



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.