

Squaring you for the world



.F.S.

Official Ball Book

Rules, Regulations and Guidelines

Compiled and constructed for the good of the game and those who play it.

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1.1 History

The Sport of Four Square has a legacy that dates back to every kid's early childhood. There comes a time in a person's life where exposure to the sport is crucial for molding fundamental human principles such as honesty, fairness, grieving and of course fine motor skills.

The adaptation of this playground version into the now popular Quantum Four Square transpired on the Stanford University campus in June of 2005. The F.I.T. class was eating lunch outside the Wilbur Cafeteria, discussing how the sport's rules varied between people and upbringing. This led to a live demonstration of different rules and styles of play. Because there was no big rubber ball to play with, a blue racquetball was used. The demonstration led to an actual scored event after the next dinner meal that brought multiple races, sexes, and techniques together, officially forming a new "Quantum" style of play. Co-founders Chicka Elloy, John Carter and Steve Arrowood initiated the start and proliferated the continuation of a shift in playing.

1.2 Regulations of the Rules

Since its birth, QFS has evolved into a dynamic and challenging test of character, physical abilities, and mental toughness. As growth of the sport continues each day, a rulebook has been adapted to diffuse increasing conflicts and challenges between so-called experts. The following rules are to be followed with the understanding that they exist for the primary goal of QFS to triumph as the winner. It has been and will forever be about the sport of four square.

If a rule amendment is desired by an individual, a request to the QFS International Alliance Board of Representative Trustees must be made in writing for review. The board is made up of the co-founders (C.E & S.A). If the board deems the request useful to the growth and refining of the sport, a change will be made, documented, and the requestee notified.

1.3 Overview of the sport

A round of Quantum Four Square is initiated by a person suggesting it. If those around that person agree, players take their places in 4 adjoining squares marked out by tape on the floor. The objective of QFS is to have fun, exercise and remain in the game, preferably in the Ace square. (see 1.4)

The server drops the ball into his or her own square and then hits it into another square after it bounces. The receiving player returns the ball into any other square. Play continues in this fashion until a player makes a mistake or error and gets "out." The out player moves to the end of the line of people waiting to play. Players in lower prestige squares progress to higher prestige squares and leave the lowest square open for a new player to join. For example, when player in King is out, players from Queen and Jack move up to the next highest square. The next person waiting enters the game in the Jack square. Basic gameplay continues like this until time is over, work needs to resume, the players lose interest, or whatever end-game result has been achieved.

1.4 Courtship

Four Square is played on a square court divided into four smaller squares that meet in the center. Standard QFS square's outside borders measure 9'6" in length (4'9" for each smaller square's borders). Other measurements may be used in certain circumstances, such as larger squares or non-square shaped 'squares'.

Squares are named Ace through Jack. New players enter into the Jack square and the ball is served from the Ace square. The squares are called, from highest to lowest rank: Ace, King, Queen, Jack. Other forms of square names that will be acknowledged but not accepted whilst on a QFS court: A, B, C, D. Server, First, Second, Third. 4,3,2,1. Gold, Silver, Bronze, Plastic.

1.4.1 During play, players may stand, walk or run anywhere in their own square or outside the court.

1.4.2 Actions constituting legal stepping-into another persons square are: (1) a dive or lunge to save a ball that has traveled through the diving person's square. All other excuses or infringements into another player's square will result in the diving/lunging player being eliminated from that round.

1.4.3 The word Ace, pronounced as in "face" with no 'f', is of English origin, and its meaning is "number one, the best," a nickname given to one who excels. Also an English surname meaning "noble." A connotation of superiority comes from the fact that ace is the playing card with highest face value. In QFS the Ace is the designated server and the square in which it is most desired to be. At the beginning of the round, Ace is assumed by the person that was in that square at the end of the last round. If this is the first round then the person with the most experience of QFS will assume the position. If this is disputed, players will use rock, paper, scissors or submit to a lower square out of good sportspersonship.

