED SUBSTITUTION** is permitted as long as a player does not occupy more than one position in the service order during a single set.
7. **Equipment: NO cleats** of any kind are allowed. Only **OUTDOOR** balls will be used for games.
8. **The Net:** A player must not touch the net during the course of play or as a result of uncontrolled continuation of movement during a play, even if the play has ended. A player may contact the poles or lines during the course of play as long as that contact doesn't assist in the play of the ball. A player may come under the net as long as they do not touch or interfere with the other teams play on the ball. In outdoors, the top of the pole is considered the antennae.
9. **Serves:** A player only gets one toss for a serve. A serve touching the net on the way over is a legal serve. The receiving team may not block or spike a serve. A player may not open hand receive the serve under any circumstances. When receiving a serve, overhead hands must be touching. When serving, the ball must be hit with any part of the hand or forearm.
10. **Passing:** If the first ball over the net (not a serve) is hard-driven (downward trajectory), it may be doubled when receiving and it may be received open handed. If a player doubles a hard-driven ball, it must be as a result of one continuous motion and not a result of making two motions/plays on the ball. If the first ball over is not hard-driven, players may not receive it open handed. Players may pass the ball with any part of the body. The ball may not be lifted, i.e. prolonged contact with or rolling off of the player's body or hands.
11. **Setting:** The ball may be set by bumping or hand setting. A "clean" hand set should come in the hands with no obvious multiple contacts and leave with a simultaneous release from both hands in a smooth and even fashion. The ball should have extremely limited wobble or spin of any kind. It must be instantly released from the setter's hands. If a player intentionally sets the ball over the net, the balls trajectory must be set directly forward or backwards, squared with the players shoulders and **MUST** be a clean set.

12. **Blocking:** A block is when contact is made with the ball when it is above the net and travelling over the net. A block does not count as a touch -- a team still has **THREE** more plays on the ball. A blocker after blocking the ball can touch the ball again. **No Directional Blocking** -- a block, if directed by the blocking players hands, may only be directed in a downward fashion, not to the left or right. You may not block a serve. Males can only block other males and females can block anyone.
  13. **Hitting:** A male player may attack the ball from behind the 10-foot line, not on or over it. If he is on or over the 10-foot line or if the line is clipped on his jump, the ball must have a visible upward arch. **No open-hand tipping** is allowed by any player. Players should call line faults for their male teammates. If there is a dispute on a line fault, please replay the point.
  14. **Lines:** The lines are 30 feet by 30 feet on each side of the net. **Line movement:** If the line moves **AT ALL** because of the ball landing on or off the court it is judged as "in the court" and will be ruled in bounds.
  15. Since there are no refs, it is important for each player to call their own faults, touches and net violations. If there is any dispute, only the Captains shall discuss it. If they cannot agree, the point shall be "REPLAYED."
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