



Adult Coed Sand Volleyball League Rules

1.00 Players, Substitutes, and Roster Size

- 1.01** Number of players on the court per team is no more than 4 and no less than 2
- 1.02** The maximum number of males on the court at one time is 2. You may play with more females than males but not more males than females.
- 1.03** For a player on your roster to be eligible for tournament play they must have played in at least 1 game in a regular-season match.
- 1.04** It is recommended that you have subs on your team's roster/waiver form; even if you do not think you will need them, to avoid having to forfeit a match due to an unforeseen event (injury, a player out of town, etc.). By the roster freeze date of the fourth scheduled match, all subs must be added to a printed roster/waiver form. It is not necessary to have a sub's signature when they are added to the roster/waiver, but the sub must sign the roster/waiver form before playing in any match. There will be no adding of any players after the rosters are frozen. Rosters will be limited to a maximum of 10 people. All players must sign the roster and the Athletic Code of Conduct before legally playing.
- 1.05** A player must be sixteen (16) years of age prior to playing in a match. All players must carry driver's license or birth certificate and photo I.D. at all league matches in the event of a roster protest.

2.00 Play Area and Conditions

- 2.01** Matches will be played at Moss-Wright Park's sand volleyball court.
- 2.02** In case of rain, call the rain out number 615-745-1016, go to goodlettsvilleparks.com website and click on the rain out info link, or download the rainout line app in the app store for any device. The rain out information is updated at 3:00pm daily.
- 2.03** On-Site cancellations will be made by the referee on the basis of weather, lighting, etc.

3.00 Equipment and Uniform

- 3.01** Players may play barefoot or wear athletic shoes
- a. Team shirts are not required

4.00 Safety and Prevention

- 4.01** A player who is bleeding, has an open wound or has an excessive amount of blood on their clothes shall be considered an injured player and must immediately leave the game until there is no longer any bleeding.
- a. Players wearing glasses should have shatterproof lenses and straps

5.00 Participant Conduct and Fair Play

- 5.01** All players, captains, and spectators will be held to a reasonable standard of conduct and fair play. Violators of this standard will be subject to possible removal from the facility and the possibility of future suspension/expulsion from games.

5.02 All teams are responsible for cleaning up after their players and fans. Please dispose of trash in the closest trash receptacle.

5.03 It is the responsibility of the team captain to:

- a. Settle any disputes
- b. Make certain that every player on his/her team is eligible to participate
- c. Inform team members of the schedule

6.00 Time Regulations and Length of Games

6.01 In regular season play, all games will play to exactly 21 points. In an effort to stay on schedule, if a third game of the match starts less than 15 minutes before the next scheduled match, the third game will be played to 15 points. If there are more than 15 minutes remaining on the game clock, then the game will be played in full until one team reaches 21 points. **In tournament play, the first two games will be played to 21 points, win by 2 (cap of 25), and game three, if necessary will be played to 15 points, win by 2 (cap of 20).**

6.02 The scheduled match time is forfeit time. There is no grace period. If the first game is ruled a forfeit, the second game of the match will be declared a forfeit 15 minutes after the originally scheduled match time. If the second game is declared a forfeit; the third game is automatically declared a forfeit.

- a. In tournament play, the entire match will be ruled a forfeit at game time.

6.03 Each match will play all three games and they will all count towards your record. **In tournament play matches will be played best 2 out of 3.**

6.04 If a match is canceled due to lights, weather, etc. the match will restart by replaying the current game over from the beginning at the rescheduled time.

6.05 Each team is allowed one 1-minute time out per game.

7.00 Forfeits and Starting Games

7.01 Two players are required for play.

- a. No team shall be permitted to start or continue a game with less than the minimum.
- b. If a team does not have the required number of players to start or to continue play, the opposing team has the option of either loaning their own players to continue play or taking the wins by forfeit.

7.02 Any team found using an ineligible player (a person not on the team's official roster or not of age) will forfeit the match and the team captain will be suspended for their teams next two scheduled weeks.

8.00 Playing Rules and Scoring

8.01 A coin toss will determine side and service for Game #1. The other team will serve Game #2 and the teams will switch sides. A new coin toss shall determine side and service for game #3.

- a. Teams will switch sides every 7 points to allow fairness for both teams due to the sun.
- b. All games will be played to exactly 21, except when otherwise noted (See Rule 6.01).
- c. In tournament play, the first two games will be played to 21 points, win by 2 (cap of 25), and game three, if necessary will be played to 15 points, win by 2 (cap of 20).

8.02 If either team has a substitute they must decide on who is going to keep the score for each game. Teams may rotate or one team can keep score for the entire match. If no substitutes are present, then a member of the crowd or game official should keep score.

8.03 Final scores should be emailed or turned into the league Commissioner within 48 hours of the scheduled games.

8.04 Teams must play with an equal number of males and females. Teams may play with more females than males but not more males than females.

8.05 Serving

- a. Double hits are allowed only on the first balls of each play, however, lifts are not allowed.
- b. **The let serve (a serve that hits the net) is not a legal serve.**

8.06 Receiving Serve

- a. A player may use any part of their body to play the ball.
- b. No more than three hits per side.
- c. No player may hit the ball twice in succession, except after a block.
- d. A block must occur within one foot of the net or it will be considered one of the three hits.
- e. Any player may block or spike at the net regardless of rotation.
- f. When executing a block or spike, a player may follow through over the net, as long as the individual does not interfere with players on the other side of the net.
- g. Players may cross under the net as long as they do not interfere with opposing players.
- h. **It is not necessary for a female player to make contact with the ball when there is more than one hit on a side.**
- i. Handsets must originate no lower than the bottom of the jaw, they cannot start below the jaw and the ball cannot be thrown. There cannot be prolonged contact with the ball. Balls must be quickly released from the player's hands. Point to the other team will be awarded if a ball rolls backwards off a player's fingertips or if there is other prolonged contact with the ball.
- j. Open-handsets to other teammates are allowed. However, any open-hand sets that go over the net must be made directly in front or directly behind the setter (6:00 or 12:00 positions). Any open-handed sets that go over the net in any position (sideways, accidental sideways or oversets intended for teammate's hitter, etc.) will cause a side out and point for the other team.
- k. Players may direct the ball to the opponent's court with two open hands as long as the player follows the 6:00 and 12:00 rule.
- l. Open-handed dinks are illegal. When one hand is used to hit, fingers must be rigid and together or knuckles must be used.

8.07 Rotating/Substituting Players

- a. You may make substitutions in any position on your team as long as it is your serve.
- b. You must keep the same rotation for serving but you do not have to rotate any other positions.

8.08 Time-Outs

- a. Each team is limited to 1 time out per game, not to exceed one minute.