



URBAN REC
Urbanrec.ca

Urban Recreation
280 East 5th Ave.
Vancouver BC, V5T 1H3
Ph: 604-879-9800
Fax: 604-709-4260

Coed 4's RULES AND GUIDELINES

1. Teams will only call fouls committed by their own players. Players will not call the fouls against their opponents. If there is a dispute on a call, re-serve the play. Contact an event coordinator for clarification of rules after the match is completed.
2. There are NO court position restrictions or requirements in 4's beach volleyball, but service rotation must remain the same throughout a single game. e.g.: 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.
3. All players will conduct themselves in a polite and sportsmanlike manner. Individuals who do not abide by these criteria will face disciplinary action and risk being removed from the league.
4. All balls must be hit cleanly. No scooping or carrying the ball. Only off of a driven ball may a ball be double hit (ie. off arm and head in one continuous motion).
5. Contact with the net in any way constitutes loss of point. Crossing under the net in any way also constitutes loss of the point.
6. A served ball may **not** be blocked, spiked or volleyed directly back over the net.
7. The ball can hit any part of the body.
8. **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 or open-handed tip) is a fault.

9. If a player is going to 'set' into the opponent's court, 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. **NO DUMPING! This applies even if it is the team's 3rd hit.**
10. Coed 4's - There must be at least 2 females on the court at all times. A team with only 1 female will be penalized 5 points a game (3 points in the 3rd game of a 3 game match), and cannot substitute a male for the missing female (they must play with only 3 players). If a team has no females, they default the game.
11. If a team has only three players, but two females, then there is no penalty other than the fact that they must play with only 3 players.
12. Round-robin games will consist of 3 matches. Best 2 of 3 (21/21/15) Games are all rally point, win by 2 points, cap at 23 (Cap at 17 in the 3rd match).
13. Matches will be over when a team wins 2 games or time expires (25 minutes). Urban Rec will be responsible for keeping time.
14. If time expires during the 3rd game, whichever team is winning at that point will win the match (**no 5-point minimum required**).
15. If time expires during the 2nd game, then **total points scored in the 2 games to that point** will determine the winner of the match. If the whistle blows while play is on, please play out the point.
16. The format for the playoffs will be the same as for the round-robin games, with the exception that the semi-finals and finals will not be timed.
17. Please enjoy yourselves!!