

Modified Reverse 4s

Howl at the Moon Official Rules

Courts are set up according to **Mixed reverse 4 Standards**, with a net height of 7 feet 4 1/8 inches, or 2.238 meters (3rd hole from top).

GENERAL

1. A maximum of four players are allowed on the court at one time with no more than two self-identifying males. Teams can be composed of only three players, but it cannot be more than one self-identifying male.
 - a. Players do not need to rotate positions but they do need to **rotate serves**.
 - b. Players can sub in and out at their own discretion.
2. If the ball touches any part of the ceiling or any part of the dividers, it is out.
3. Regular games and semi-finals will be 35 minutes long, and will consist of three sets.
 - a. The first two sets will be **capped at 21 pts**.
 - b. The final set will be **capped at 15 pts**.
 - c. **No deuces – play to points cap for each set**.
 - d. **Each match is time capped at 30 minutes**.
 - e. The time cap takes **precedence** over points cap. (aka. stop the game at 35 minutes!)
4. Playoff games follow the same format but will be capped at 35 minutes. There will be **no time limit** for Finals.
5. Each team gets a maximum of three touches to send the ball over the net and **each gender must touch the ball at least once**.
 - a. This rule does not apply if the ball is returned with two touches or less.

ATTACKS

(These rules only apply when you are attacking)

*What is an **attack**?*: Any overhand hit over the net with one hand/arm

*Where is the **attack line**?*: The three-meter back row line

*What and where is the **attack zone**?*: The space between the three-meter attack line and the net (center line)

1. All attacks have to cross the opponent's attack line (regardless of gender)
 - a. If the attack hits the net and rolls over into the opponent's attack zone, the ball is considered out, and the point is given to the opponent.
 - b. However, if the other team interacts with the ball, play continues.
2. Self-identifying males may only perform **back row attacks** (from behind the attack line).
 - a. Self-identifying males in the attack zone cannot attack.
 - b. Self-identifying males in the attack zone must have an upward arc when sending the ball over the net, otherwise the ball will be considered "out" and it is the opponents point.
3. "Tips" (ex. "cobra tips") and "dumps" are considered attacks, thus the same rules above apply.

BLOCKS

1. Blocks do not count as touches.
2. Arms have to be straight while blocking.
 - a. **Directing the ball is not allowed** and will not be considered a block (i.e. hitting the ball downwards onto the opponent's court off of a block at the net).
3. Balls landing in the attack zone after being blocked are considered in.
4. Self-identified males are only allowed to block other self-identified males – this includes soft blocking.
5. Self-identifying females may block any incoming balls.

OTHERS

1. Serves that hit the net, roll over and land in the attack zone are considered *in*.
 2. Bumps can land in the attack zone and be in.
 3. Open hand tips are not allowed.
 4. Tips and dumps have to go **past the attack line**.
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SCORE-KEEPING AND ADVANCEMENTS

1. The team with the highest number of overall wins in the pool moves onto quarterfinals.
2. If two teams win 2 games each in one pool, the tie is broken by looking at who won when these two teams played against each other.
3. In the event that two teams only have time to play two sets and each team wins one set, the winner of the game is the team that allowed the least amount of points against in the game.
Example: Team A wins set 1 21-19, Team B wins set 2 21-15, Team B wins the game.