1.4.4 Exterior lines are considered part of the square, thus if a ball lands on tape it is play on. If a ball is hit on an interior line, it is the responsibility of the adjoining players to go after the play. If no one plays the ball then they are subject to the referees call. If there is no referee, then the square that the ball was moving in the direction of will be deemed out. If the ball hits exactly on the center juncture of lines and no one plays it, a re-square is in order.

1.5 Equipment

1.5.1 QFS approves all attire for the benefit of the game. Helmets, shoes off, gloves, knee pads, and sweatbands are acceptable as long as the equipment does not create an unnatural advantage, as agreed upon by all players involved.

1.5.2 Masking tape is used in most QFS events. Both regular tape and painters tape (although expensive) has been approved for use. Please contact the QFS International Alliance Board of Representative Trustees before painting anything permanent anywhere.

1.5.3 Balls that have been approved for use with QFS include: Tennis balls (not pet toy versions) and Raquet balls. Use of other balls may hinder advancement of your game, and are typically only used for drills.

1.5.4 Spiked shoes, baseball bats, rapiers, etc. are prohibited and considered non-approved QFS equipment.

2.1 Rules of Play

The rules are dynamic and can be flexible to court space and player availability. Any changes or suggestions must be officially sanctioned by the QFS International Alliance Board of Representative Trustees before they can be deemed legal.

2.2 Getting Out

“Out” is when you make an error or break a rule in the game and usually means you must give up your space on the court. There are many ways to get out. These rules make up the basic system one must adhere to when playing QFS. A player is out if:

- The ball bounces from the Player's square to outside the bounds of the court.
- The ball bounces from the Player's square to another player's square without interaction with the Player.
- The ball bounces in their square more than once.
- The Server fails to keep each of their feet straddling each of the two lines that makeup the outside of the Ace box. This is called “busting the angle”.
- The Server fails to land the first bounce in another square.
- The Player hits the ball and it lands outside the bounds of the court.
- The Player makes contact with the ball in such a way that thier fingers are pointed upwards. This is called using “overhand”.
- The Player makes contact with the ball in such a way that thier fingers are pointed sideways. This is called using “sidearm”.
- The Player hits the ball before it bounces once in their square off a serve. This is called “interference”.
- A Player makes physical contact with another player whilst the ball is the responsibility of the other player. This is called “harrassment”.
- The Player hits the ball and it bounces either out of bounds or in one's own square before entering another player's square (“own square” or “O.S.”)
- The Player purposefully touches the ball twice in a row (this may include the server).
- The Player fails to hit the ball using a singular, distinctive hit. These are referred to as double-hits, carries, or holds. Note that the Texas Twister (see catalog of moves) may sometimes create a rapid-fire double hit from the hitter, and this is acceptable due to the nature of the move.
- The Player hits the ball and it is caught by a Player who is making an unauthorized, verbal or non-verbal “ref call”. Players are not allowed to catch the ball at any time when the ball is in play, thus the catcher will take walk to the spectating sideline, or Jack square if no reserves.

2.3 Service

2.3.1 The Server must stand with both feet outside the back corner of the server square, bounce the ball, and then hit it underhand into one of the other squares. The serve is generally delivered from the back corner of the square, sometimes called the 'mailbox.' However, the server may choose to vary place of bounce (P.O.B) with certain players. The plane of the server's square may not be broken by the ball in the delivery.

2.3.2 The ball is always served from Ace square into any other square the server determines.

2.3.3 The ball must bounce in a square other than the server's before it can be touched. (See section 2.6.5 for clarity on who may play balls).

2.3.4 Players must be near their own square when the Ace is serving. Ace has the right to serve the ball as soon as the round has finished. A fast game is a good game, although some players may choose to be offended if they are not as fast as the Ace in being ready. (That is possibly why they are not in the Ace square.)

