

Cozzies Sand Volleyball Rules:

1.) **9 WEEK SEASON:**

- a.) 7 WEEKS OF REGULAR SEASON PLAY
- b.) 2 WEEKS OF PLAYOFFS
 - i.) 1 (ONE) WEEK FOR MAKEUPS - POSTPONED GAMES DUE TO WEATHER CONDITIONS.

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) - 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.

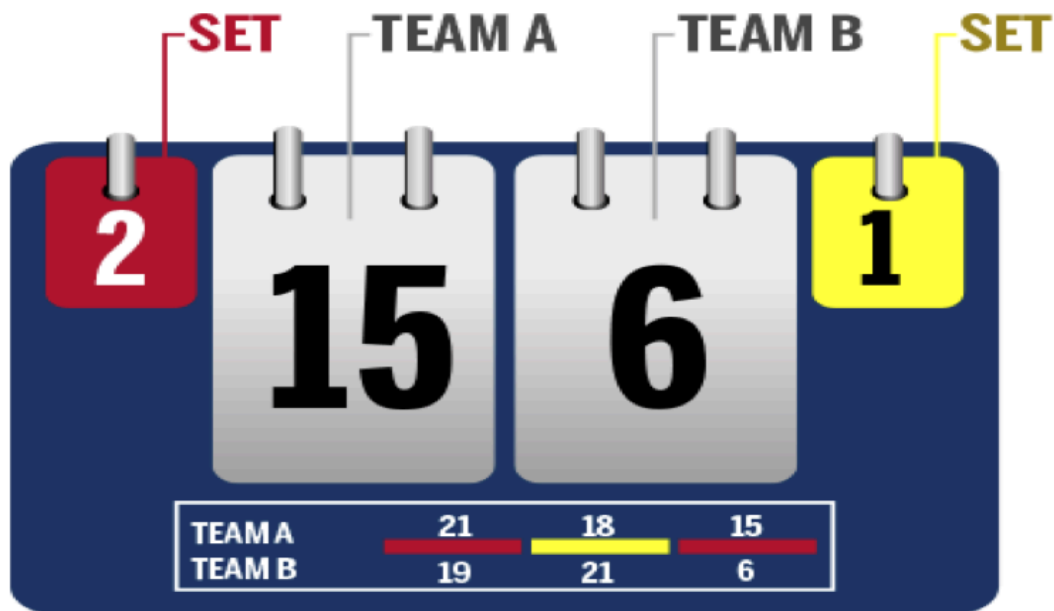
7.) **SCORING:**

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.

