



## **Sand Volleyball Rules:**

### **1.) 9 WEEK SEASON:**

- a.) 9 WEEKS OF REGULAR SEASON PLAY
- b.) 2 WEEKS OF PLAYOFFS
  - i.) One Make Up Night Per Season.

### **2.) START:**

- a.) EACH GAME WILL BEGIN WITH A 5 MIN. WARM UP FOLLOWED BY "ROW-SHAM-BOW" FOR SERVE OR SIDE.
- b.) ROCK - PAPER - SCISSOR - SHOOT (ON 4 or 'Shoot!') - ONE AND DONE - WINNER CHOOSES SIDE OR SERVE.
- c.) 3RD GAME WILL ALSO BEGIN WITH A *ROW-SHAM-BOW* TO BEGIN THE THIRD AND FINAL GAME.

### **3.) NUMBERS:**

- a.) EACH TEAM MAY HAVE UP TO 6 PLAYERS ON THE COURT (4 MINIMUM)
  - i.) **TWO (2) FEMALES** MUST BE ON THE COURT AT ALL TIMES!
    - (1) IF TEAMS ONLY HAVE 2 FEMALES - THOSE 2 PLAYERS WILL REMAIN ON THE COURT AT ALL TIMES AND ROTATE ACCORDINGLY.

### **4.) ROTATION:**

- a.) EACH TEAM MUST HAVE A 'SUBSTITUTION POSITION' WHERE PLAYERS ENTER AND EXIT THE COURT.
  - i.) ROTATIONS OCCUR BEFORE THE SERVE FOR THE NEXT POINT.

### **5.) SERVING:**

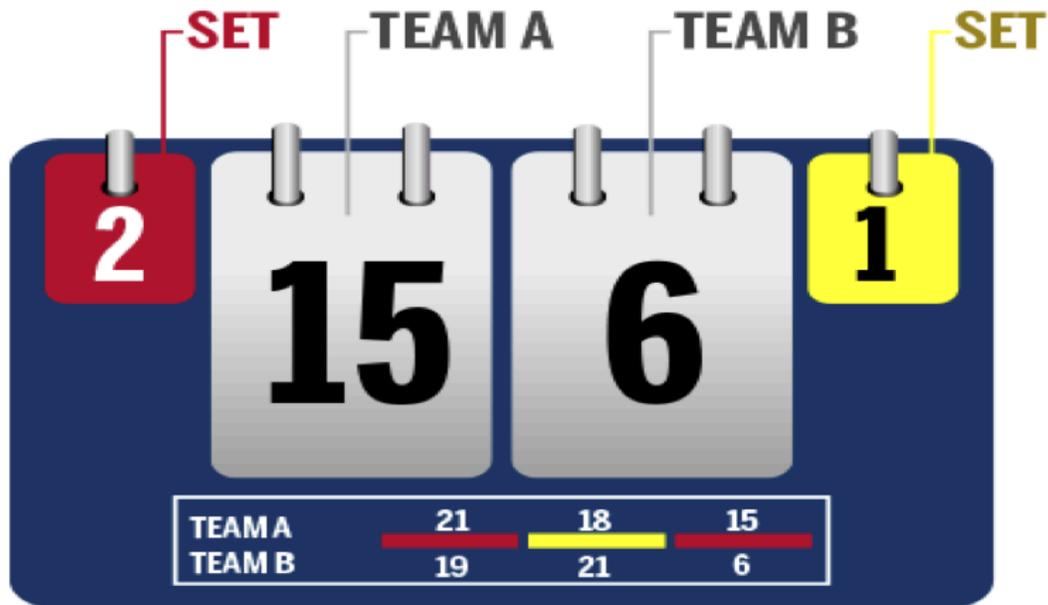
- a.) THE SERVING PLAYER (TEAM) MUST BACK UP AS FAR AS THEY CAN ON THE COURT. (END BOARDS - LINE)
- b.) A PLAYER MAY SERVE FROM ANYWHERE IN THE BACK ROW, AS LONG AS THEY ARE TOUCHING THE END BOARDS-LINE BEFORE THEY SERVE.

