

St. Mary Magdalen Catholic Church

4-on-4 Indoor Volleyball Tournament Rules

Beginner/Intermediate Division

1. Team Composition

- 4 players on the court at all times.
 - Maximum roster: **6 players**.
 - Minimum of **4 players** required to start a match.
 - Players may only play on **one team**.
 - Teams are encouraged to be co-ed, but all-male or all-female teams are allowed (adjust if desired).
-

2. Match Format

Pool Play

- Best **2 out of 3 sets**.
 - Sets 1 & 2 played to **15 points**.
 - Third set (if needed) played to **10 points**.
 - Rally scoring.
 - Teams must win by **2 points**.
 - Point cap:
 - 20 points in Sets 1 & 2
 - 15 points in Set 3
-

3. Court

- Standard indoor volleyball court.
- Standard indoor volleyball net.
- Official indoor volleyballs will be provided.

4. Serving

- Underhand or overhand serves are allowed.
- Players must serve from behind the end line.
- Let serves (ball touches the net and lands in) are legal.
- One serve attempt per rally.
- Foot faults result in loss of serve.

5. Rotation

- Teams rotate clockwise after winning the serve from the opposing team.
- All players should rotate through every position.

6. Playing the Ball

Each team has:

- Up to **3 contacts** before sending the ball over the net.
- A block does **not** count as one of the three contacts.

Players may use:

- Bump
- Set
- Spike
- Tip (see Rule 7)

7. Attacking

- Spiking is allowed.
- Tips/dinks are allowed.
- Players should avoid intentionally targeting another player's face or head.

- Dangerous or reckless attacks may be ruled unsportsmanlike at the referee's discretion.
-

8. Ball Handling (Beginner-Friendly)

Officials will allow:

- Slight double contacts on the first team contact.
- Minor lifts that do not provide a clear advantage.

Referees will emphasize keeping rallies going rather than calling every technical violation.

9. Net Rules

Players may not:

- Touch the top of the net while playing the ball.
- Reach over the net before the opponent has completed their attack.

Incidental contact that does not affect play may be ignored.

10. Center Line

Players may cross under the net if:

- They do not interfere with the opposing team.
 - No safety hazard is created.
-

11. Time-Outs

Each team receives:

- One 30-second timeout per set.
-

12. Substitutions

- Unlimited substitutions.

- Substitute players should rotate into the same serving position whenever possible.
-

13. Warm-Up

- 5 minutes shared warm-up before each match.
-

14. Sportsmanship

This is a church-sponsored event. Players, coaches, and spectators are expected to:

- Show respect to referees and volunteers.
- Encourage teammates and opponents.
- Avoid profanity or abusive language.
- Accept referee decisions without arguing.
- Shake hands after each match.

Unsportsmanlike conduct may result in:

1. Verbal warning
 2. Point awarded to the opposing team
 3. Removal from the match or tournament
-

15. Forfeits

- Teams have **10 minutes** after the scheduled match time to have at least 4 players ready.
 - Failure to do so results in a forfeit.
-

16. Tie-Breakers

1. Match record
2. Head-to-head result
3. Point differential
4. Total points scored

5. Coin toss

17. Officials

- One referee
- One scorekeeper
- Line judges (if available)

St. Mary Magdalen Indoor Volleyball Tournament

Official Rules (6 vs. 6)

1. Team Composition

- Six (6) players on the court at all times.
 - Maximum roster of **10 players**.
 - Minimum roster of **6 players**.
 - Teams may start with **5 players** if necessary but will play one player short.
 - If a team has fewer than 5 players, the match is forfeited.
-

2. Co-Ed Rule

To encourage balanced participation:

- A minimum of **2 women** must be on the court at all times.
- Teams may play:
 - 3 men / 3 women
 - 4 women / 2 men
 - 2 women / 4 men
- Teams may never have more than **4 players of one gender** on the court.

(If your tournament doesn't have enough women participating, this rule can be modified or removed.)