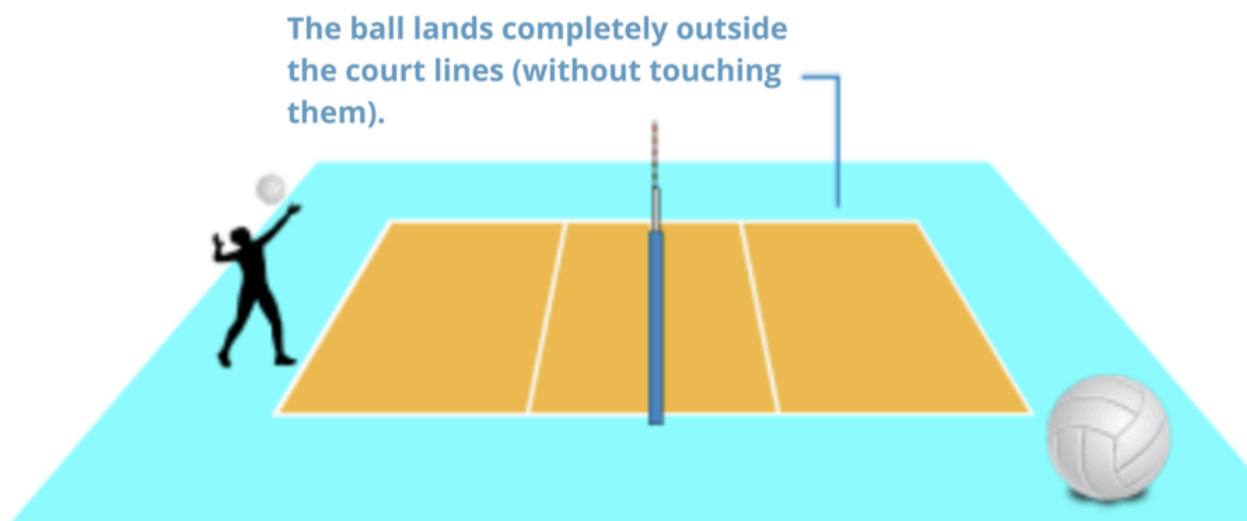
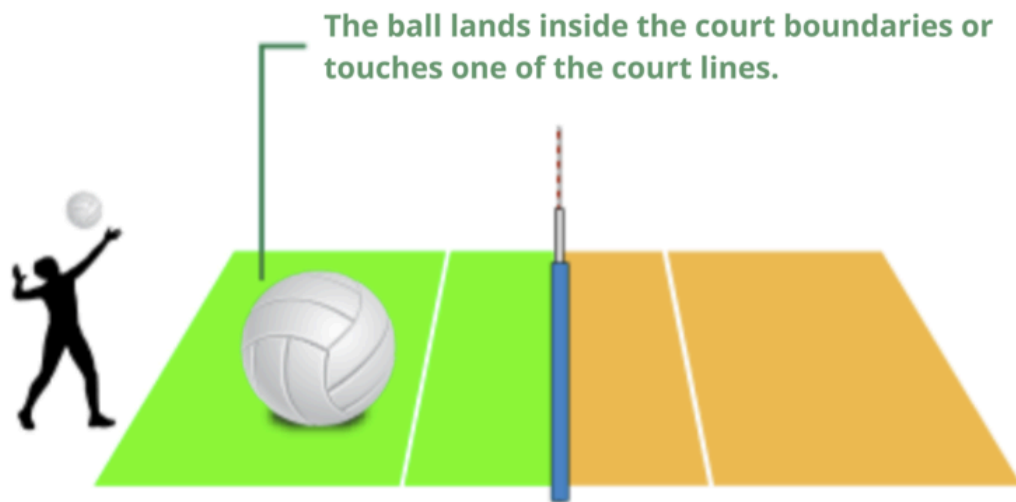
b.) BEST 2 OUT OF 3 SETS

c.) FIRST TO 25 POINTS - MUST WIN BY TWO - CAP OF 30 POINTS



d.) END LINE POINTS WILL BE AT THE DISCRETION OF THE REF./OFFICIAL

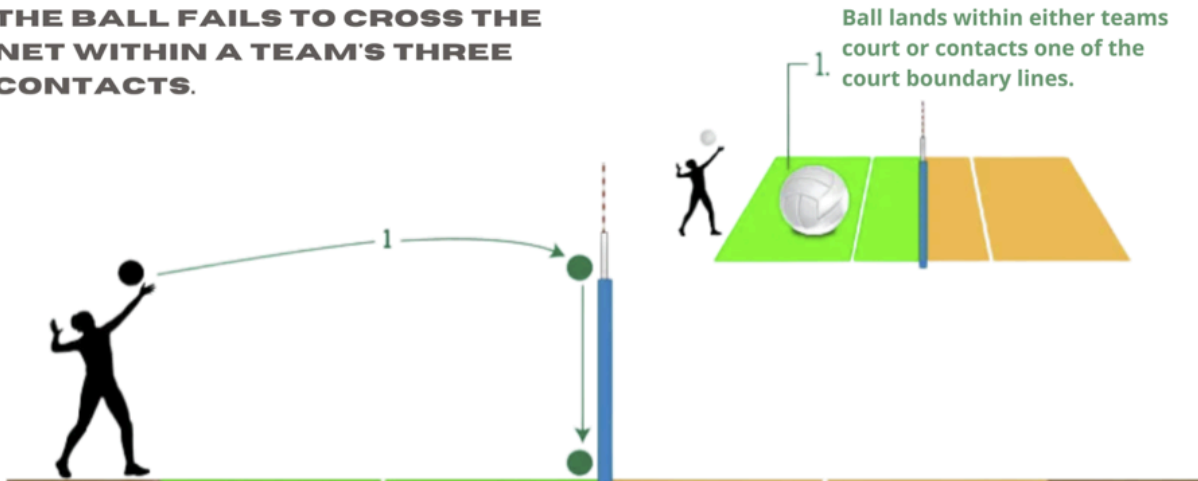
e.) END LINE POINTS WILL **ONLY** OCCUR WHEN THE BALL MAKES CONTACT WITH THE SAND BEFORE THE END-LINE-BOARD.