**6.) TIME OUTS:**

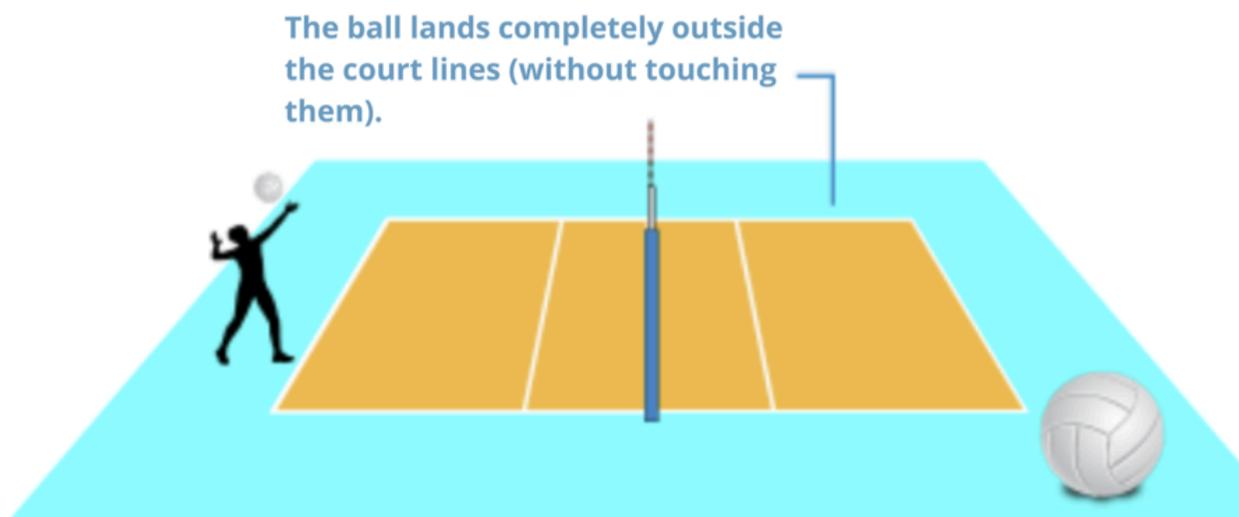
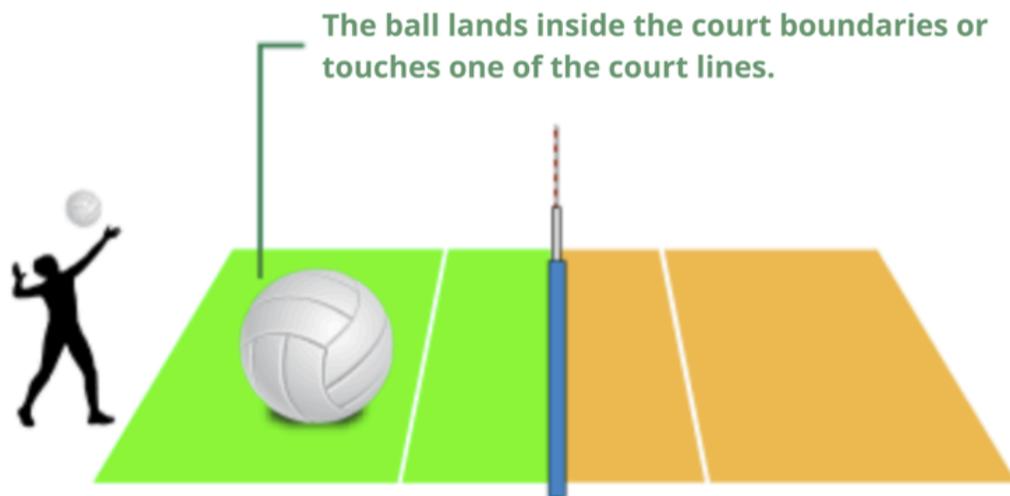
- a.) EACH TEAM GETS **ONE** (1) TIMEOUT PER MATCH - USE IT WISELY.
  - i.) 2 MINUTE TIMEOUT DURATION.

