



Grass League Rules

Tuesdays, Wednesdays & Thursdays R2's / R4's – multiple locations :

1. **SUBS** for playoffs must have subbed at least one of the previous weeks for the same team.
2. **MISSING PLAYERS** from a team will use the Ghost Rule. Opponents shall receive a point & serve after the end of the first full rotation.
3. **RALLY POINT** scoring.
4. **SERVES** that touch the net are considered live.
5. **ROTATION** of servers is mandatory, **not** rotation of court positions.
6. **RECEPTION** of hard-driven balls may be taken in a volley, all other receptions must be an **overhand pass with hands touching**
 - * **NOT** allowed to volley a serve, a free ball, or a non hard-driven ball (roll shot, cobra, a pass).
7. **DEFINITION OF HARD-DRIVEN BALL** is when a player attempts a full swing, with a follow through
8. **ATTACKS** may be a **hit, a roll or closed-hand**
 - * **NOT** allowed to tip or block a 3rd ball over
 - * **NOT** allowed to contact the ball entirely on the opponents' space / plain.
9. **VOLLEYS** over the net must be square from shoulders & feet.
10. **BLOCKS** do **not** count as a touch
 - * **NOT** allowed to interfere before / during the 3rd hit by penetrating
 - * **NOT** allowed to direct the block, no breaking of the wrist.
11. **MALE SPECIFIC RULES:**
 - a. Men may only initiate **back row ATTACKS**.
 - b. Men may **only BLOCK men**, this includes soft blocking of women.
 - c. Balls must fully pass over opponents' attack line if you are inside your attack zone (3 metre line).
 - d. For men **ON** or **INFRONT** of the attack line on 3rd hit:
 - * **NOT** allowed to jump
 - * **NOT** allowed to hit ball downwards, it has to have an upward arc.