



# DAVID YMCA

## CO-ED ADULT 4V4

### SAND VOLLEYBALL RULES

#### 1. GENERAL RULES

- a. This league is for 4 V 4 co-ed teams.
- b. All games will be held at the North Park sand volleyball courts.
- c. All games are self-officiated. Players will call their own faults. Team Captains may call major faults, either on their own players or on a member of the opposing team.
- d. Disputes will be resolved between the Team Captains. If the dispute cannot be resolved, the point must be replayed.
- e. The YMCA Staff will have the power to make decisions on any matters not covered in these rules. The YMCA Staff decision is final.
- f. For each players safety, it is suggested that you do not wear any jewelry.

#### 2. TEAM RULES

- a. Teams may have up to 10 players on their roster. Teams may add players to their roster throughout the season but may not exceed 10 people.
- b. Once a player participates in a game, that player is counted toward the teams 10 player maximum.
- c. Before a player can participate, **they must sign the team's roster that includes our waiver.**
- d. Teams can have a maximum of 4 players on the court at any one time (2 males 2 females, 3 females 1 male, 4 females).
- e. A team may start a game with 2 players (2 females or 1 male and 1 female). A team may also be able to play with 2 males and 1 female.
- f. If a team does not have the minimum number of players required (2) to start a game within 5 minutes past the scheduled start time, they forfeit the game.
- g. **Tournament Play:** To be eligible for play-offs, a player must be on the team roster and have played at least one set during the season.

#### 3. TIMING & SCORING

- a. A match shall consist of 3 sets.
- b. All sets will be rally scoring. First to 21 points and you must win by 2 points. Cap 25
- c. All 3 sets must be played within the 1-hour time block. At the end of the 1-hour time limit, whichever team is ahead will be declared the winner.
- d. During tournament play, there will not be a time limit.
- e. Teams must be ready to play no later than 5 minutes past the game start time or the team will forfeit the game.
- f. The home team will determine if they would rather have serve to start the game or their choice of side.
- g. At the beginning of a third set the home team will have the choice of serve or side again.

#### 4. GAME PLAY

- a. Players must rotate the serving position and maintain their serving order.
- b. Members of a team waiting to rotate in must stay on their "bench" side (the sideline of the court that is not in between the two main courts).
- c. Serving takes place anywhere behind the back-end line. The server may not step on the service line or in the field of play until after the ball has been contacted for the serve.
- d. The players of the serving team must not screen the opponents from seeing the path of the ball.
- e. Blocking or attacking a serve is illegal.
- f. Before the serve, all members of both teams must be in their respective positions on the court. After the ball is served, players may move out of any position.
- g. A ball is kept in play if it hits the net and goes over into the opponent's court during the volley or the serve.

- h. The person in the serving position cannot attack or spike the ball within 10 feet of the net. The server cannot move past the 10-foot line at all. There is no line, so 10 feet will be subjective.
- i. The ball must be cleanly hit; not scooped, held, lifted, carried or pushed.
- j. When contacting the ball with one hand, other than for setting the ball to a teammate, the ball must be cleanly hit with the heel or palm of the hand.
- k. The ball is out-of-bounds when it touches any surface, object, or ground outside the lines. A ball touching the line is considered "in".
- l. Teams may call one, one minute timeout per set. Timeouts will not carry over to the following sets.

#### 5. FAULTS

- a. Players touching the net with any part of their body.
- b. A team contacts the ball 4 times before returning it to the opponent.
- c. The same player hits the ball 2 times in a row. Exception: blocking (A hard driven spike may contact the body more than once.)
- d. An attack -hit fault, results when a player directs an attack-hit with the fingers, using an "open-hand tip" or "dink".

#### 6. SUBSTITUTIONS

- a. Substitutions may be made anytime the ball is dead, as long as the substitute occupies the same position the previous player was in. There is no limit on substitutions.

#### 7. RAINOUTS

- a. Games will be held in mildly inclement weather.
- b. If unfavorable weather or field conditions appear likely, matches will be cancelled.
- c. If a game is cancelled or postponed, the Team Captains will be notified by YMCA Staff. It is then the Team Captain's responsibility to notify all other team members of the cancellation.

#### 8. TOURNAMENT

- a. If there are two or more teams that have the same record at the end of the season, we will first look at head-to-head competition during the season.
- b. If head-to-head matchups cannot be determined we will then seed those teams by the least amount of sets lost and/or point differentials.

This is a YMCA league; therefore, YMCA conduct is expected! The use of foul language will not be tolerated. Abusive language directed towards anyone will result in suspension, or removal from the league.