

4 Square “Text Book” Rules

- 1) Server (king or queen in square 1) has to have at least one foot in the server corner triangle while serving. If the server comes out of the triangle while serving, the server is out.
 - 2) The server starts the game by bouncing the ball first before hitting it.
 - 3) The server cannot do any tricks when serving.
 - 4) If the ball lands on the line, the person who hit it last is out.
 - 5) No holding/catching/stopping the ball. Hits must be fingertip, open hand, flat hand or palm. NO FISTS. Directing the ball is not allowed either (when the ball stays in the hand for too long and the person “steers” it). Hits must be quick slaps.
 - 6) If the ball bounces twice in your square you’re out.
 - 7) The ball has to bounce once before you hit it.
 - 8) No double teaming. Double teaming is when 2 or more people work on getting the same person out.
 - 9) No double touches. Double touches does not mean 2 hands on the ball at the same time. You can hit the ball with 2 hands at the same time.
 - 10) As soon as the server has the ball, the play can begin. No re-do’s for someone who is not paying attention.
 - 11) When you are out you go to square 4 and everyone else moves up a square. If you have subs you sub out instead.
- OBJECT OF THE GAME is to get to square 1 and remain there.