

Modified Reverse 4s

Howl at the Moon Official Rules

Courts are set up according to **Mixed Reverse 4 Standards**, with a mixed net height of 7 feet 8 inches, or 2.35 meters.

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. Round robin games are 30 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**. If a third set is started, it should be a minimum of 5 points and whichever team is winning at that point will win the match, otherwise only the first two sets stand.
 - c. If time expires during the 2nd set, then total points scored in the 2 games to that point will determine the winner of the match. If the whistle blows while play is on, you may play out the point.
 - d. **No deuces – play to points cap for each set.**
 - e. The time cap (30 min) takes **precedence** over the points cap.
4. Playoff games follow the same format but the **round of 16 and Quarterfinal games will be 20 minutes long** with a 20 minute time cap. **Semifinal, Final, and 3rd place games will be 30 minutes** and with a 35 minute time cap.
5. Each team gets a maximum of three touches to send the ball over the net.

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 which gender makes the attack.
 - 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. (Note: It is allowed for the player to *start* a jump *outside* the attack zone and *land inside* the attack zone)
 - 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 opponent's 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. **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. Tips and dumps have to go **past the attack line**.
-

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.

Please note: you can be on multiple rosters, but can only play for one team during the event. Once you take the court for a team, you are then unable to play for any other teams regardless of being on their roster.