3. Match Format

Pool Play

- Best **2 out of 3 sets**
 - Sets 1 & 2 played to **25 points**
 - Win by **2 points**
 - Third set (if needed) played to **15 points**
 - Third set also requires a **2-point advantage**
 - Cap score at **17** in the third set (optional)
-

Playoffs

- Best 2 of 3
 - Finals may be:
 - Best 2 of 3
 - OR Best 3 of 5 (if time allows)
-

4. Rally Scoring

Every serve results in a point.

The receiving team scores if:

- The serving team commits a fault.
 - The ball lands in.
 - The opponent commits a violation.
-

5. Rotation

Teams rotate:

- Only after winning the serve from the opposing team (side-out).
- Rotation is clockwise.

Players must maintain correct rotational order until the serve.

6. Serving

- Serve must be made within **8 seconds** after the whistle.
- Underhand or overhand serves are allowed.
- Foot faults are not allowed.
- Let serves (ball touches the net but lands in) are legal.
- Players may serve anywhere behind the end line.

7. Ball Handling

Legal:

- Forearm pass
- Set
- Spike
- Tip
- One-handed contact (if clean)

Not allowed:

- Carrying
- Lifting
- Throwing the ball
- Double contact on a set (referee's discretion)

The first contact may have multiple contacts if they occur during one continuous attempt.

8. Number of Hits

Each team has:

- Maximum **3 hits**
- A block does **not** count as a team hit.

9. Net Rules

Players may not:

- Touch the net during play.
- Interfere with an opponent.
- Reach completely over the net before the opponent attacks.

Incidental contact with the net that does not affect play may be ignored at the referee's discretion.

10. Center Line

Players may cross under the net only if:

- It does not interfere with the opposing team.
- Part of the foot remains on or above the center line.

11. Blocking

- Front-row players may block.
- Back-row players may not block above the height of the net.

12. Attacking

Back-row players:

- May attack only if they jump from behind the attack line.
- May not attack above the net while inside the attack zone.

13. Time-Outs

Each team receives:

- **2 time-outs** per set.
- Each time-out lasts **30 seconds**.

14. Substitutions

- Unlimited substitutions are allowed.
- Substitutions should occur during dead-ball situations.
- The entering player should replace the same player whenever practical to keep play organized.

15. Warm-Up

- 5–10 minutes before the first match.
- No warm-up between consecutive matches unless approved by the tournament director.

16. Sportsmanship

This is a church-sponsored event. All participants are expected to demonstrate Christ-like conduct.

The following are not permitted:

- Arguing with referees
- Excessive celebration directed at opponents
- Profanity
- Unsportsmanlike conduct
- Taunting or intimidation
- Negative comments toward teammates or opponents

The tournament director may issue:

1. Verbal warning
2. Yellow card (official warning)
3. Red card (point awarded to opponent)
4. Player ejection
5. Team disqualification for severe or repeated misconduct

17. Injuries

- Play will stop for injuries at the referee's discretion.
- Injured players may be substituted without penalty.

18. Late Arrival

- Teams should check in at least **30 minutes** before their first scheduled match.
- A **10-minute grace period** is allowed after the scheduled start time.
- After 10 minutes, the match may be declared a forfeit.

19. Tie-Breakers (Pool Play)

If teams finish with the same record, ties will be broken in the following order:

1. Head-to-head result
2. Set win percentage
3. Point differential
4. Points scored
5. Coin flip (if still tied)

20. Officials

- The referee's decision is final.
 - Team captains are the only players permitted to discuss rule interpretations with the referee in a respectful manner.
-

St. Mary Magdalen Indoor Volleyball Tournament

Official Rules (6 vs. 6)

1. Team Composition

- Six (6) players on the court at all times.
 - Maximum roster of **10 players**.
 - Minimum roster of **6 players**.
 - Teams may start with **5 players** if necessary but will play one player short.
 - If a team has fewer than 5 players, the match is forfeited.
-

2. Co-Ed Rule

- Teams are encouraged to be co-ed, but all-male or all-female teams are allowed (adjust if desired).
-

3. Match Format

- Best **2 out of 3 sets**
 - Sets 1 & 2 played to **15 points**
 - Win by **2 points**
 - Third set (if needed) played to **10 points**
 - Third set also requires a **2-point advantage**
 - Cap score at **17** in the third set (optional)
-

Playoffs

- Best 2 of 3
 - Finals may be:
 - Best 2 of 3
 - OR Best 3 of 5 (if time allows)
-

4. Rally Scoring

Every serve results in a point.