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.

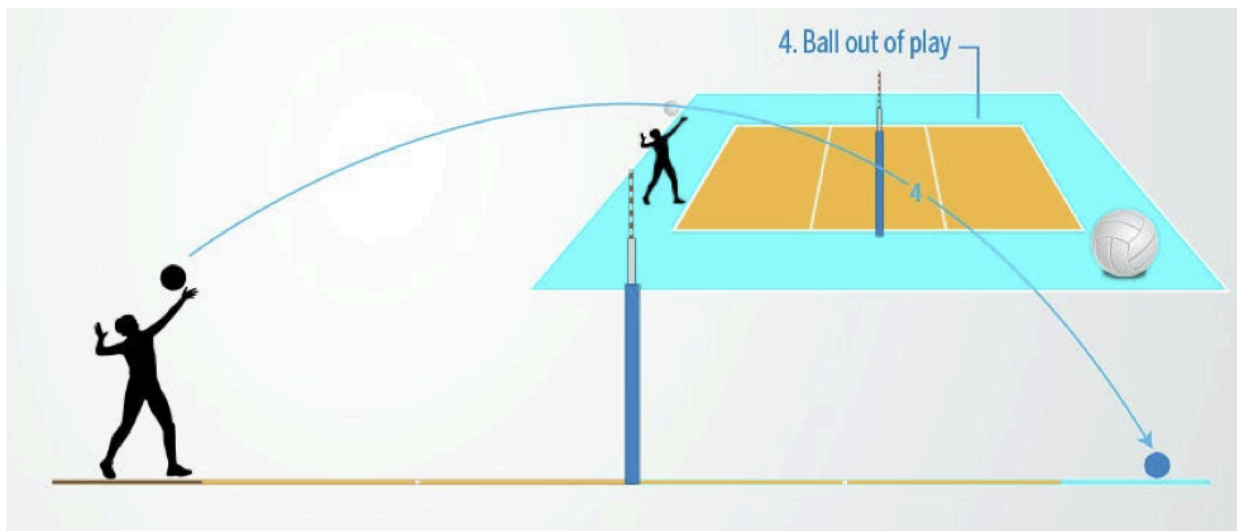
ONE POTENTIAL FAULT IS WHEN THE BALL FAILS TO CROSS THE NET WITHIN A TEAM'S THREE CONTACTS.

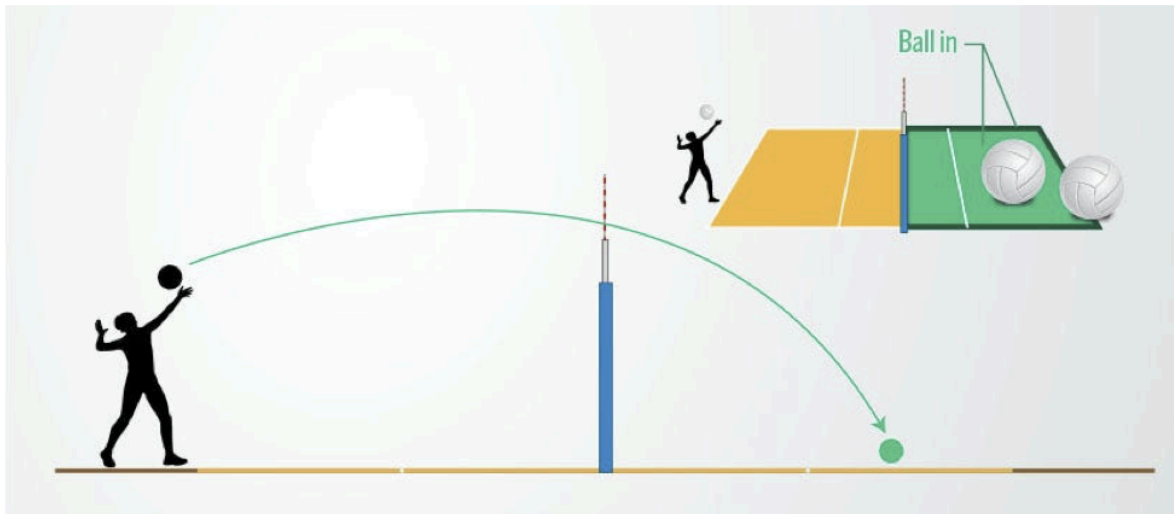


9.) BALL OUT OF BOUNDS:

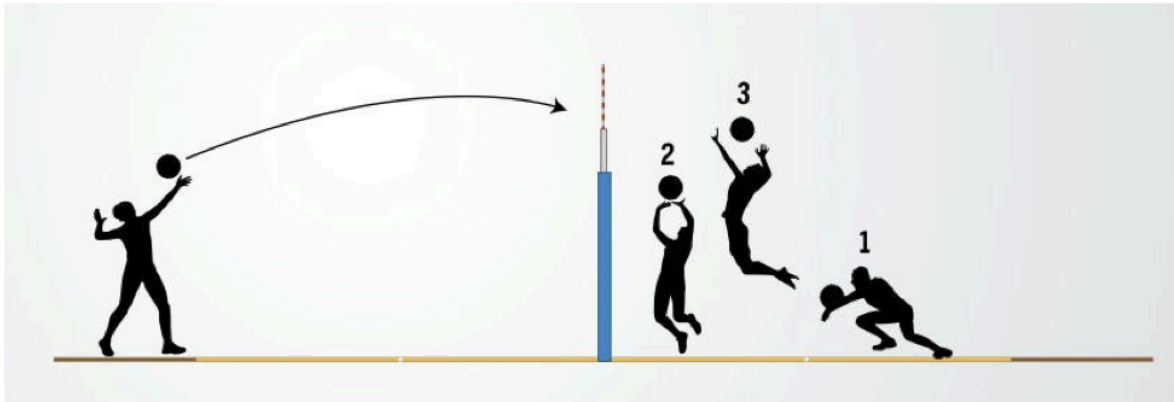
a.) THE BALL IS OUT WHEN IT MAKES CONTACT WITH THE GROUND OUTSIDE OF THE COURT LINES (WITHOUT TOUCHING THEM) OR CONTACTS AN OBJECT OUTSIDE OF THE COURT.

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





- **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:

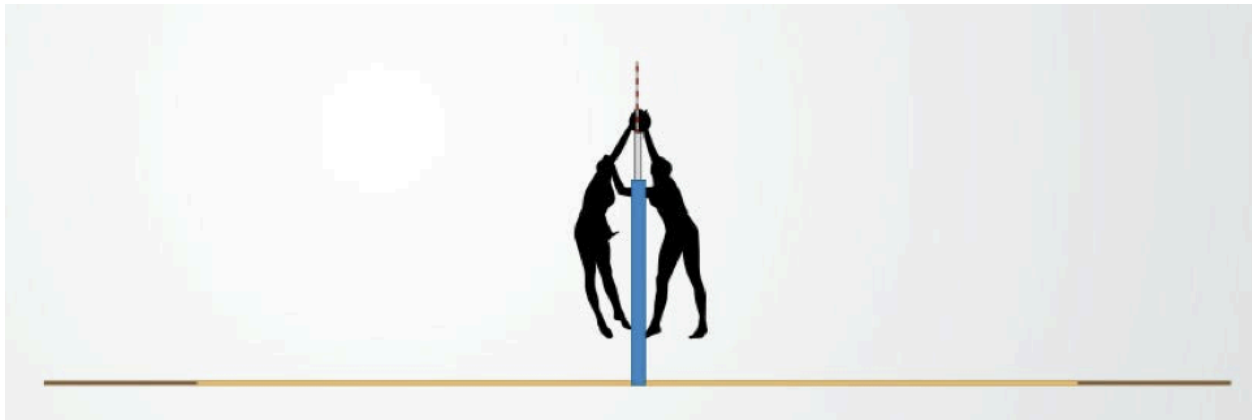
- a.) TEAMS MUST ROTATE **AFTER GAINING THE POSSESSION OF THE SERVE.**
- b.) EACH TEAM MUST DESIGNATE A **SUBSTITUTION POSITION** THAT PLAYERS WILL LEAVE AND ENTER THE COURT.
- c.) PLAYERS CANNOT SWITCH FROM THE BACK TO THE FRONT ROWS AND VISE VERSA OR COME TO THE FRONT TO BLOCK OR HIT.
- d.) PLAYERS 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.