**7.) SCORING:**

- a.) RALLY SCORING
  - i.) TEAM'S DO NOT HAVE TO SERVE TO GAIN POINTS
  - ii.) THE BALL MUST LAND INSIDE THE COURT BOUNDARIES OR TOUCH ONE OF THE COURT LINES.
- b.) BEST 2 OUT OF 3 SETS
- c.) FIRST TO 21 POINTS - MUST WIN BY TWO - CAP OF 25 POINTS



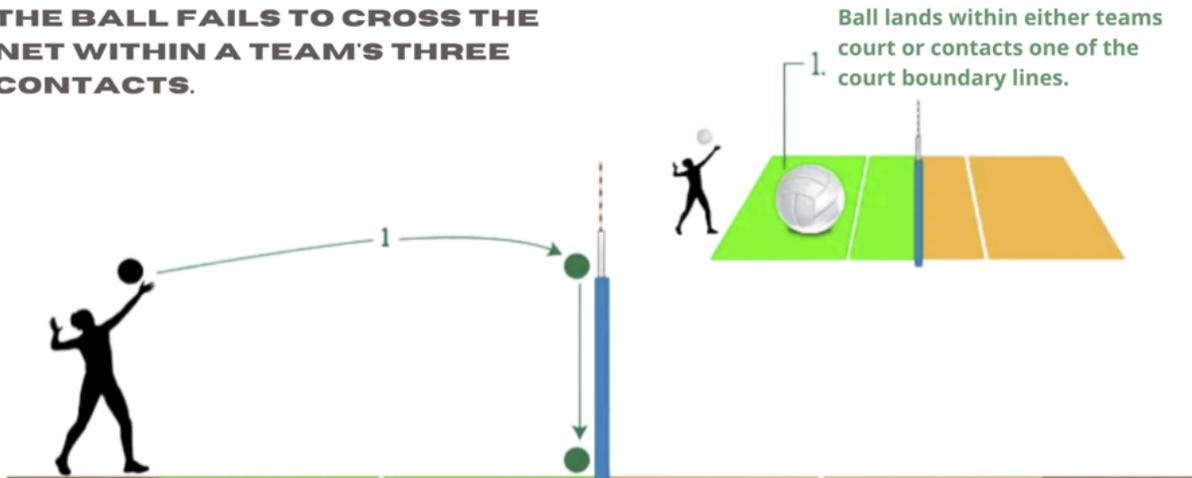
- d.) END LINE POINTS WILL BE AT THE DISCRETION OF THE REF./OFFICIAL
- e.) END LINE POINTS WILL **ONLY** OCCUR WHEN THE BALL MAKES CONTACT WITH THE SAND BEFORE THE END-LINE-BOARD.



## 8.) **STATE OF PLAY:**

- a.) THE BALL IS IN PLAY FROM THE MOMENT IT IS SERVED UNTIL A BALL CONTACTS THE SAND (OR OTHER OBJECT; SIDE NETTING, LIGHT POLE, ETC.), FAILS TO CROSS THE NET WITHIN THE TEAM'S THREE CONTACTS, OR A FAULT IS CALLED BY THE REF./OFFICIAL.
- b.) FAULTS INCLUDE ILLEGAL PLAYING ACTIONS OR PENALTIES.

