



## **The Official Rules for League Sand Volleyball at Cozzie's Tavern and Grill**

### **Rule 1: Facility**

- A. All games will be played in the Cozzie's Recreation Sand Volleyball court.
- B. Outside Alcohol is not permitted inside the Property Lines.

### **Rule 2: Player Eligibility**

- A. All players MUST fill out a waiver before the FIRST game of the League.
- B. All players PARTICIPATING MUST BE ATLEAST 21 YEARS OLD.

### **Rule 3: Team Composition**

- A. FOUR PLAYERS MUST BE PRESENT to start a match. Players may be inserted upon arrival.
- B. Player combinations can be in any form as long as there are AT LEAST 2 FEMALES on the court at ALL TIMES.
- C. ROTATION: ALL players that are participating in the set/match MUST rotate when their team gets the ball back to serve.
  - a. If a player sits out of a rotation, they must sit the rest of the set.
  - b. The ONLY time this doesn't take effect is when a team must rotate to have at least 2 females on the court.
  - c. THERE IS NO ROTATING BETWEEN THE FRONT AND BACK ROW. Players may rotate with their teammates as long as it's after a serve and in the respective rows.

### **Rule 4: Ground Rules**

- A. Matches will be officiated. This is a BAR LEAGUE and we are here to HAVE FUN! But we also want the Leagues to be officiated fairly.
  - a. Competitive competition is fun, Over-competitiveness and over-reactions are not. If a player gets out of hand, they will be asked to leave the court for the rest of their team's match.
  - b. That means under no circumstances is one allowed to; kick or throw the ball at the other team, curse or swear at the other team or

official. Reinforcing that this is a BAR LEAGUE and we're here to have FUN!!

- B. Each match will begin on deciding which team gets to serve and or choose which side they would like to defend. This will be decided by a one-and-done "Rock-Paper-Scissor-SHOOT!" (On 4...)
  - a. The winning team will then determine if they would like to serve first or choose the side they would like to defend.
  - b. After each set teams will switch sides and serves.
- C. Sets ONE and TWO will be played to 25 points, rally scoring, with a cap of 30 points. Set THREE will be played to 15 points, with a cap of 20 points. Sets must be won by TWO points unless the cap is met. (EX: 30-29 or 20-19)
  - a. Match format is set to a Best-2-of-3 Sets.
  - b. If a match comes to a third set, a member from each team will come forth for another "Rock-Paper-Scissor-SHOOT!" (On 4...) to determine the side and the serve.
- D. **The Serve:** The player serving the ball may stand at any area within the back of their side of the court, as long as they are standing on the back-restraining line.
  - a. There are no restrictions on how a player may serve the ball as long as the ball is hit, not thrown or pushed.
  - b. A ball that makes contact with the net and continues over constitutes as a LEGAL serve.
  - c. Players CAN NOT ATTACK A SERVE. Players are allowed to set a serve or return a serve as long as they are 3 feet away from the net and use TWO HANDS.
- E. ***ANY player may make contact with the ball with ANY part of their body, above or below the waist. Except on serving. (i.e. teamusa.org official rule book: "Ever since the doubles game was created, digging with your whole body has been permitted. The intent is to increase the chances to save the ball, with a kick or leg dig or whatever the player can save. Any contact is legal unless its (A.) a double on the 2<sup>nd</sup> or 3<sup>rd</sup> hit or (B.) a prolonged contact on any hit."***
- F. There is no order or gender restrictions of how many times in which the ball can be hit. (EX: no Boy – Girl – Boy rule)
- G. A ball touching any part of the boundary line is in.
- H. It is permissible to run out of bounds and play a ball.
- I. Players are not permitted to scoop, hold, or throw the ball. The ball must not visibly come to rest on the player's hands, fingers, or any other part of the body.

- J. A player shall not make successive contacts of the ball unless he/she has blocked a spike at the net. One person may play the ball twice during a volley but not twice in succession.
- K. A ball, other than a serve, may be recovered from the net provided the player avoids contact with the net and does not catch or hold the ball.
- L. Contact of the ball during BLOCKING action does NOT count as one of the three team hits.
- M. The ball MUST ALWAYS be returned over the net by the third contact, unless a block is the initial contact in which case the ball must be returned by the fourth contact.