



SAND VOLLEYBALL RULES

● ABIDE AND ADHERE TO ALL RULES AND
GUIDELINES WITHIN

HAVE FUN!



VOLLEYBALL RULES (GENERAL)

1. Have fun!

As we dive into the excitement of our recreational volleyball league, it's essential to hold on to our most fundamental rule: "Have Fun." It's perfectly natural and okay to feel the competitive spirit ignite within you; after all, competition is a part of the thrill of any sport. Embrace that drive, the push to perform well and the desire to win, for it is a testament to your passion for the game.

However, let's always remember the heart of why we're here: this is a recreational league, a rare chance to step away from the stresses of daily life and bask in the joy of playing volleyball. It's a time to laugh, to bond with teammates, and to relish the game in its purest form.

While we chase after every ball and strive for every point, let's also keep in mind the spirit of camaraderie and the shared love for volleyball that brings us together. Let competitiveness fuel us, but not at the cost of the enjoyment and the welcoming atmosphere that define our league. Here's to a season where we can all aim high, play hard, and still leave every match with smiles on our faces, ready to come back for more because above all, we're here to have fun. Let the games be competitive, but let the fun be paramount.

VOLLEYBALL RULES (GENERAL)

2. Stretch and Know thy Limits

Here's the scoop—while we all might harbor dreams of diving for that impossible save like we're in the Olympics, our bodies might not always be on board with our heroic fantasies. So, if your knee whispers sweet nothings of past woes, or your shoulder gently reminds you of that one time you thought you could fly, maybe it's time to listen. If something feels more 'ouch' than 'ooh,' take a moment, or even a game, to rest. Your future self will thank you for not turning a gentle game into a saga of heroic recovery.

while our passion for volleyball is boundless, our physical prowess might have a few boundaries. Exercise caution, pace yourself, and remember, there's no shame in sitting one out to cheer from the sidelines. After all, every team needs an enthusiastic cheerleader, offering strategic advice or just a good old-fashioned cheer.

Play smart, stretch, listen to your body, and remember, we're all here to have a good time, not a long recovery time.

VOLLEYBALL RULES (GENERAL)

3. Game are Self-Refereeed

All games are self-refereed. This means that teams call violations on themselves, it is not the responsibility of the other team. Violations include touching the net, double contact, lifting, or throwing the ball, and determining if the ball was in or out of bounds, etc.. Any discrepancies should result in a replay of the point. If this is not sufficient, please find the tournament director before taking further action.

Let's call our lines with the same enthusiasm as we celebrate our victories, and treat every call, whether in our favor or not, with grace and sportsmanship.

VOLLEYBALL RULES (GENERAL)

4. Skill Levels

Skill Level Descriptions

C – Novice/Beginner – Can get the ball over the net most every time, vague understanding of the rules

B – Recreational level – Has some ball control, understands and tries to use the Bump-Set-Hit, has an understanding of the rules

A – Advanced – Has solid ball control, consistent passing, setting, and hitting; can place the serve anywhere desired

When you register, you'll be asked to choose a skill level. While we aim to organize the season around these levels, the final grouping will depend on the profiles of all registrants. It's possible that the season could be structured in a way where participants compete against all other players.

VOLLEYBALL RULES (GENERAL)

5. Format

- 4 on 4 Coed

6. Volleyballs

- Game balls will be provided

7. Age limits

- Players must be at least sixteen (16) years of age

8. Roster limitations

- Participants may only be on one roster

9. Unsportsmanlike Conduct

- Any form of unsportsmanlike conduct will not be tolerated

10. Roster Form/Waiver

- All players MUST sign the team roster and release form. Any additions to roster MUST sign as well. Rosters will be frozen before start of playoffs. During playoffs, only players on the roster form two weeks before palyoffs can participate in playoffs.

COED RULES

- A coed team must have at least two females to play. If a team is short-handed, the players playing must maintain at least a 50% female team. (3 players = 1 male 2 females; 2 players = 1 male 1 female).
- Any time a ball is touched more than once on one side of the net, one of the touches (it doesn't matter which touch) must be by a girl.
- Failure to follow this rule results in the opposing team winning the point.

REGISTRATION AND LEAGUE FEES

- You can register online at our website: <https://denison.recdesk.com/Community/Page?pageId=13723> .
- If you do not have a RecDesk account, you will need to create one prior to registering.
- League fees will be \$100 per team. You must pay the fee when registering. Only one member of the team needs to register for the whole team.
- Once registered, a roster form will be emailed to you for you to fill out.

SCHEDULES/GAMETIMES

- Schedules will be emailed to the head contact for each team. The amount of games per-season, per-night, and game formatting will be determined based on the amount of teams
- Schedules will also be posted through: <https://www.quickscores.com/denison> for anyone to see.
- Match time is the time your game starts, so your team should be present and warmed up prior to match time.
- Please be at your assigned court ready to play at match time.
- Teams that are late have 5 minutes to field enough players to start the game before the game is considered a forfeit.
- Only the nightly league director can call forfeits. It is up to the team-in-waiting to contact the league director in cases of a possible no show.