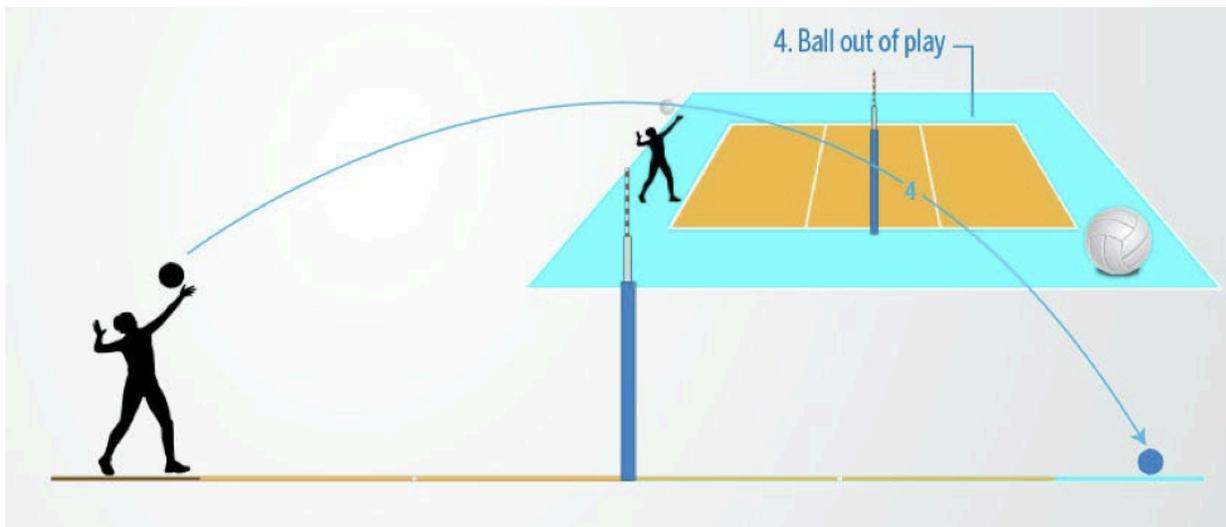
**ONE POTENTIAL FAULT IS WHEN THE BALL FAILS TO CROSS THE NET WITHIN A TEAM'S THREE CONTACTS.**

