

VICTORY LANE SPORTS PARK

ADULT LEAGUE SAND VOLLEYBALL

LEAGUE RULES & REGULATIONS [revised 4/18/12]

1. LEGAL & ROSTER

WAIVER: Each individual participant must complete a waiver form to be eligible for participation. This form is available at all league games. Team captains are responsible for having all team members sign a waiver form.

ROSTER: Rosters will be frozen after the sixth week of play. All players must have played in at least 3 weeks of play during the season to be eligible of the tournament. No subs during the tournament.

DRESS CODE: No jewelry (watches, necklaces, anklets, earrings, or body rings) will be allowed during league play. If a player's refusal to follow the dress code results in an injury to anyone, league director will issue an automatic forfeit to that player's team for all of their scheduled games that evening.

2. PREPARATION OF THE MATCH

Rock, Paper, Scissors/Coin Toss: Before the first game, a player from each team will play Rock, Paper, Scissors, or they can do a coin toss. The winner of Rock, Paper Scissors or the coin toss chooses either: (a) to select to serve or receive service of the first ball or (b) the side of the court on which to start the game. The loser takes the remaining alternative and, for the second game in a 2 out of 3 match, gets to select from the above choices. Any other alternate means may be used as long as agreed to by both teams.

WARM-UP: After coin toss, teams will be given the option of a 5 minute warm-up period before start of play; however this warm up will be included in the one hour time slot.

3. SCORING SYSTEM

TO WIN A MATCH: A match will consist of the best 2 out of 3 games. A team wins a match by winning one or two games. Matches will be played in one hour time slots. Games 1 + 2 are played to 21 points via rally scoring (a team must win by a margin of 2 points) Game 2 must be completed even if it goes over the hour. (If this game goes over 70 minutes, teams are to agree that the next point scored will determine the winner of that game) Game 3 will be rally scoring to 15 points and must also be played out even if over the one hour time slot. (Rally scoring means that a point is scored for each serve) (If this game goes over 70 minutes, teams are to agree that the next point scored will determine the winner of that game also)

FORFEITS: Teams lacking the required number of players at game time after a 10 minute grace period from start time will default their first game. Teams lacking the required number of players 15 minutes after start of play will forfeit the second game and the match. Default games are scored 10-0. Teams may then play out their time slot for fun.

4. PLAYING THE BALL

VIOLATIONS: You are on your honor to call your own violations. (if you're not sure ask) If you do not call the violation, the other team's captain may question the play and call the violation. Please pay particular attention to throws, carries, open hand dinks, net and line violations.

TEAM CONTACTS: Each team is entitled to a maximum of three contacts to return the ball to the opponents. A player may not contact the ball two times consecutively except during or after blocking or when digging a hard driven ball. Blocking does not constitute a team contact in sixes, fours and threes, it does in doubles, and any player may make the first contact of the ball after the block.

SIMULTANEOUS CONTACTS: If two opponents simultaneously and instantaneously contact the ball over the net, the ball remains in play and the team receiving the ball is entitled to another three hits. If such a ball lands out of bounds, it is the fault of the team on the opposite side of the net from where the ball lands.

ASSISTED HIT: A player is not permitted to take support from a teammate or any object in order to reach the ball. However, a player who is about to commit a fault may be stopped or held back by a teammate.

CHARACTERISTICS OF CONTACT

-A player may touch the ball with any part of the body.

-A player may have successive contacts with a hard driven ball.

-The ball must be contacted cleanly and not held (including lifted, pushed, caught, carried or thrown). The ball can not roll or come to rest on any part of a player's body.

-An exception is allowed during the defensive play of a hard-driven ball, which is an attack-hit or blocked ball traveling at a high rate of speed. In that case, the ball may be momentarily lifted or pushed, providing that the attempt is one

continuous motion.

-A contact of the ball with two hands, using the fingers to direct the ball, is a set. A player may set the ball in any direction towards his/her team's court, provided that the ball is contacted simultaneously by both hands and does not visibly come to rest.

-Receiving the serve the 1st hit, players cannot set the ball or contact the ball with open hands.

-Players cannot block the serve at any time.

-A legal set directed towards a teammate that unintentionally crosses the net is not a fault.

-If the ball is intentionally set into the opponent's court, the player must contact the ball above his/her shoulders and the player's shoulders must be "squared up" or perpendicular to the line of flight.

-When contacting the ball with one hand, it must be cleanly hit with the heel or palm of the hand (a "roll shot"), with straight, locked fingertips (a "cobra"), knurled fingers (a "camel toe") or the back of the hand from the wrist to the knuckles. One-handed placement or redirection of the ball with the fingers (a "dink" or "open hand tip") is a fault.