2.3.5 The Ace in a QFS round is required to deliver service fairly into play for all players. Hard-to-return serves that involve low trajectory, topspin, or hitting to corners or edges are legal and may be a sign of foursquare proficiency, but are considered poor sportspersonship when used against a novice.

2.3.6 It is possible to re-serve faults on the service in non-timed games only. If the server has a foot-on-line violation or lands the ball on their own line, they may re-serve. If the ball is hit out or in their own square it is not a re-serve.

2.3.7 When a ball comes into player's square, they must return the ball into another square. This may not be done "on the fly" (before the ball bounces) on the serve. (Please see 1.4.1 and 1.4.2 for distinctions.)

2.3.8 The serve must be one in which the trajectory would land in the square of another player. This is pertinent if the serve hits another player prior to the ball hitting the ground, as if the ball's trajectory would have landed out-of-bounds, then the server would be out even if the ball makes contact with another player.

2.3.9 When returning the ball back to the Ace for service, it must be passed with dignity and respect. A light lob, soft bounce pass or handoff is considered appropriate. Anything else could lead to forfeiting a turn. Ace makes the call.

2.4 Rotation of players

2.4.1 When a player is out, they move to the end of the spectator line from whatever square they were in. If there are no reserves, they move to the Jack square.

2.4.2 When a player exits the squares, the players in lower prestige squares move up and a new player enters in the Jack square. The highest square is the Ace, the server.

2.5 Referee

2.5.1 Respect the Ref. Respect the Ref. Respect the Ref.

2.5.2 The first player in line will act as the referee in case of disputes. They may make calls to keep a non-biased flowing court session. They have overriding authority in calling a player out. (See 2.10)

2.5.3 The referee is responsible for calling for a re-square. The referee's decision is final, but is also subject to retribution when they are on the court in the course of play.

2.5.4 If there is more than one reserve, they will form a non-distracting line behind the referee. They are not part of the final decision but may assist if called upon for different angles of perspective in hard to see cases. These reserves are known as spectators. (See section 3.1)

2.5.5 Order of ruling on a play can happen many different ways. This is the best order decided upon by the Quantum Four Square International Board of Representative Trustees.

Order of Ruling on a play:

1. Self call out (one's own integrity of getting out trumps all)

2. Ref calls person out (can be overruled by #1 or by more than one non-involved player on court. If disagreed with, see #3)
3. Spectator/backup ref call (can be deferred to by Ref or by a player. If Ref and backup ref disagree then refer to #4)
4. Non-involved player call (can be deferred to by Ref or backup ref)

2.6 Irregular Contact

2.6.1 Except on a serve, walls, buildings, fences, benches, and trees are in-bounds objects, considered to be neutrally in play as if the ball was still in the air, and do not count as a hit, a bounce, or out-of-bounds.

2.6.2 If the ball is played off an object it must land back in a square belonging to someone other than the originator of the hit to be legal.

2.6.3 Sidewalks, steps, etc. are out-of-bounds.

2.6.4 Bystanders who have no clue that the game is going on and players waiting to play are considered in-bounds objects if the ball bounces off of them, but out-of-bounds if they actively hit the ball.

2.6.5 Players may purposefully intercept a hit that is over another square and hit it into any other square except their own, as long as they do not step into another square. Note that on a serve, interceptions are prohibited.(See 2.3.3)

2.7 Saves

2.7.1 Players may intentionally or unintentionally "save" a ball that has bounced in another player's square that was missed by that player. The player who saved the ball is then responsible to keep the ball in play as if it had landed in his/her own box.

2.7.2 If another player touches or catches a ball after it bounces in a different player's box, the ball is still considered live and the saving player is out, even though he/she may have had the intention of stopping the ball from rolling away as if the ball was dead. This eliminates uncertainty of whether it was a failed save.

2.8 Chasing the ball at the end of play

2.8.1 In general, the person who is closest to the ball gets it, although enthusiastic bystanders or other players may do so. If no one moves, it is the duty of the Jack in play to retrieve the ball.