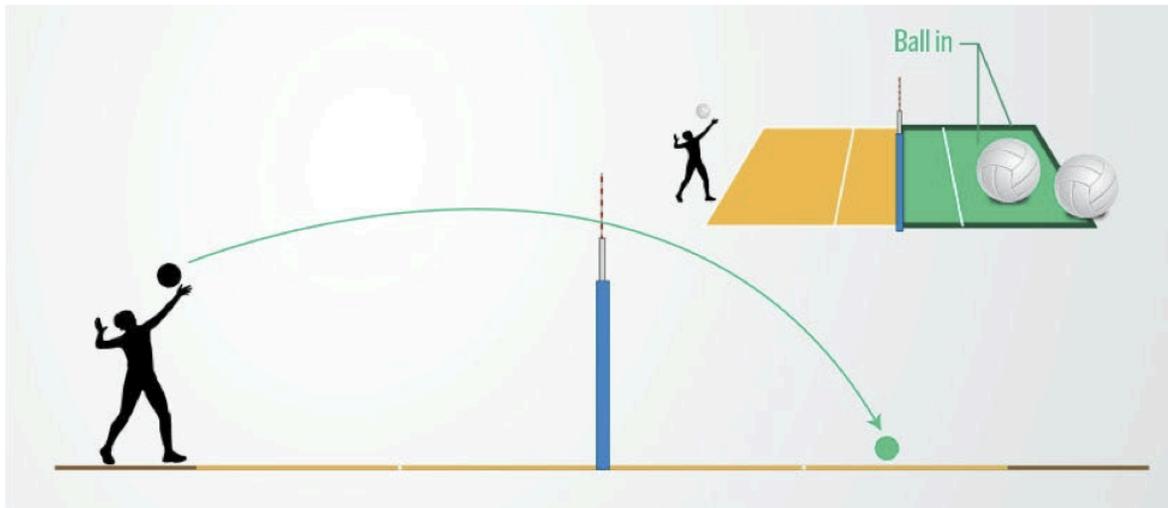


**9.) BALL OUT OF BOUNDS:**

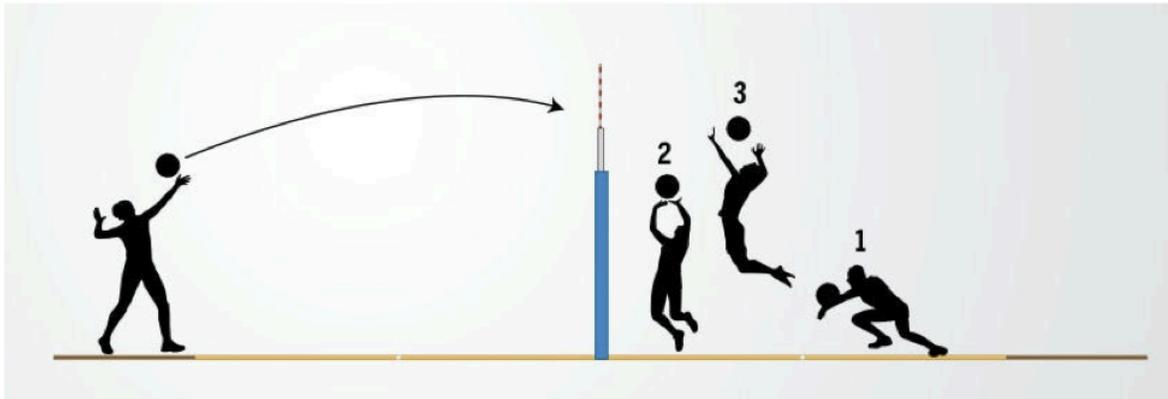
a.) THE BALL IS OUT WHEN IT MAKES CONTACT WITH THE GROUND OUTSIDE OF THE COURT LINES (WITHOUT TOUCHING THEM) OR CONTACTS AN OBJECT OUTSIDE OF THE COURT.

i.) **THIS INCLUDES; NET POST, RINK NETTING AND SIDEBOARDS**





- **PLAYING THE BALL:**
  - TEAM CONTACTS – IDEAL SEQUENCE: PASS, SET AND SPIKE.
- EACH TEAM HAS 3 CONTACTS, MAX TO RETURN THE BALL TO THE OPPOSING TEAM.
- NO PLAYER CAN TOUCH THE BALL TWICE IN A ROW EXCEPT DURING OR AFTER BLOCKING.
- BLOCKING DOES NOT COUNT AS ONE OF A TEAMS 3 CONTACTS/HITS



#### **SUBSTITUTIONS:**

- WHEN A TEAM INITIALIZES SUBSTITUTION(S) FOR A GAME – EACH PLAYER MUST SIGN A WAIVER AND SIGN IN (DATED GAMES)
- IF A SUBSTITUTE IS TO BE USED IN THE PLAYOFFS – THEY **MUST COMPETE IN 2 COMPLETE GAMES (OF THE 7 RS GAMES) TO BE ELIGIBLE TO PARTICIPATE.**
- THERE WILL BE A SUBSTITUTION FORM AND WAIVER IN THE LEAGUE BOOK FOR CREDENTIALS.