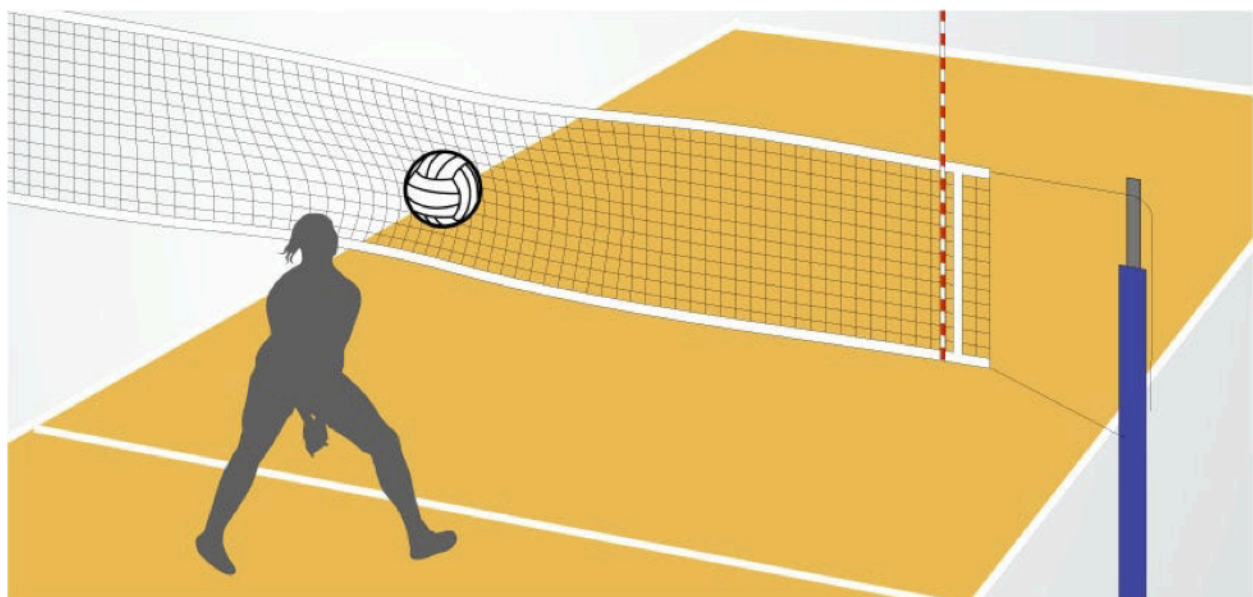
13.) CONTACT:

- 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.



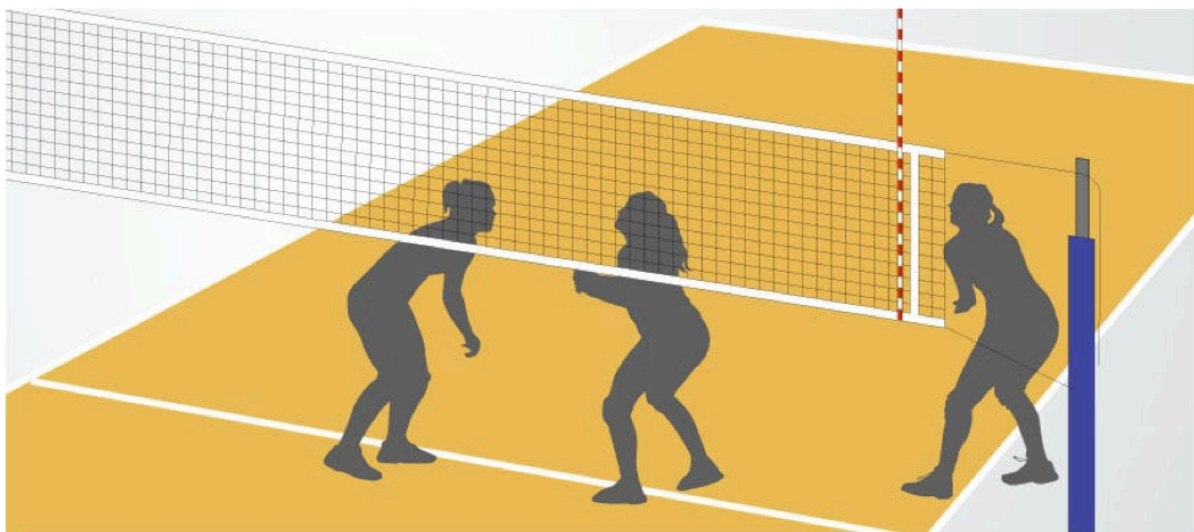
15.) REACHING BEYOND THE NET

- 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.**