

OFFICIAL RULES – Sand Volleyball LEAGUE SETUP

Match Rules:

1. Each Match begins at on the hour. Teams not present by :10 after the hour shall be considered to forfeit. This is a strict rule and keeps games on-time. Please respectful to teams that play after you by being on time and ready to play.
2. Matches must start once the minimum number of players are present. See Roster Rules for details.
3. Each Match is 3 sets, RALLY SCORING (point on each serve). All sets are played to 21, win by 2, capped at 25.
4. Each set counts. PLAY ALL THREE.
5. **Both captains are responsible for reporting games won/lost to scores.ccs@recsportsnow.com**

End of Season Tournament:

All teams qualify for the end of season tournament and will be seeded and bracketed according to their regular season records. A coin flip will be used to determine any ties that cannot be broken via head-to-head record.

1. All tournament Matches are ONE (1) set, RALLY SCORING, to 21.
2. Championship game will be best of THREE (3) sets, RALLY SCORING, to 21.

Gameplay Rules:

First and foremost, these leagues are intended to be fun, social and recreational in nature. Accordingly, aggressive or confrontational behavior will not be tolerated. If there is a dispute, replay the point.

1. Service:
 - a. Each member of a team shall rotate clockwise for service.
 - b. Server must hit the ball with both feet behind the end line.
 - c. Returning team CANNOT spike/block a serve return.
 - d. Players in the backrow CANNOT run up to the net to spike the ball, but may hit from behind the 10 ft. line.
 - e. Returning team CAN set the serve, as well as any first-ball, over the net.
 - f. Serves that hit the net and go over are LEGAL.
 - g. No player may serve twice in a row.
 - h. Substitutions may only be made at the server position.
2. Other game rules:
 - a. Each team may hit a ball 3 times before the ball is hit to the opposing team (duh!).
 - b. Touching a ball (other than a block) is considered a hit.
 - c. A ball is “in-play” UNTIL it touches the ground or hits an out of bounds object. This includes the net antenna, poles, supports, etc.
 - d. Two players touching a ball at the same time counts as one “hit” and either may return or hit it again.
 - e. Don’t scoop, carry, redirect, lift or throw the ball!
 - f. The ball can make contact with any part of your body and count as a hit. Players CAN kick the ball as long as the contact is clean.

3. Net Rules:
 - a. Touch the net? You lose the point.
 - b. Spikers may cross the “net-line” with a follow through but not touch the net.
 - c. Blockers MAY NOT reach over the net.
 - d. Players MAY NOT run into other players under the net. Players MAY cross under the net as long as it doesn’t interfere with play.
4. Disputes: In the case of an honest dispute, REPLAY THE POINT.

Roster Rules:

In general, the league is against making teams forfeit due to lack of players. Any format is acceptable as long as it meets the minimum and maximum requirements outlined below.

1. All games are “Co-ed 6s” meaning up to six players on the court at one time (3 male MAXIMUM, 1 female MINIMUM).
2. Minimum (4) players on the Court at one time. (example: 3 male, 1 female; 2 male, 2 female; 1 male, 3 female; etc.)
 - a. MAXIMUM of (3) men on the Court at one time.
 - b. MINIMUM of (1) female on the Court.
 - c. Must start game on-time if the minimum number of players is there.
3. All players on a roster (or playing in a game) must sign a waiver.

Rain/Holiday Policies:

1. Rain Policy:
 - a. Games are **NEVER** canceled for rain/weather prior to the scheduled start time
 - b. It is the responsibility of the captains to reschedule a game in the event of bad weather. Contact scores.ccs@recsportsnow.com to get the other captain’s contact information.
2. Holiday Policy:
 - a. Games are **NEVER** postponed for holidays. YOU must contact the other captain to work out a reschedule date PRIOR to the next scheduled game. If the other team is unwilling or unable to reschedule, and your team does not show but the other team does, your team will forfeit the game. If both teams do not show, it will be marked as a loss against both team records.

Rescheduling Policy:

1. Suggestions for rescheduling: Courts are ready for play beginning at 5:15 each day and open courts are available after league play is complete for the day. Additionally, there may be an open court at other hours on your day for league play.
2. You must be off a court in time for the next scheduled match on that court. Do **NOT** schedule a make-up match on a court where a regularly scheduled game is to take place.

League Polices:

1. No outside food or drink is allowed.
2. Volleyball players of all ages are welcome at our facility, but you must be 21+ to drink. If you are caught providing alcohol to a minor, you will be asked to leave the premises IMMEDIATELY.