**10.) ROTATIONS:**

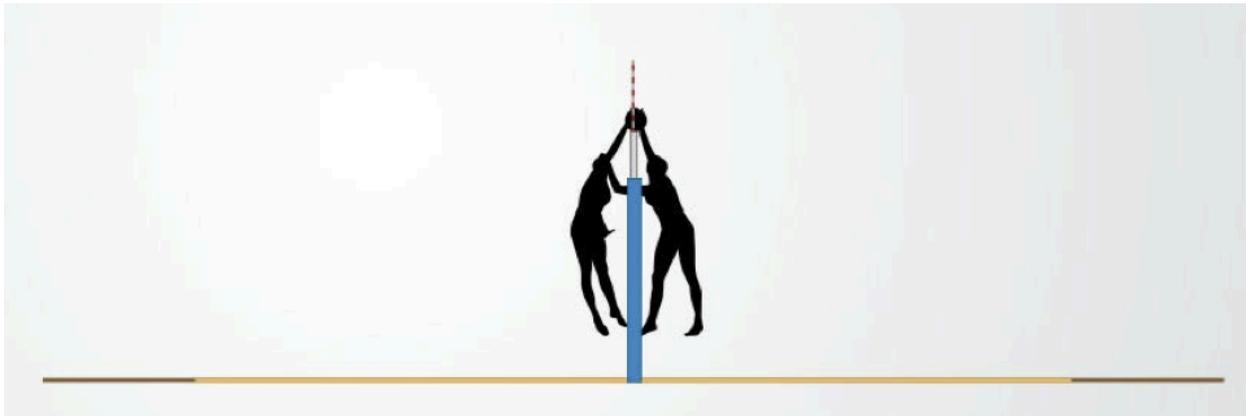
- a.) TEAMS MUST ROTATE **AFTER GAINING THE POSSESSION OF THE SERVE.**
- b.) EACH TEAM MUST DESIGNATE A **SUBSTITUTION POSITION** THAT PLAYERS WILL LEAVE AND ENTER THE COURT.
- c.) PLAYERS CANNOT SWITCH FROM THE BACK TO THE FRONT ROWS AND VISE VERSA OR COME TO THE FRONT TO BLOCK OR HIT.
- d.) PLAYERS IN THE BACK ROW CAN ONLY HIT ON THEIR BACK HALF OF THE COURT.
- e.) EACH TEAM MUST STAY WITH THEIR INITIAL ROTATION THROUGHOUT THE ENTIRE DURATION OF THE SET (NO ADJUSTING OR SWITCHING PLAYERS FOR BETTER MATCHUPS).

**11.) BOY - GIRL RULE:**

- a.) THERE IS **NO** BOY-GIRL OR GIRL-BOY RULE.
- b.) THE SAME PLAYER CANNOT HIT/TOUCH THE BALL TWICE IN A ROW.

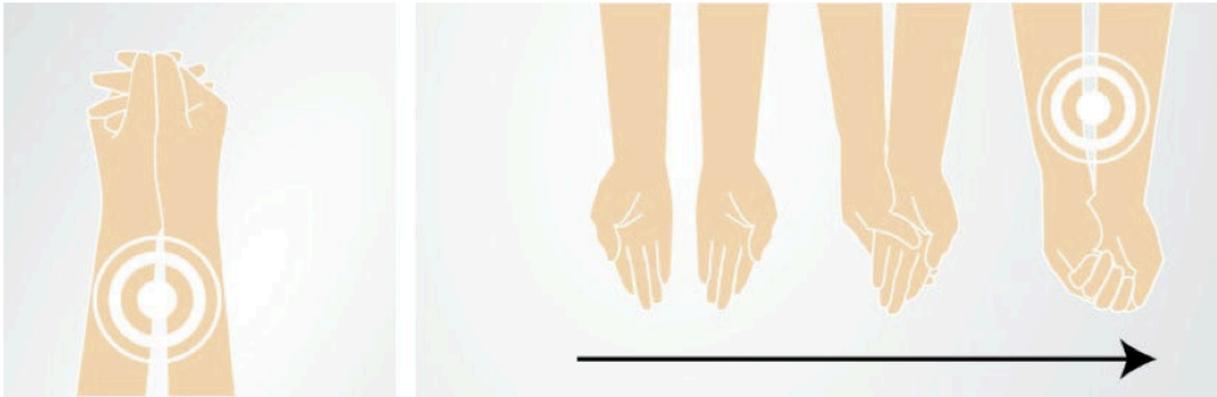
**12.) JOUST:**

- a.) WHEN TWO OPPOSING PLAYERS MAKE CONTACT WITH THE BALL AT THE SAME TIME OVER THE NET.
  - i.) AFTER A JOUST THE RECEIVING TEAM IS ENTITLED ANOTHER 3 HITS.
- b.) IF THE BALL LANDS OUT OF BOUNDS AFTER A JOUST - IT IS CONSIDERED TO BE THE FAULT OF THE TEAM ON THE OPPOSITE SIDE OF WHERE THE BALL LANDED OUT.



