


2009 Summer Thursday League Rules and Guidelines

What follow are the rules and guidelines that will be applied to the 2009 Summer Thursday Leagues (both 4's and 2's). Items in blue are notable differences between 4's/2's rules and 6's rules.

1. Matches are comprised of two games played to 21 using rally scoring (every time the ball is ruled dead results in a point). A team must win by at least two points with a cap of 23.
2. All matches will be allotted 35 minutes, including an optional 5-minute warm-up period. If time expires, teams should complete the point, and the team that is ahead after that point wins the game.
3. First serve will be determined by rock/paper/scissors (on 3, not after 3). The team that wins will have the choice of first serve or court, with the remaining choice going to the other team.
4. Teams will alternate first serve regardless of which team wins the first game.
5. All matches will be self-refeing. Please be honest and call yourself and/or your teammates for any rule violations. You may call a violation on the opposing team, but please do so courteously. Any questions, conflicts, or issues with self-refeing should be brought to the League Director.
6. All players are considered front row the entire match (i.e. a player is still able to hit in the front row even if they just served; there are no back-row attacks).
7. Foot faults while serving (stepping on or over the line prior to making contact with the ball) are not allowed.
8. You may not block or attack a serve.
9. You may not set a return of serve.
10. You may not carry/lift the ball, which includes palming or throwing the ball on a hit.
11. You may not "roof" (blocker's hands extending over the net and breaking the plane of the net when the setter is setting the ball for an offensive play). A blocker may extend his/her hands over the net when 1) the ball is above the height of the net AND 2) is being attacked by the opponent (a hit or if the setter is dumping the ball).
12. You may not touch the net during play. Incidental contact with the net away from where the ball is being played is acceptable.
13. You may travel completely under the net, provided you make no contact with a player on the opposing team and do not interfere with the opposing team's play.
14. Players are not required to rotate positions during the course of play, but must serve in the correct order.
15. If the ball hits the ceiling on your side of the net and comes down on your side, it is playable, provided your team has at least one contact left. If it hits on your side and comes down on your opponents' side or if it hits the ceiling of your opponent's side at any time during your play, it is out of bounds.
16. If the ball contacts a side wall or divider, it is considered out of bounds.

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17. When contacting the ball with one hand, the ball must be cleanly hit with 1) the heel or palm of the hand (roll shot), 2) straight, locked fingertips (cobra), or knurled fingers (camel-toe), 3) a closed fist, or 4) the back of the hand. One-handed placement or redirection of the ball with the fingers (dink or open-hand tip) is not permitted.
 18. Sets must leave the setter's hands cleanly without multiple contacts on the ball.
 19. A setter may set the ball over the net (forward or backward), provided his/her shoulders are perpendicular to the path of the ball. Side or directional sets are not permitted over the net, but may be used when setting a fellow teammate on your side of the net.
 20. "Let" serves, where the ball makes contact with the net on serve, are legal.
 21. A ball may be played back to your own side of the net if it has crossed over the net, under the net, or outside the antenna, as long as your team has one or more contacts left and the ball is played back under the net or outside the antenna.
 22. The first contact on the ball any time it comes over the net may be double-hit by a single player and still counted as a single contact.
 23. The ball may be played with any part of the body.
 24. A touch on a block is not considered one of the three contacts allowed per team, nor does it prevent the blocker from making immediate secondary contact with the ball, which would be considered the first of the three contacts.
 25. A player may only have one toss per serve attempt. Catching a toss or allowing it to hit the floor will result in a side-out.
 26. You may not prevent the opposing team, through screening, from seeing the server or the path of the ball. At an opponent's request, a player must move sideways, bend over, or bend down.
 27. 4's will be played on a full-sized indoor court. 2's will be played on a court with a 4' reduction in depth on each side of the net.