



## **Four Square**

Last updated 2015

### **GRADE**

- Open Teams
- Under 18 Teams

### **SURFACE AND EQUIPMENT**

- Surface will be concrete and/or asphalt
- Hi Bounce Rubber Balls will be provided

### **FORMAT**

- Round Robin Competition
- There are four teams of two per match, with eight players in total
- Each team are encouraged to work together to assist their team-mate in spending as much time in King as possible
- Matches (except for the final) are self-umpired
- A scorer is to be supplied by a non-participating team on a roster basis

### **SCORING**

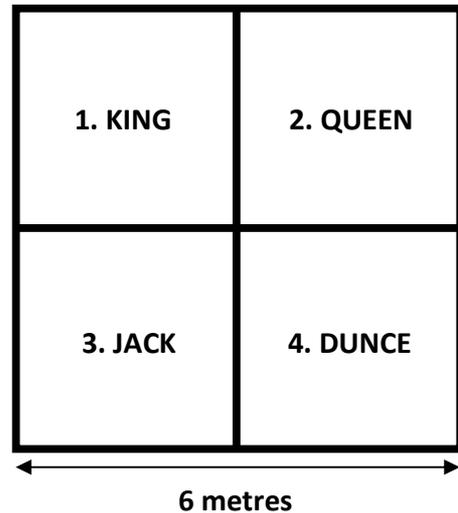
- Each time a player starts a point in King, their two person team receives a point
- At the end of the timed match, the team with the most points receives 4 points towards the ladder, the second best team receives 3 points, the third best team receives 2 points and the fourth team receives 1 point

### **FINALS**

- After the round robin matches, the top four teams with the most points will compete in a Grand Final, with the team with the most points from the Grand Final the winner.

### **THE OBJECT**

The object of the game of four square is to eliminate players in higher squares so that you can advance to the highest square yourself. Four square is played with a rubber ball on a square court with four players, each occupying a quarter of the court. The ball is bounced between players in squares until someone makes an error and is eliminated. Eliminated players leave the court, all players advance to fill the empty squares, and a new player joins at the lowest ranked square



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*To ensure SYG participants are adequately covered in the event of a personal or sporting related accident it is strongly recommended that participating groups or individual participants arrange personal accident insurance. It is the responsibility of the group co-ordinator to ensure this is communicated to SYG participants associated with their groups.*



## THE BALL

During play, players may only hit the ball with their hands. We describe the "hands" as any area between the player's wrists and their fingertips, including the backs of his/her hands. The ball may be hit with open or closed fists in the same manner as volleyball. Players may not catch, carry or hold the ball at any time during play. Spinning the ball is allowed as long as the hit that produces the spin is not a carry or other illegal hit. In all cases, players who strike the ball incorrectly are eliminated.

## THE COURT

Each square of the court will be 3 metres x 3 metres. The total court will be 6 metres x 6 metres.

Squares are ranked from highest to lowest - numbers 1 through 4 or King, Queen, Jack, Dunce. In all cases, the highest and lowest ranked squares should be diagonal from each other.

There are two sets of lines on the court. "Outside lines" are the outermost edges of the entire court, while "inside lines" refer to the line dividing individual squares of the court that cross in the center.

**Outside lines are in-bounds.** If a player bounces the ball onto any outside line, it is still in play. However, if the ball bounces outside of the outside line, it is out of bounds and the player that last hit it is eliminated.

**Inside lines are out-of-bounds.** If a player hits a ball onto any inside line then that player is out. This applies to ALL inside lines, not just the lines that border her square. If a ball touches an inside line, the player that hit it last is eliminated.

Players are not required to stay in their portion of the court. They may stand, walk or run anywhere on the court, though it is best to stay in a position to protect your own square.

## SERVING THE BALL

The ball is always served from the highest ranked square to the lowest square. Squares one and four are positioned diagonally across the court. The server must bounce the ball in his/her square before allowing the ball to bounce once in the receiving square, then the receiving player must hit the ball into another square of his or her choice. After the receiver touches the ball, the ball is in play. There will be no service faults. If the serve is out, the King is out.

Serves are meant to place the ball fairly into play. Because the server must serve the ball the same way each time, it is the receiving player who controls the first play of the game.

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## **NORMAL GAME PLAY AND POSSESSION**

Each time the ball bounces in a square, the owner of that square must hit the ball into another square. No exceptions. Once the ball touches down in a square, **ONLY** the owner of the square can touch the ball next. If he/she does not, then he/she is out. If he/she hits it poorly or out of bounds, he/she is out. If another player hits the ball before he/she does, at any time, the other player is out.

Once that player hits the ball once then any other player may hit it next. This means it is not necessary to let the ball bounce again before another player hits it. The next player to touch the ball is subject to all the normal rules.

## **ELIMINATION**

Each time a player is eliminated, that player leaves the court and all players advance to the next highest square. The lowest ranked square is then filled with a new player. All eliminated players leave the court and wait to join in the lowest square in turn of the order of elimination.

These situations represent all the ways in which a player may be eliminated from the court. Players are eliminated for:

- Failing to hit the ball into another square
- Allowing the ball to bounce more than once in their own square
- Hitting the ball out of bounds or onto an inside line
- Hitting the ball incorrectly, such as holding, catching or carrying
- Hitting the ball with a part of the body that are not hands
- Hitting the ball out of turn (poaching)

## **INTERFERENCE**

If the ball is touched by another object which is not one of the four players or the floor, this is called interference. The round is started again. Players waiting in line may not touch the ball when in play.

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