



4v4 Summer Sunday League – Rules & Format

League Overview

Format: 4v4

Match Format: 2 sets to 25

Rally Scoring: Every rally results in a point

League Dates: May 17 – June 20

Championships: June 20

Warm-Up

Each match will have a 4-minute shared warm-up prior to each match. Teams should be ready to begin immediately when their court is available.

Team Format, Age Divisions & Short-Handed Play

Age Divisions

- 12–14 Division
- 15–18 Division

Team Requirements

- Minimum of 4 registered players required to participate
- Maximum of 5 registered players allowed

If a team chooses to have a 5th player:

- The player must be officially registered for the league
- All substitutions and serving order decisions are the responsibility of the team

Roster Rules

- Players cannot be added after the May 14 registration deadline
- No guest players or unregistered substitutions allowed

Short-Handed Play

- Teams may compete with fewer than 4 players
- When a missing player's turn to serve occurs, the team automatically loses the serve and a point

Serving & Rotation

Teams do NOT have to rotate positions on the court. Players may stay in the same positions throughout the match. Servers MUST rotate after each side-out and all players must serve in order.

Gameplay Rules

Maximum 3 contacts per side. A block does NOT count as a contact. Standard ball handling rules apply. Let serves are allowed.

Net & Center Line

No contact with the net during play. Players must avoid interference under the net.

Officiating

All matches will be officiated by an adult referee. The referee's decisions are final.

Sportsmanship

Respect teammates, opponents, and officials at all times. Poor sportsmanship may result in a warning, point penalty, or removal.

Spectator Guidelines

Spectators are welcome and encouraged to attend and support all teams. All spectators are expected to demonstrate positive sportsmanship at all times. Spectators should behave in a manner consistent with appropriate adult self-control and conduct.

Youth Spectators

- Must be under direct adult supervision at all times

Conduct Expectations

- No negative comments toward players, coaches, or officials
- No interference with gameplay or officiating
- Respect all facility rules and staff

Enforcement

- The referee has full authority over spectator conduct
- Spectators may be warned, removed, or asked to leave immediately
- Continued issues may result in team penalties or removal from the league

Match Timing

Matches will follow scheduled time slots. If running behind, matches may be placed on a time cap. If time expires, finish the current rally and next point wins if tied.

Standings Format

1. Match Record – Total wins vs losses
2. Set Percentage – Total sets won ÷ total sets played
3. Head-to-Head – Result between tied teams
4. Point Differential – Total points scored minus total points allowed

Sample Standings

Team	Record	Sets (W-L)	Set %	Point Diff
Team A	4-1	8-2	.800	+45
Team B	4-1	7-3	.700	+30
Team C	3-2	6-4	.600	+10
Team D	2-3	5-5	.500	-5
Team E	1-4	3-7	.300	-25

Note: Higher set percentage determines ranking when records are tied.

Playoffs

All teams qualify. Seeding based on regular season standings. Championship and placement matches will be played.

First, Second, and Third place teams will be awarded medals on Championship Day (June 20).

League Philosophy

Fast-paced. Competitive. Development-focused. Fun. Open to ALL volleyball players — not just Premier athletes.