2.8.2 Malicious spikes, post-play throws, or other such nonsense must be chased down by the person who offended the ball. Such actions may involve a penalty or suspension.

2.9 Legal Hits

2.9.1 Any part of the body may be used to hit the ball.

2.9.2 Players may "multiple hit" the ball as long as none of the hits are an intentional set-up for themselves and the ball doesn't touch the ground in between hits. Total number of hits by the player may be no more than two, although rolls across various body parts may legally occur and only count as one hit. The intent of this rule is to allow the equivalent of deflect-and-hit. Obvious "carries" are not allowed. The referee will rule as to whether a violation has occurred (refer to 2.5.5 for clarity on ruling power).

2.9.3 Purposefully causing the ball to end up in a place where major recovery work is necessary (on top of a roof, down a hallway, in a gutter, etc.) will result in penalty. Standard suspension is chasing 20 balls out into the street, etc., before you are allowed to play again. If the ball cannot be recovered, the penalty is buying a new ball and massive shame.

2.10 Disputes

2.10.1 QFS can be quite fast and often disputes arise between players as to who broke the rules or caused an error. Even if the referee is being heckled by players, a popular way to resolve conflicts is to have a 'death rally,' 'show down,' or 'duel.' This is simply a two-person game in which the highest player serves and the loser of is out of the round. This method can relieve the sometimes catty fighting that less sportsmanlike players often wear in the game.

2.10.2 Another such method is a simple "rock-paper-scissors" game in which the loser is ultimately out on the round.

2.10.3 Non-involved players can be turned to in times of dispute for clarification and non emotional decisions.

2.10.4 *This distinction is only in conjuncture with the final 3 serves of a match.* If the ref cannot make a decision due to lack of vision or competency, the decision is then given to the spectator first, then to non-involved players if spectator was also under the influence. If a decision is still not able to be made, it is a re-square due to it being the final 3 serves. God will tell.

2.10.5 If the offending player appeals adjudication made by the ref, integrity overrules any call. If a non-involved player sees the correct answer, they must make a call for the good of the game. Any player involved or not found guilty of choosing WCIG, will remain playing however forfeits ace square every time they achieve it. They will also be deemed ineligible to obtain the Medal for that month due to bad sportspersonship.

3.1 Spectator Guidelines

3.1.1 On no account should Spectators throw their bodies in the path of oncoming players or balls.

3.1.2 Spectators should restrain themselves from touching any part of a player in motion or at rest.

3.1.3 Spectators are not allowed to balk or distract players from playing the sport. If the referee or Ace Square finds a spectator guilty, in this circumstance only, they will be responsible for handing out a suspension. (See 2.9.3)

3.1.4 Littering will achieve suspension from the game, and possibly future games.

3.1.5 Some players are touchy. Spectators must refrain from inserting fingers in nose or other embarrassing places that could unintentionally distract a player or be caught on film. Penalties may be distributed to spectators by the referee or Ace.

3.1.6 Heckling is legal yet not encouraged. As a spectator, it is easy to play backseat driver. Players are capable, so if a heckler heckles in such a way as to hurt the spirit of QFS they may be asked to leave.

3.1.7 Heckling on the court between players is part of the QFS culture. If it becomes mean spirited, esteem crushing or just racist, these are grounds for dismissal of both players or even the entire game.

3.1.8 If an uncomfortable verbal or physical argument is taking the spirit from the QFS court, the players involved will separate themselves from the court until the air has been cleared. QFS is innocent and will remain a place of utopia and fun for all.

