



Sand Volleyball Rules



General Information

1. All players must be on the team roster. The roster is final after June 5.
2. Team fees (\$75) is due June 5.
3. All participants must be 18 years or older.
4. Teams are required to have at least 4 players to start the game with the male and female ratio never exceeding 3-1 (thus you cannot play with 4 males and 1 female).
5. No referee will be provided. Teams will self officiate.

Game Structure

1. Rally scoring will be used in all games. Games are played to 25, win by 2 or 28 point cap. If time expires, the team ahead will be declared the winner. If neither team gains an advantage, the team leading after 5 minutes of extended play will be declared the winner.
2. Three sets will constitute a match with all three sets counting
 - The 3rd set will be dictated by time. The team that is ahead at the end of the time will win.
 - Teams will switch court sides after each game set is completed.
3. Captains of the two teams will conduct a coin toss/best of three rock paper scissors at the beginning of the match.
 - Winner will determine which team will serve first
 - Loser will determine which side they want to begin on
4. Captains are allowed to call 1 – 30 second time-out per game when the ball is dead.
5. All teams are entitled to use the court for the duration of their scheduled playing time
 - All teams receive a 5-minute warm-up with 55 minutes of playing time.
6. To rotate in extra players, a team must always rotate into the same position on the court before or after the serve when the ball is dead.
 - The rotation order must be maintained throughout the match.
7. Women or men may substitute on one team. Substitutes *may not* sub within the same league, and must be on the roster as a sub.
8. At the end of the 3 sets, captains of *both* teams are required to record their final score on the score sheet and initial.

General Play Rules

1. A player's first contact of serve receive may be an underhand or overhand pass. Attacking or blocking the first contact is *illegal*. Setting the serve is legal only if it is clean.
2. The ball may be played by any part of the upper body. However, the ball cannot roll or come to rest on any part of the player's body.
 - An exception is allowed during the defensive play of a hard-driven ball, which is an attack-hit or blocked ball traveling at a high rate of speed. In that case, the ball may be momentarily lifted or pushed or roll, providing that the attempt is one continuous motion and the player does not change the direction of the motion while contacting the ball.
3. The posts act as antennas. A ball that touches a post is rules out of bounds.
4. There are no overlaps, front/back row distinctions or other position faults. Players must follow a serving order.
5. It is not permissible to enter another court to play a ball.

6. Within the limits of the three team contacts, a player may contact a ball that has crossed the net below the net (or outside the posts) in an attempt to recover the ball that has not been contacted by the opponents.

Serving

1. The server may move freely behind the end line within the side lines. At the moment of service, the server must not touch the ground outside the sidelines or touch the boundary line. After service contact, the player may land on the court or outside the service zone.
2. If the server releases the ball for service, but does not attempt to complete the service motion, the player receives a replay of service.
3. Net serves are legal (the ball may hit the net and go over and it is still considered good).

Back Row Attack & Blocking

1. While blocking, a player may touch the ball beyond the plane of the net, provided the player does not interfere with the opponent's play before or during the attack.
2. Contact of the ball during blocking does not count as one of the 3 team hits. It does not count as a female or male contact. Any player may make the first contact after the block, including the person blocking.
3. When a ball is blocked back into an attacking player, the attacker is *not* considered to be a blocker; contact will result as 1/3 hits.
4. Back row attacks are legal if players are at least 10 feet from net.

Net Contact & Miscellaneous

1. Contact with the net is a fault.
2. Players may partially or completely cross the centerline below the net during play, provided that it does not interfere with the opponent's play.
3. Incidental contact with an opponent is ignored, unless such contact interferes with the opponent's opportunity to play the ball.
4. Players with any type of cast on the arm, wrist, hand or fingers are *not* allowed to play.

Forfeits

1. Play must begin within 5 minutes of the posted start time. A match will be forfeited after 20 minutes.
2. A minimum of 4 participants are considered a full team and will not result in a forfeit. As participants arrive they are allowed to join in on the designated serving rotation only after the ball is considered dead.

Conduct

1. Participants must behave respectfully and courteously in the spirit of fair play towards teammates, coaches, opponents, and spectators.
2. No players (including captains) may make profane or vulgar remarks to teammates, coaches, opponents, or spectators.
3. Players and spectators on the sidelines shall not advise the players on the court while the ball is in play. Example: In, out, over, etc. Failure to comply may result in a side-out.