



Grass League Rules

Wednesdays W4's – Windemere Secondary
(N irrigated field):

1. **SUBS** for playoffs must have subbed at least one of the previous weeks for the same team.
2. **RECEPTION** of hard-driven balls may be taken with a volley
NOT allowed to volley a serve, a free ball, or a non-hard-driven ball (roll shot, cobra, etc.)
3. **DEFINITION OF HARD-DRIVEN BALL** is when a player attempts a full swing, with a follow through.
4. **ATTACKS** may be a hit, a roll or closed-hand.
NOT allowed to open-hand tip
5. **VOLLEYS** over the net must be square from shoulders & feet.
6. **BLOCKS** do **not** count as a touch
NOT allowed to interfere/penetrate the 2nd ball(set) unless ball has crossed plain of the net
NOT allowed to direct the block, no breaking of the wrist.

March 2024