3.1.9 Remove lens caps from cameras before taking pictures.

3.1.10 Tall Spectators must take care to stand in the back row when spectating.

3.1.11 Eat a good breakfast each morning of known game day so as to have adequate stamina for the day's rigorous events.

QFS Sportspersonship

Honorable sportspersonship is vital to the conduct of every QFS offering. Poor sportspersonship is a reflection of an individual, but also detracts from the enjoyment of the sport for other participants. Poor sportspersonship will not be tolerated and will be dealt with swiftly. Individuals who create difficulties may be suspended or removed from the venue and cited to the QFS International Alliance Board of Representative Trustees. The following are examples of unsportspersonlike conduct:

- Shoving, striking, physically or verbally intimidating another person involved. (Heckling exemptions see 3.1.8)
- Failure to comply with directions from a game official, game supervisor, or staff.
- Profanity - participants are expected to avoid the use of profanity and vulgar gestures, even when not directed at a player or game official.

Championship Status & Nicknames

For more information on how one can attain championship status and title, please consult the QFS International Alliance Board of Representative Trustees for consideration. As of April 2007, existing acknowledged and official titles are: (1) West Coast Champion, (2) Rocky Mountain Champion. (3) O'side Kick (4) LIT Champion.

Being honored with a Title by the board and giving oneself a Nickname are two different things. QFS acknowledges nicknames in the spirit of the game, but does not endorse them.

Catalogue of QFS Moves

All moves have been approved for use by the board and recognition has been given to the initiators of moves. If you have a move you would like added, please contact a board representative with a definition as per below.

Toe Jam: Playing a ball on or near an opponent's feet so that they are 'jammed' and unable to play the ball. Sometimes called "TJ" or "Tijuana". (JC)

Hailstorm: Playing the ball off the roof into another players square. Due to the powerful velocity involved, "HAILSTORM" must be shouted prior to hitting the ball. Variations include "Wall ball", "Chair ball", "Rain of God" but only the Hailstorm must be called out loud. (CE)

Texas Twister: Clapping both hands upon the ball in a cymbal crashing motion, placing the flight of the ball into a tornado-like spin. Also known as "Screwballs", the

spin causes the ball to bounce unusually when it lands in a square. The only legal two hand combo of QFS. (SA)

Hard Russian: Moving to the Bermuda Triangle of your own square to aggressively crowd, intercept and distract fellow players by intercepting ball on the fly. (SA)

Rush Hour: During the final 3 serves, all players rush the ace creating a volley like match leaving no gaps for ace to win the match with.

Mixer: Motioning one or both hands in a mixing motion around or near the ball, then hitting it at an unexpected moment and direction. (CE)

Jack-in-the-Box: A back-spin shot that when it lands pops straight up only a few inches off the floor.

Paddle Ball: A behind-the-back hand-hit of the ball from under and between one's legs.

In Yo Face: A head shot at a player, often used when that opposing player rushes forward in an attempt to decrease opponents' angles

Jump Serve: Bouncing the ball off a serve and jumping in the air to hit it. Much like a volleyball jump serve, this physically burns more calories and can distract opponents from their alpha state. Jump serves are often accompanied with other moves. (CE)

Wonder shot: As in Stevie Wonder, a shot or serve that is done backwards, through one's legs, so that the hitter is blind as to where the ball goes.

The Dan Brown: Based on his novel "Deception Point", this move involves a ball bouncing in a player's square, then another player acting as if he will save the ball, only to employ a last instant "pull out", instead. The ball falls and the round ends, having deceived the losing player into a false sense of security. (SW)

Grand Slam: When a player uses a powerful underhand shot to grandly slam the ball into another player's court. Usually a finishing move to punish another player that has been smug in the last few plays. If used too often or against novices, it is considered unsportsmanlike.

Thunder Down Under: A hit in which the player swings his leg upwards and towards the opposite arm and then returns the ball from underneath his leg. Such moves are often succeeded by a round of "oohs" and "ahhs". (CE)

Prayer Slap: When a player forms his hands into that of an upwards praying position and strikes the ball into another opponent's square. It is an inaccurate but divinely powerful hit. This move is only legal in the Bible Belt, U.S.A.

