

Setters Volleyball Rules 2024

Womens 4's

General Rules:

1. **No unattended children** are allowed on the courts during sets. No children in the bar unless accompanied by an adult.
2. Please **No Smoking** on the courts.
3. **No food or drink** is allowed to be brought in. Setters will provide food and drink at reasonable prices.
4. ***Any arguments with the ref CAN result in a forfeit of the match or game.***

Womens 4's Rules

4.2 and above – Recreational

1. Three sets per game. Rally scoring to 21 points, must win by 2 points with a 23 points cap.
2. Please do not take excessive breaks between sets. Each game is allotted 1 hour of time.
3. Each team is permitted three (3) timeouts per game, 1 per set.
4. You may not enter another court to play a ball. Momentum into another court after hitting a ball is not permitted.
5. No attacking or blocking a serve.
6. When digging a hard driven spike or block, it can be double hit and momentarily lifted. The serve is never considered to be a hard driven spike regardless of its velocity.
7. Blocks do not count as a hit. If a blocked ball comes on your side of the net, you still have 3 hits.
8. Players are not permitted to have any part of their body touch the net or go under the net during play. Refs are often more lenient of this in recreational games.
9. Refs' judgment call stands.
10. Remember that these games are supposed to be fun - please show good sportsmanship in your play.
11. Players cannot "tip" the ball. A tip is a one-handed soft hit into the opponent's court using the fingertips/open hand.
12. A player CAN open hand receive any ball throughout the play.
13. Set overs are allowed ONLY IF your shoulders are directly square to the direction of where the set is pushed to.
14. A back row player cannot attack a volleyball which is higher than the net and is up to ref judgment.
15. If the ball hits the wooden post on the end of the net, it will be considered out of play.

4.1 and above – Competitive

1. Players CANNOT receive with a "set". This means that both hands have to be touching if you choose to use 2 hands to receive the ball. Unless it is a hard driven spike is the only time a player can receive with a set.

2. Sets will be called tighter, about 2-2.5 rotations and double contact will be called immediately.
3. There will be no set overs no matter if your shoulders are square or not.
4. Lifts will be called immediately.