5. BALL AT THE NET

-A ball directed to the opponent's court must go over the net and fully within the poles or their extensions.

-The ball may touch the net while crossing the net. A serve that touches the net IS IN PLAY.

-A ball driven into the net may be recovered within the limits of the three-team contacts.

6. PLAYER AT THE NET REACHING BEYOND THE NET

-While blocking, a player may touch the ball beyond the net, provided they do not interfere with the opponent's play, before or during the attack-hit.

-A player is permitted to pass his/her hand(s) beyond the net after an attack-hit, provided that the contact was made within his/her team's playing space.

PENETRATION INTO OPPONENT'S PLAYING AREA

-Players may partially or completely cross the centerline below the net or outside the poles, before, during or after a legal play of the ball, provided that this does not interfere with the opponent's play. Incidental contact with an opponent is ignored, unless such contact interferes with the opponent's opportunity to play the ball. While opposing players are not required to avoid the ball or the player, they cannot intentionally interfere with any legal attempt to play the ball on their court.

-If a player crosses the centerline and interferes with an opponent during the continuation of a play, it is a fault.

CONTACT WITH THE NET

-It is a fault for a player or a player's clothing to touch any part of the net. Exceptions

are: Incidental contact of the net by a player's hair, if a player's hat, visor or glasses fall off during play and then contact the net, when a ball is driven into the net and causes the net to touch a player, no fault is committed.

7. SERVICE

-All players must rotate to serve, however players can play anywhere they want on the court during play. The server may only have one attempt to serve the ball.

SCREENING The server's teammates must not prevent the opponents, from seeing the server or path of the ball. On the opponents request, they must move.

8. ATTACK-HIT

-All actions to direct the ball towards the opponent's playing area, except in the act of serving and blocking, are considered to be attack-hits. An attack-hit is completed the moment the ball completely crosses the vertical plane of the net or is touched by a blocker. A player may contact an attack-hit at any height, provided that contact with the ball is made within the player's own playing space.

-It is a fault when a player completes an attack-hit on the opponent's service, if the ball is entirely above the height of the net.

9. BLOCK

BLOCKING THE SERVE IS ILLEGAL!!!

-The first hit after the block may be executed by any player, including the player who touched the ball at the block.

-In blocking, the player may place his/her hands and arms beyond the net provided that action does not interfere with the opponent's play. The player is not permitted to touch the ball beyond the net until the opponent has made an attack-hit. There are no restrictions on which players may participate in a block.

10. TIME-OUTS

-A time-out is a regular game interruption. It lasts for 1 minute. Each team is entitled to a maximum of one time-out per game. Injury time out is 5 minutes.

11. EXCEPTIONAL GAME INTERRUPTIONS

-If an injury occurs as the result of a fault or does not affect the outcome of the rally, the rally counts. Otherwise, the rally is immediately canceled and replayed. An injured player is given a five-minute injury time-out.

-If external interference does not affect the outcome of play, the rally counts. Otherwise, the rally is immediately canceled and replayed. A shouted warning (such as "Ball on!") is sufficient to affect the outcome of play, provided that a player had a chance to make a legal play of the ball. Misuse of this privilege is unsportsmanlike conduct. A ball that is rolling near the court is not necessarily interference with play.

12. MISCONDUCT

Unsportsmanlike conduct by players towards opponents, teammates or spectators will not be tolerated.

Players demonstrating such conduct may be suspended or terminated at the league coordinator's discretion.

13. LEAGUE COORDINATOR

-The league coordinator has the authority to alter rules and make decisions not covered in the rules.

-If the league coordinator does alter the rules, the league coordinator must advise the participants of those changes prior to the start of the event if possible.

-The league coordinator has absolute authority over players and spectators, on and off the court during league games, where the maintenance of order is concerned, and may impose disciplinary measures as needed.

-The league coordinator has the authority to settle any and all disputes.

-The league coordinator is the sole authority that determines if weather conditions warrant a suspension or cancellation of play.

14. OFFICIATING

League games will be supervised, but not officiated. A fault or dispute that cannot be resolved between the team captains will result in the replaying of the point.

15. TEAM SUBSTITUTIONS

-Unlimited substitutions are allowed as long as one player does not occupy more than one position in the service order during a single game.

-If a player becomes injured and no legal substitute is available for that position in the service order, a player on the roster not playing at the time of the injury may enter the game as an exceptional substitution for the injured player. This substitute may not be replaced for the remainder of the game unless he/she also becomes injured. If no team members are available to make a legal or exceptional substitution, an injury time-out may be granted.

-Players are free to position themselves anywhere within their court. There are no positional faults.