

# CHOICE HEALTH & FITNESS

## SAND VOLLEYBALL RULES/REGULATIONS

### TEAM ROSTERS

#### **2 Person**

- ~ Teams may have a maximum of 4 people on a roster and may consist of men and/or women.
- ~ No substitutes are allowed during a game.

#### **Coed 6 and Women's 6 Person**

- ~ Teams may have a maximum of 10 people on a roster.
- ~ 6 players maximum and 5 players minimum are allowed on the court at one time. Less than 5 players will constitute a forfeit.
- ~ **Coed:** No more than 3 males or 4 females on the court at one time for coed.

#### **4 on 4 Coed, Men's & Women**

- ~ Teams may have a maximum of 8 people on a roster.
- ~ 4 players maximum and 3 players minimum are allowed on the court at one time. Less than 3 players will constitute a forfeit.
- ~ **Coed:** There must be at least 1 female and 1 male on the court at all times. You can play with 3 females & 1 male, but not with 3 males & 1 female.

### **All Divisions**

- ~ No player is allowed to be on a roster or play on more than 1 team in a division. Schedules may not accommodate players on more than 1 rosters.
- ~ No more than 2 players on an "A" roster are permitted to play on a "B" roster.
- ~ Players on an "A" roster are not permitted to play in a "C" division.
- ~ This is an adult league. Players must be at least 18 years old by the first night of league to participate.

### **WARM-UP**

- ~ Teams will be allowed 5 minutes to warm up once on the court, but time may be reduced if we are behind schedule.  
If you feel you need more time, you should warm-up in the grass while you're waiting for your court. Be ready to go on the court immediately after the conclusion of the previous match.
- ~ Warm-up volleyballs must be returned to the supervisor prior to your match.

### **LATENESS**

- ~ Teams that have not arrived 5 minutes after the scheduled starting time will forfeit the 1<sup>st</sup> game.
- ~ If the team has not arrived by 10 minutes after the starting time, the match is forfeited.

### **SCORING**

- ~ A match consists of the best of 2 out of 3 games.
- ~ **Games are played to 25 points, RALLY scoring, win by 2, NO CAP.**
- ~ **If needed, a tie-break game is played to 15, win by 2, NO CAP.**
- ~ Teams switch sides every tenth point (for example with the score at 4-6 or 5-5) regardless of wind. This way you are in the habit of doing it and there isn't a question of whether it's windy or not. This is not a break period!
- ~ The winning team is responsible for circling their number on the league sheet and writing in the games won (ie. 2-1).  
The league sheets will be hanging by the gazebo or placed on the league table.

### **2-ON-2 RULES TO REMEMBER FOR SAND VOLLEYBALL**

- ~ Please keep in mind that in sand volleyball the first ball cannot be doubled, meaning double contact. In simpler terms, the serve is not allowed to be set. Indoor rules allow for double contact on the first ball with more of a "let them play" mentality. Sand volleyball has an emphasis on ball control and it is called much tighter. The way the game is played virtually everywhere in the entire world on the sand is that serves are *not* taken with the hands (a setting-type action). If the serve is returned in this manner it is an automatic side out. We want to adhere to this philosophy in our leagues.
- ~ There is no "under the net" call. The only call that would arise in this situation is if there is interference with a player on the other side of the net who is trying to play the ball.
- ~ The ball may not be open-hand tipped over the net, meaning directed with the fingertips. The ball may be knuckled, rolled, or attacked – but balls may not be tipped. Also remember that you are not allowed to set the ball over the net.

## **SERVE**

- ~ Volley for serve. The team that wins the volley serves both the 1<sup>st</sup> and 3<sup>rd</sup> games (if necessary), or chooses a side of the court.
- ~ A served ball that contacts the net and goes over is a legal serve.
- ~ A player may not block or attack a serve.

## **RALLIES**

- ~ Positioning on the court for coed is male- female-male, etc. Once ball is in play, players are allowed to move from their respective positions.
- ~ The female hit/touch rule is not in effect for sand leagues.
- ~ No ball can be played outside of the timber barriers. This is for the protection of the player.
- ~ A back line player may not be closer than **10 feet** from the net when spiking the ball above the net. Please use your best judgment.

## **NET PLAY**

- ~ A player may not contact any part of the net, rope, or cable.
- ~ When a player participates in blocking an opposing player, he may make a successive contact of the ball.
- ~ If a player contacts the ball simultaneously with an opponent at the top of the net and the ball falls to his side, it is not considered 1 of the three hits allowed to his team.
- ~ While on defense, a player may reach over the net to block a shot, but cannot intercept the opposing players set.
- ~ While on offense you cannot break the plane of the net except after the follow through.

## **ILLEGAL HITS/CARRIES**

- ~ When receiving a serve, the ball can be “set” or “bumped”, but it must be a legal hit. If the serve is “set”, it must be a clean set using the finger tips only for contact on the ball. Very little noise should be heard. Anything else is considered an illegal hit and result in a point.
- ~ Any ball struck with an open hand other than during the serve, block, or spike is considered an illegal hit and results in a point or side out. Outdoor rules allow you to use any part of the body to “dig” a ball (i.e. foot, knee...), but this is considered one of three hits allowed.

## **B DIVISION**

- ~ The ball should be cleanly hit. A ball that comes to rest momentarily in the hand is considered a carry and results in a point or side out.

## **OFFICIATING**

- ~ We do not hire officials for this league. Teams call their own matches.
- ~ You are responsible for calling the lines on your side of the court.
- ~ If a ball touches the rope, it is in.
- ~ You should call your own carries, contact with net, etc.
- ~ If there is a dispute, please replay the point.

## **ALCOHOL POLICY**

- ~ Alcohol may be consumed in Public Parks by PERMIT ONLY.
- ~ Due to liability issues, Choice Health & Fitness will not obtain an alcohol permit for sand volleyball leagues.
- ~ Teams interested in having alcohol in the park must obtain an alcohol permit at the Grand Forks Park District office during business hours. Permits are available after business hours at the Grand Forks Police Department.
- ~ Individual season, group single event, or team season permits are available and fees are listed in the Grand Forks Park District summer recreation guide and on-line at [www.gfparks.org](http://www.gfparks.org).
- ~ Though this is an adult league, there are some players under 21 years old participating on teams. Therefore, you should use good judgment regarding the use of alcohol during the league.
- ~ Players consuming alcohol at anytime during a game will be ejected from the match.
- ~ No alcohol is allowed on the court, any part of the sand, and on or next to the court timbers.

**INCLEMENT WEATHER**

~ We play in the rain. League will only be canceled in the event of severe weather or courts have become too wet to use. We will contact **team captains** by phone, text message, or e-mail. No decisions will be made until at least 5:00 PM.

**OTHER**

~ Please keep the facility clean by placing all garbage in the trash containers.

~ Report any questions or concerns to staff.

~ ENJOY YOUR LEAGUE AND THE SUMMER!

**CONTACT:** Lisa Rollefstad, Sports & Recreation Manager (701-746-2790)