

# EMPOWER SPORTS ACADEMY

## Adult Coed Quad League Rules & Format

### League Format

- Matches are 3 games to 25 (win by 2, cap at 28)
- Third game unfinished: score stands, tie = next point wins
- 1 timeout per game (30 seconds)

### Game Timing

- 60-minute matches
- 10-minute forfeit window
- If time expires: leading team wins, tie = 1 deciding point

### Quads Rules

- No rotation, but must maintain serving order
- Out-of-order = loss of serve
- Teams may play with 3 players
- Max 6 players per roster

### Coed Rules

- Max one more male than female on court
- Guys cannot block girls
- No hitting restrictions for guys
- No requirement for female touch

### Ball Handling

- No open-hand tips/dinks
- No hand setting over net
- No fingertip redirection blocks

### Gameplay

- 3 contacts max
- Block does not count as a contact
- Clean contact only (no lifts/carries)

### Serve

- Must be contacted by hand
- Behind end line
- Let serves allowed

### Sportsmanship

- Self-officiated
- Replay disputes
- Respect required

### Facility Rules

- No outside alcohol
- No glass bottles (lifetime ban)

### Score Reporting

- Report via desk or Sportskey within 48 hours

Thank you for helping create a competitive and enjoyable league environment!