



4 on 4 Sand Volleyball Rules & Regulations

REGISTRATION AND ROSTER INFORMATION

All players must sign a waiver and be at least 16 years of age in order to participate. Parent or guardian signature is needed for players under 18 years of age. Any player participating before signing the waiver will cause the team to forfeit.

Teams MUST have 3 players to compete. Co-ed teams must have as many female players as male players on the court at all times.

CONDUCT OF PLAYERS, COACHES, AND SPECTATORS

The sand volleyball league is for your benefit and enjoyment. You are expected to control your behavior and conduct yourself in a responsible and respectful manner with your peers. Good sportsmanship is vital and unsportsmanlike conduct will not be permitted.

GAME RULES

Any rule not listed in these league rules is governed by USVBA rules.

1. Games are self-officiated (call your own) and keep track of your own time. Each match will be one hour.
2. A game is over when one team scores 21 points. The winning team must have at least a two point advantage.
 - a. Each match will consist of three games. Each game counts towards league standings.
 - b. If time is a factor, playing the third game is played to 15 and the win by two rule is NOT in effect.
3. Rally scoring IS in effect. A two point advantage is required to win a game. Cap the game at 25.

Serving regulations

1. Overhand serves and power spikes are allowed.
2. Serving out of turn: Man-Woman-Man-Woman rotation
 - a. If a player serves out of turn, side-out shall be called as soon as the mistake is discovered
 - b. Any points made by the illegal server shall not be allowed
 - c. The serving order should be corrected immediately
3. Players must stay in their respective serving order for the entire game. At the beginning of a new game the players may be rearranged.

4. A serve is legal if it hits the net as long as it goes over the net and lands in bounds.
5. Team members must rotate on the court and must remain in that position until the serve has been contacted. Every player is eligible to attack the net.

Time Outs

1. Teams are allowed one time-out per game. A time-out is one minute long. Time-outs may be requested any time the ball is dead.
2. An injury time-out is NOT charged to either team.

Playing the Game

Characteristics of the ball contact (as defined by USA Volleyball) - The ball must be contacted cleanly and not held, lifted, pushed, caught, carried or thrown. The ball cannot roll or come to rest on any part of player's body. It can rebound in any direction.

1. Setting a serve is legal as long as the ball is not caught or carried.
2. The serve may not be blocked or spiked
3. All games will be self-officiated. Both teams are responsible for recording the results of their game. Scorecards will be provided by the ranger.
4. A player may not hit the ball twice in succession. When playing the ball, the player may use any part of his/her body including feet.
5. The ball may be contacted a maximum of three times by a team before it is sent over the net
6. If two or more players of the same team contact the ball simultaneously, it is considered one play. The players involved may participate in the next play. The next play is counted as additional contact.
7. The ball may be played when any part of it has crossed the top of the net. It is not essential for the entire ball to be on a player's side of the net before played.
8. Any part of the ball touching a boundary line is considered in bounds.
9. A player's lower body may break the center line underneath the net as long as it does not interfere with play. No contact with the net is allowed.
10. Boundary lines that are moved during play shall not cause a rally to stop. If it cannot be determined whether a ball lands 'in' or 'out' the rally shall be replayed.
11. If play is interrupted by a ball-on-court or similar event, the point will be replayed with no penalty to either team.
12. Ball crossing the net:
 - a. If the ball touches the net on the return, it must touch the net between the markers and go over into the opponent's court
 - b. A ball striking the net and going over is still in play
 - c. The ball may be played when any part of it has crossed the top of the net. It is not essential for the entire ball to be on a player's side of the net before played
 - d. The only legal double hit allowed is if when executing a block, the ball comes through the hands and hits another part of the player's body.

13. Illegal Net Play:

- a. A foul is called if the serve is blocked from crossing the net.
- b. Holding or pushing the ball against the net
- c. Touching the net with any part of the body while the ball is in play. If the ball is driven into the net with such it causes the net to contact a player on the opposing team, no foul shall be called and the ball shall continue to be in play.
- d. Reaching over the net:
 - i. If a player reaches over the net on the follow through, a foul shall not be called
 - ii. If a player, in an attempt to block reaches over the net on a follow-through, whether or not they touch the ball, a foul shall not be called. (Provided some part of the ball has crossed the net on the blocker's side before the follow-through occurs).
 - iii. If during an attempt to block the ball, the ball is hit against the net with such force that it causes the net to move under the fingers or hand of the blocker, no fouls shall be called.
- e. Reaching under the net:
 - i. A player may not reach under the net and touch the ball or a player on the opposing team when the ball is in play on the opponent's side of the court.

14. Legal net play:

- a. A ball other than a service may be recovered from the net provided the player avoids touching the net
- b. If two or more players from opposing teams contact the ball simultaneously above the net, any of the players involved are eligible to participate in the next play, which shall be considered the first of three contacts allowed by the team. When a ball is contacted simultaneously by both teams and it becomes motionless, a replay is ruled.
- c. If one or more players is attempting to block and is contacted by the ball, this player is eligible to participate in the next play which shall be considered the first contact for that team.

15. Any ball striking an object over the court or outside the boundary line will be considered out of bounds unless stated in the rules.

Other

1. If a tie exists for first place, a one match playoff will be scheduled to determine the champion. Results of head-to-head competition during the season will decide ties for second and third place.
2. Teams MUST bring their own volleyballs.
3. Both teams report scores
4. Remember bug spray, sunscreen and water
5. No alcoholic beverages allowed at Lions Beach.
6. Parking fees are charged to park at Lions Beach. City residents may register their license plate at city hall to receive free parking. Parking passes are valid at all city parks (Kiwanis, Tiscornia & Lions Beach). \$40.00 for the season or \$3.00 per hour or \$10.00 per day