

CO-ED Sand Volleyball Rules

Veteran's Memorial Park



General Information

1. All players must be on the team roster.
2. Sponsor Fees (\$75) Team fees (\$75)
3. All participants must be 16 years or older.
4. Teams are required to have at least 4 players to start the game.
 - a. **4 players:** 1 male & 3 females, 3 males & 1 female or 2 males & 2 females
 - b. **5 players:** 3 males & 2 females, 2 males & 3 females or 1 male & 4 females
 - c. **6 players:** 3 males & 3 females, 2 males & 4 females, 1 male & 5 females
 - d. **You may NOT play – 5 males & 1 female or 4 males & 2 females**
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.
2. No cap.
3. Three sets will constitute a match with all three sets counting
 - Teams will switch court sides after each game set is completed.
4. Captains of the two teams will conduct rock paper scissors at the beginning of the match.
 - Winner will decide if they want serve or side
 - Loser will receive what winner does not choose
5. Captains are allowed to call 1 – 30 second time-out per game when the ball is dead.
6. 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.
 - Let's start on time please!
7. To rotate in extra players, a team must always rotate into the same position on the court before the serve or when the ball is dead.
 - The rotation order must be maintained throughout the match. (boy/girl)
8. 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.
9. At the end of the 3 sets, captains of *both* teams are required to record their final score on the score sheet.

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*.
2. The ball may be played by any part of the body. However, the ball cannot come to rest on any part of the player's body.
3. The posts act as antennas. A ball that touches a post is ruled out of bounds.
4. There are no overlaps, front/back row distinctions or other position faults. Players must follow the same 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 (judgement call – no line).
5. If two females are in the front row, a male can come up from the back row to block. He cannot jump and attack the ball over the net while in the front row. He is there to block.

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 15 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.
3. Program Supervisor must be notified by **2:30pm** if your team needs to forfeit your match for the night – please do so by phone call or text.

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.
4. Please be considerate of your smoke breaks. Not everyone likes that smell so please take your break from a distance.

- ❖ If you ever have any questions, please feel free to contact kaylac@saintpetermn.gov
- ❖ Phone works best due to program being on the weekend

Thank you! Have a great season!