FORFEITS

- If a team forfeits, all games for that match will be recorded as a loss. The opposing team must still show up at the scheduled game time and contact the league director in order to claim the match win. If the opposing team does not have enough to field a game, then the match will be considered a double forfeit.

NOTIFICATIONS/CANCELLATIONS/MATCH DATES

- Rain outs or any cancellation notifications will be emailed to the head contact of each team. Games will be played as much as possible. Sometimes the conditions will not be ideal, but if we can play, we will play. Play will be suspended for lightning and/or heavy rainfall.
- Each season has an exact start and end date. Therefore, the schedule for any specific day will be followed even when there was a rainout. For example, if a team is scheduled to play 10/15 one week but are rained out, they will play the games scheduled for 10/22 the next week.
- Rescheduled games will be determined by parks and rec staff and will be communicated to the head contact for each team.

PLAYOFFS

- Playoffs will be determined on a league-by-league basis.
- Every team may not make playoffs. Generally, the top half or more of any particular league/division advances to playoffs.
- We will take as many teams as we can fit into the playoff bracket.
- Roster will be frozen prior to start of playoffs, anyone who signs the roster and plays during the regular season can participate in playoffs. No additions to roster can be made after playoffs start.
- A team can protest a roster during playoffs if they believe their opponent is using a player not on the roster form. If a protest occurs, then the specified player will have to present a form of id (drivers license) to prove who they are and the team's roster will be available to show if they have signed the form.
- If the player is found on the roster, then the game will proceed as normal, if the player is not found on the roster, then that team forfeits the game and the team who issued the protest wins the match.
- Awards will be determined on a league-by-league basis but will be given to the 1st place team.

RULES OF PLAY

Game Balls

- Official game balls are provided by Denison Parks and Recreation however matches may be played with a team provided sand volleyball if both teams agree to use it. If either team does not want to play with the team provided sand volleyball, an official game ball provided by the league must be used.

Ball Control

- Each team is allowed three hits before sending the ball over the net.
- As a player, you cannot lift, or throw the ball.
- You cannot "Double Hit" any serve, receive, second, or third team hit on a ball. The first ball over the net can be doubled provided there was only one attempt to play the ball, and there is no 'finger-action' involved. (However, if the first ball over the net was hit with such force that it had no 'arch' while in flight, considered 'Hard Driven', it can be doubled even with finger action.)
- When hand passing or setting the ball, both hands must touch the ball simultaneously (in and out) and never allow the ball to visibly come to rest or change direction.
- Players are not allowed to chase a ball onto another court. Once a player has stepped onto another court (provided there is a scheduled match on that court), then he/she is considered out of play and the play is over. This is regardless of whether or not they have contacted the ball prior to stepping onto the other court.

RULES OF PLAY

Blocking

- If you block the ball and it stays on your side of the net, you still have three hits on the ball. (After a block the team is allowed up to three additional hits.)
- You can use two hands to reach over the net provided your opponent has the opportunity to attack the ball.
- If you reach over the net and touch the ball before it is attacked, that is a violation. You cannot block or attack a serve.

“Ball On”

- In order to maintain everyone’s safety, ‘Ball On’ is a yell that should tell everyone on that court to stop play so that no one steps or trips over the offending ball. This is very necessary when a person is in danger, such as a ball rolling into the middle of the court.
- If there is any danger with a ball coming towards players, please help everyone remain safe by stopping the ball or yelling “Ball On!” When this happens, the play will be replayed, and no points awarded.

Matches/Game format

- A regular league night match will consist of three games. Teams will play all three games. Each game will count towards total record. Standings will result from a cumulative total of games won throughout the season. Playoffs: Teams will play a best of three series

RULES OF PLAY

Referee

- A regular league night match will consist of three games. Teams will play all three games. Each game will count towards total record. Standings will result from a cumulative total of games won throughout the season. Playoffs: Teams will play a best of three series.

Scoring

- All games will be RALLY SCORING to 21, cap at 21
- Rally scoring means that every time a ball is served, a point will be awarded to the winning team. There is not a freeze at game point – rally score to the end of the game

Net Serves

- Because all games are rally scoring, any time a serve hits the net, and goes over, the ball is “live” and still in play.

Player Rotation

- Only the server rotation is required. Players must serve in the same order throughout the game. There is no ‘back row’ player, all players are eligible to attack the ball at the net.

Substitutions

- Substitutions during a game can be made at any point of the game as long as they are on the team roster. No substitution can result in violation of the coed rule.

Changing Sides during the match

- Teams play on one side of the net until either team reaches 11. You will switch sides and stay for the remainder of the game.

Recording Wins

- At the completion of a match, a representative from the team, preferably the team captain, must report/record the wins/losses of the games on scorecard or to the nightly league director

RULES OF PLAY

Coed Reminder

- A coed team must have at least two females to play. If a team is short-handed, the players playing must maintain at least a 50% female team. (3 players = 1 male 2 females; 2 players = 1 male 1 female).
- Any time a ball is touched more than once on one side of the net, one of the touches (it doesn't matter which touch) must be by a girl.
- Failure to follow this rule results in the opposing team winning the point.

***Anything not covered in the rules will be judged at the on-site league director's discretion.**

Have Fun!