Anti-climax: A hit where a player makes like they are going to hit the ball hard but instead barely taps it so the other player can not reach it. (SA)

Drop Shot: Applying zero force to the traveling ball, letting it only graze one's hand so that the ball is deadened and drops with a thud into another's box. A.k.a. "Bunt". (SA)

Roll: Also known as "Bowling"; A player hits the ball so low that the ball rolls. Usually the player who rolled it is out. In some games, if the player is accurate enough to make the ball roll in the other square but bounce in their own, the player whose square it rolled in is out. (JZ)

Jonny Cashed: Ball is dropped inches from the ground on a line intentionally making it unplayable and dead. Walk that line. (CE)

Rushing: Sometimes called "Goaltending", this is a positional move in which a player plays at the front line of his box in an attempt to stifle shots from entering his space. When done successfully, the player who was stuffed is said to have been "Boxknocked". This move is disallowed on serves unless all players consent. (SA)

Sharking: If sharking is allowed, a player may at any time play the ball directly onto any part of an opponent's body rather than playing it normally. If the opponent is unable to return it, the opponent is out. If the opponent dodges the ball, the sharker is out if the ball did not bounce in another player's square. A.k.a. "Skunking".

Chopper: When a player strikes the ball in such a way that a powerful backspin is put on the ball, resulting in a sudden and complete stop of forward movement upon impact with the ground. A.k.a. "Slicer". (SA)

Tiananmen Square: A defensive move in which, when presented with an oncoming slam by an opponent, a player bravely throws her body to hit the ball in an attempt to keep herself in play. (LL)

Bermuda Triangle: Hitting the ball, intentionally or unintentionally, into the triangular forward area of a player's box so that it is unreachable. (SA)

Score Keeping

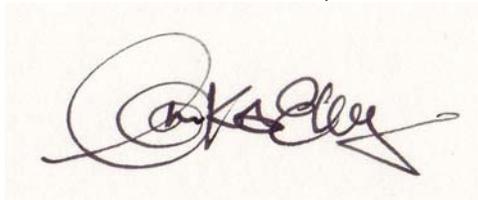
Games are typically played for a set duration of time, the player ending up in the Ace square at end of the duration declared that game's Ace. This allows for less experienced players to still have a chance at attaining Ace status in a game, even though odds favor players who can hold onto the Ace position for longer durations or 'bear down' towards the final few minutes to "Bunker" themselves in the Ace box.

Stats from individual games may be tracked for the season (such as a SuperCamp or designated duration of matches). The lowest two scores in each category are thrown out to reflect the player's best play. This also allows for league members to miss two games and still remain competitive during the season. Awards are given each season to players who score the highest in average, clobber points, consistency of play, and most improved scores for the season. Additional prizes may be awarded to teams.

At the end of the day, remember, it is not about you or the championship but the game that brings happiness to so many lives across the globe. Quantum Four Square is this and the next generation.

The Grand Master - Priory of the Squares,
Chicka "Dark Horse" Elloy

Steve "D'Ace" Arrowood



Press Release: - From Camper in WA 2006 Junior Forum.

Hi, great news I GOT QUANTUM FOUR SQUARE TO BE A UNIT IN Gym!!! they liked the idea of being able to play it on carpet, so now we get to play QFS every week on Fridays how cool is that.

Jackson Sabes

BTW all of my teachers say that a miracle happened for me over the summer! Thank you for helping me at SuperCamp!!! I'm coming back next year to Stanford!

We are in the Urban Dictionary: Check us out!

<http://www.urbandictionary.com/define.php?term=quantum+four+square>

QFS is an adaptation of the old school playground version of childhood foursquare. Quantum Four Square is played on a square court divided into four smaller squares that meet in the center. The combination of worldwide styles of OS foursquare has led to an intense and competitive design of play using a tennis ball. QFS is gaining popularity amongst teachers and students in their classrooms. The QFS International Alliance Board of Representative Trustees is based in San Diego and run tournaments monthly.