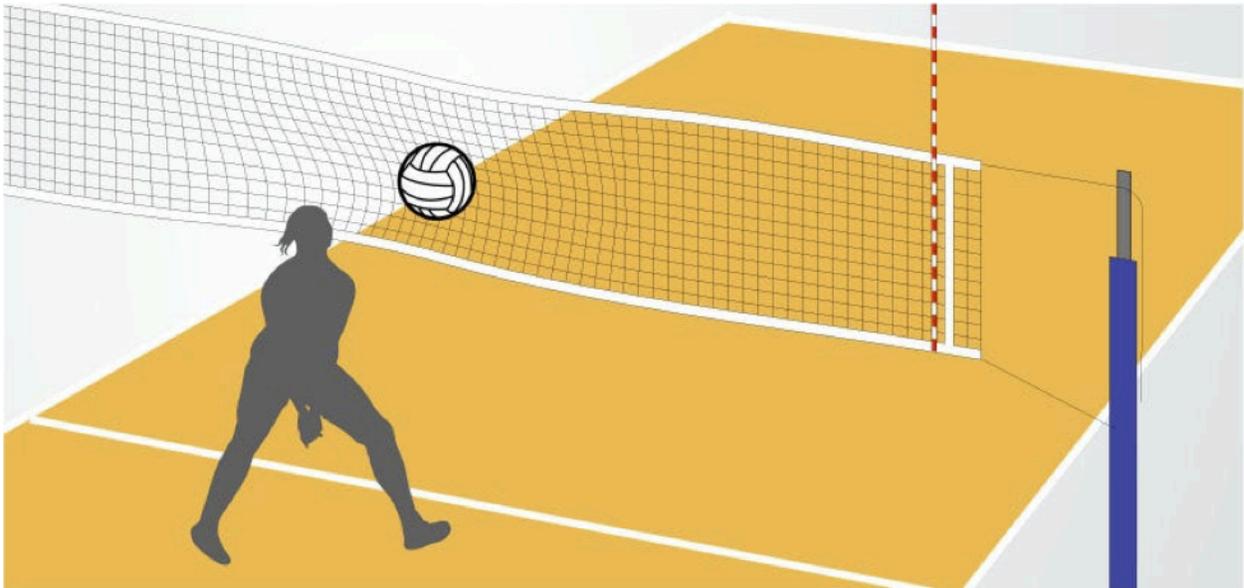
**13.) CONTACT:**

- a.) THE BALL MAY TOUCH ANY PART OF THE BODY AND BE CONSIDERED A HIT.
- b.) THE BALL MUST NOT BE CAUGHT OR THROWN (I.E. LIFTS AND CARRIES).



**14.) NET PLAY:**

- a.) A BALL HIT INTO THE NET IS PLAYABLE AND MAY BE RECOVERED BY THE RECEIVING TEAM AS LONG AS IT'S DONE WITHIN THE ALLOTTED THREE (3) TEAM HITS.