The receiving team scores if:

- The serving team commits a fault.
 - The ball lands in.
 - The opponent commits a violation.
-

5. Rotation

Teams rotate:

- Only after winning the serve from the opposing team (side-out).
- Rotation is clockwise.

Players must maintain correct rotational order until the serve.

6. Serving

- Serve must be made within **8 seconds** after the whistle.
 - Underhand or overhand serves are allowed.
 - Foot faults are not allowed.
 - Let serves (ball touches the net but lands in) are legal.
 - Players may serve anywhere behind the end line.
-

7. Ball Handling

Legal:

- Forearm pass
- Set
- Spike
- Tip
- One-handed contact (if clean)

Not allowed:

- Carrying
- Lifting
- Throwing the ball
- Double contact on a set (referee's discretion)

The first contact may have multiple contacts if they occur during one continuous attempt.

8. Number of Hits

Each team has:

- Maximum **3 hits**
 - A block does **not** count as a team hit.
-

9. Net Rules

Players may not:

- Touch the net during play.
- Interfere with an opponent.
- Reach completely over the net before the opponent attacks.

Incidental contact with the net that does not affect play may be ignored at the referee's discretion.

10. Center Line

Players may cross under the net only if:

- It does not interfere with the opposing team.
 - Part of the foot remains on or above the center line.
-

11. Blocking

- Front-row players may block.
- Back-row players may not block above the height of the net.

12. Attacking

Back-row players:

- May attack only if they jump from behind the attack line.
- May not attack above the net while inside the attack zone.

13. Time-Outs

Each team receives:

- **2 time-outs** per set.
- Each time-out lasts **30 seconds**.

14. Substitutions

- Unlimited substitutions are allowed.
- Substitutions should occur during dead-ball situations.
- The entering player should replace the same player whenever practical to keep play organized.

15. Warm-Up

- 5–10 minutes before the first match.
- No warm-up between consecutive matches unless approved by the tournament director.

16. Sportsmanship

This is a church-sponsored event. All participants are expected to demonstrate Christ-like conduct.

The following are not permitted:

- Arguing with referees

- Excessive celebration directed at opponents
- Profanity
- Unsportsmanlike conduct
- Taunting or intimidation
- Negative comments toward teammates or opponents

The tournament director may issue:

1. Verbal warning
 2. Yellow card (official warning)
 3. Red card (point awarded to opponent)
 4. Player ejection
 5. Team disqualification for severe or repeated misconduct
-

17. Injuries

- Play will stop for injuries at the referee's discretion.
 - Injured players may be substituted without penalty.
-

18. Late Arrival

- Teams should check in at least **30 minutes** before their first scheduled match.
 - A **10-minute grace period** is allowed after the scheduled start time.
 - After 10 minutes, the match may be declared a forfeit.
-

19. Tie-Breakers (Pool Play)

If teams finish with the same record, ties will be broken in the following order:

1. Head-to-head result
 2. Set win percentage
 3. Point differential
 4. Points scored
 5. Coin flip (if still tied)
-

20. Officials

- The referee's decision is final.
- Team captains are the only players permitted to discuss rule interpretations with the referee in a respectful manner.

To reflect the spirit of the event:

- Opening prayer before tournament play begins.
- Closing prayer before the championship match.
- Teams are encouraged to shake hands or exchange high-fives before and after each match.
- Good sportsmanship is valued above winning.

These rules strike a good balance between standard indoor volleyball and a welcoming church environment, keeping the tournament enjoyable for both beginners and intermediate players while maintaining fair and organized competition.