



**ADULT MIXED 4'S
GRASS VOLLEYBALL LEAGUE**

**WEDNESDAY NIGHTS 6:30-9:00pm
George Bonner Middle School Field, Mill Bay
10 WEEK LEAGUE**

Teams are responsible for

- MAKING SURE THERE ARE ENOUGH PLAYERS PRESENT EACH NIGHT
TEAMS CAN PLAY TRIPLES *-less than 2 is a forfeit*
- notifying team members when games are canceled due to inclement weather
- the setting up and taking down of nets
- bringing their own volleyball for pre-game warm-up
- refereeing their own games and keeping score
- all personal belongings
- cleaning up garbage left on the field
- Please bring your own water bottles.
- ALCOHOL is prohibited on the School District #79 property

Children under 12

- must be supervised by a responsible older sibling or non-participating adult
- must play in the designated areas and keep clear from the volleyball courts at all times
- must respect school property

****Cancellations due to inclement weather will be decided by 5:00 pm
and will be posted on the website or phone us
(1 cancellation will be made up in the end of the session or TBA)**

Cowichan Outdoor Volleyball is looking forward to another great season of outdoor volleyball in Mill Bay. We would like to thank the Arbutus Ridge **Satellite Bar & Grille** for providing a friendly setting for our Wednesday night “debriefing” sessions for all league participants.

Thank you for signing up and let's have some FUN!

C.O.V.L. Organizers: **Bonnie and Dewi Griffiths**

Phone: **597-8831** Email: **bonnie@brentwood.bc.ca**

**Please make cheques payable to Cowichan Outdoor Volleyball*

Website: **WWW.COVL.NET**

C.O.V.L. OUTDOOR GRASS MIXED FOURS

Basic Rules FOR ALL DIVISIONS

Net Height: 2.24 metres (Co-Ed height-Middle setting on Park n Sun Spectrum Classic Net)

Four Players on the court with one member of the opposite gender on the court at all times.

Subs for absent team members should be of the same sex as the absent player to ensure fair results.

Teams can play with only three people but one member *should be* of the opposite sex.

SUBS from teams on a BYE must be from the *SAME DIVISION or LOWER!*

IF two or less players on a team, the team forfeits.

League matches are 2 games to 15 (win by 2 points/cap @ 21)

Divisions where there are only 4 teams will play 2 games to 21 (win by 2 points/cap @ 27)

Service may take place anywhere along the end line between the extension of the court sidelines.

While crossing the net, the ball may touch the net, even during the service action.

No distinction between front and back row. Players can play any position on the court but must rotate the serve each time their team earns a side-out. It is the responsibility of the players to know whose turn it is to serve.

The ball may be contacted no more than three times in succession by a team.
(The Block does not count as a contact)

A Player may not contact the net with any part of his/her body or clothing
(exceptions: incidental contact of hair is not a fault
OR if the contact does not interfere with the play)

A ball may not be carried or allowed to come to rest in hands.

Multiple contact is allowed on the first contact if it occurs during one attempt to play the ball.

The ball may be contacted with any part of the body (service must take place with hand or arm)

NO directing or carrying on volleys and NO pushing on spikes!

THREE contacts per side is encouraged in all divisions.

SETTING: Spin is not an indicator of a fault.

Two-handed sets over should be squared to the net where the ball travels in the same direction in which the setter is facing.

TIPPING and

Jump Serves are allowed....if you can do them!