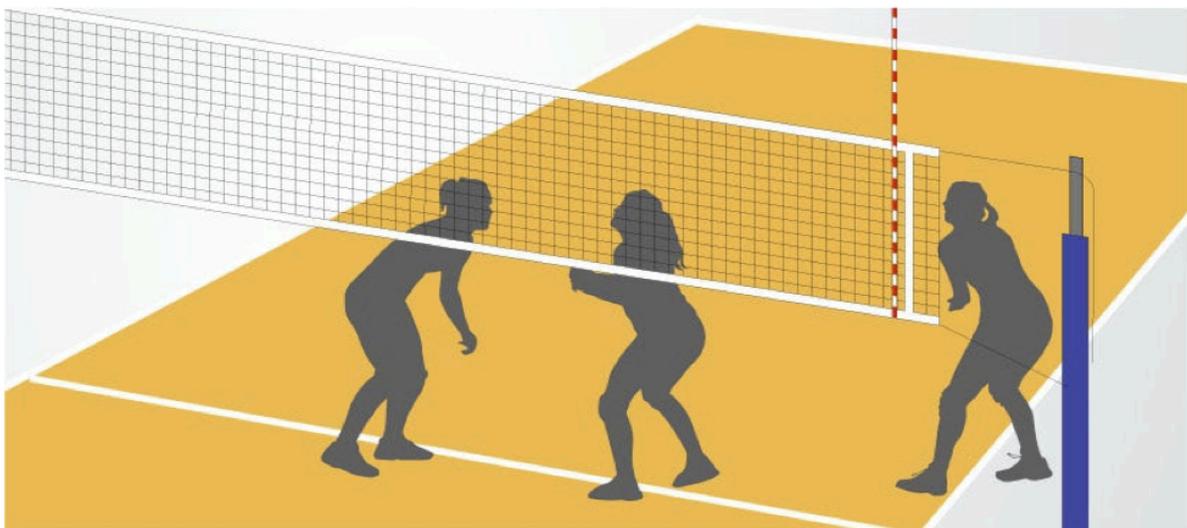
### **15.) REACHING BEYOND THE NET**

- a.) TOUCHING THE BALL BEYOND THE NET **WHILE BLOCKING** IS ALLOWED - AS LONG AS THE BLOCKING TEAM DOESN'T TOUCH THE NET.
- b.) PLAYERS CANNOT INTERFERE WITH OPPONENTS MOVEMENTS AND MUST GIVE THE OPPOSING TEAM AN OPPORTUNITY TO GET THE BALL OVER THE NET AND PLANE.



### **16.) OPPONENTS SIDE OF THE NET - PLAYING AREA:**

- a.) AS LONG AS THERE'S NO INTERFERENCE WITH THE OPPONENTS PLAY ON THE BALL - PLAYERS MAY PARTIALLY OR COMPLETELY STEP INTO THE OPPONENT'S COURT DURING A RALLY.
- b.) IF A PLAYER INTERFERES WITH AN OPPONENT'S LEGAL PLAY ON THE BALL - A FAULT WILL BE CALLED. WITH THE POINT BEING AWARDED TO THE AFFECTED TEAM.
- c.) INTERFERENCE CAN OCCUR WITH AN OPPOSING PLAYER OR THE OPPONENT'S COURT.



**17.) SAFETY AND ESTABLISHMENT:**

- a.) PARTICIPATION IN THE LEAGUES AT COZZIES TAVERN IS A PRIVILEGE AND A BAR LEAGUE.
- b.) THESE LEAGUES AND EVENTS ARE MEANT FOR PEOPLE WHO WANT TO COMPETE IN A HIGH LEVEL VOLUME OF **FUN**.
- c.) THERE IS CASH PRIZES/PAYOUTS FOR THE FIRST AND SECOND PLACE TEAMS.
  - i.) WITH THAT BEING SAID, GAMES CAN GET COMPETITIVE.
- d.) THIS IS **NOT** AN OPPORTUNITY TO TRY OUT FOR THE OLYMPICS OR SHOW WHY COACH SHOULD'VE BEEN PUT ON VARSITY 20 YEARS AGO. THAT SHIP SAILED.
- e.) THIS IS AN OPPORTUNITY FOR ADULTS TO EAT, DRINK AND PARTICIPATE AT ONE OF THE BEST ESTABLISHMENTS AND LEAGUES IN THE AREA.
- f.) IF THERE IS ANY DISAGREEMENT, I.E. AMONGST TEAMS, OPPONENTS, CALLS, ETC. - THE ISSUE WILL BE DISCUSSED **AMONGST CAPTAINS AND THE REF./OFFICIAL**.
  - i.) THE POINT WILL BE REPLAYED.
  - ii.) IF THE SITUATION IS NOT RESOLVED - CONTACT THE MANAGER ON STAFF AND THE EVENT COORDINATOR DIRECTLY.
- g.) IF PLAYER(S) OR TEAM(S) GO AGAINST THE SIGNED **LIABILITY AND WAIVER** TERMS. THEY WILL BE ASKED TO LEAVE. **IT HAS HAPPENED BEFORE.**