

## **FOUR SQUARE RULES**

For those that may be new to 4 square, here are some helpful hints:

### **Object**

To get to square 1 and remain there by eliminating opponents in squares 2-4.

### **Procedures**

- 1) The squares are numbered 1-4. The serve always starts from square 1.
- 2) Players take positions in boxes 1, 2, 3, and 4.
- 3) The ball is served by dropping it and serving it underhand or sidearm swing from the bounce. If the serve hits a line the server is out. To begin the game, the server hits the ball to square 4.
- 4) The player receiving the ball must keep it in play by striking the ball after it has bounced once in their square. Only one hand can be used to strike the ball. Back of the hand and side of hand or wrist is also permissible. Player may return the ball from outside of the perimeter. Player directs it to another square with an underhand hit.
- 5) Play continues until one player fails to return a hit or commits a foul. When a player fouls, the first player at the waiting line enters at box 4. All players then advance to fill in the available squares.

### **Fouls**

- 1 - Failure to hit a ball that bounces in one's box.
- 2 - Playing a ball that has bounced into another player's box.
- 3 - Hitting the ball out of bounds or onto a line.
- 4 - Hitting the ball into one's own box.
- 5 - Holding the ball, catching or carrying a return volley.