



4-ON-4 SAND VOLLEYBALL RULES

(Adapted from United States Volleyball, Official Rules)

1. PLAYING AREA

The court shall be 9m x 18m (29'-6" x 59'-0"), the same dimensions as indoors. The boundary lines shall consist of a 3/16"-3/8" rope. Boundaries for playing the ball are the railroad ties in the ground around the courts and for side-by-side courts, the adjacent court's rope line.

2. THE NET

The net height shall be approximately 8 feet. If antennas or net tapes are not used, the net posts shall be used as the antennas and the ball must pass between the posts to remain in play.

3. THE BALL

It is recommended that a ball designed for outdoor play be used. Both teams shall approve of the ball to be used before the match is started. Players may use their own ball. Balls will also be available in the green equipment box

4. THE TEAMS

Teams shall consist of a minimum a 4-player roster. The playing schedule will remain flexible so that player injuries should not prevent a team from completing the league schedule. Any player may represent their team as manager in all situations.

5. PLAYER'S EQUIPMENT

Uniforms or numbers are not required. Players are forbidden to wear any objects that may cause injury such as jewelry, casts, etc. Players may wear glasses, visors or hats at their own risk. If any items fall into the net during play, it is not considered a net violation.

6. PLAYERS' RESPONSIBILITIES

This league exists for the enjoyment of the sport. Players are expected to call their own faults and to allow their teammate to also call their faults. There will be no referees. We expect a high level of sportsmanship and respect for your opponent and the game.

7. SCORING SYSTEM

Three games to 21 using rally scoring. League standing will be based on total games won and lost. Games must be won by an advantage of two points. There will be no point cap.

8. PREPARATION FOR THE MATCH

First serve may be determined by any method agreed upon by the participants. A coin toss or any other method may be used. Teams will be allowed a maximum of five minutes for warming up after the scheduled start time.

9. SERVICE

The ball may be served from anywhere behind the end line between the extensions of the sidelines. First service will alternate for each game of the match. The server will state the score before each serve.

Serves that touch the net yet still go over and land in bounds are legal.

10. TEAM LINE-UP

No substitutions are allowed in 4-on-4 play (except for injuries). It is not necessary to rotate positions on the court but service order should rotate male female and should not change during the game. Teams are required to have two female and two male players on court at one time. However, teams are able to play with a minimum of three players. Substitutions will

be allowed between games, not during games. Managers' discretion will be allowed on variations of the line-up. Changes must be agreed upon by both managers prior to the start of the game.

11. **PLAYING THE BALL**

Each team is allowed a maximum of three contacts to return the ball to the opponents. A block is not considered one of the three contacts and any player may play the ball after a block. A player may not make two consecutive contacts of the ball. Two players simultaneously contacting the ball shall be considered one contact and either player shall be able to make the next contact.

Generally, the handling of the ball in outdoor play is similar to what is expected in indoor play. The following exceptions relate primarily to sand play:

Contacting the ball with the fingers of one or two hands to direct the ball to a teammate is a set.

A player may set the ball in any direction toward his/her team's court. If the ball is intentionally set into the other team's court, the player must contact the ball above his/her shoulders and must direct the ball perpendicular to the direction his/her shoulders are facing (**shoulders must face the net for the ball to legally go over the net**).

A set that is directed to a teammate, but inadvertently goes over the net (mis-set) is considered a fault. Mis-set's are NOT allowed and will be declared a side-out.

A ball that is played with one hand and directed at the opponent's court must be struck cleanly with an open palm or played off the knuckles. No one-handed sets or dinks will be allowed when directed to the opponent's court.

12. **PLAY AT THE NET**

When blocking, a player's hands may cross the net over the opponent's court. When attacking the ball, the hitter may follow through over the net but the attack must initiate in the attacker's court. You cannot attack over the opponent's court.

Players may partially or completely cross the centerline below the net or outside the net posts, before, during or after playing the ball, provided this does not interfere with an opponent's opportunity to play the ball.

13. **SIDE SWITCHES**

In order to equalize the environmental factors of sun and wind, teams shall exchange sides when the total points scored reach a multiple of **ten**. If teams forget, a switch should be made when it is discovered.

14. **TIME OUTS AND INTERVALS**

A maximum of four 30-second time-outs shall be allowed by each team for each game. A maximum of three minutes shall be allowed between games or a match.

15. **GAMES**

Games are scheduled for all teams at a designated sand court on designated evenings. If you are unable to play that evening, call your opponent and reschedule. If you show up for games and your opponent doesn't and hasn't called you to reschedule, you will receive a win by forfeit.

16. **MAKE-UP**

You have until the end of the regular season to make up all missed matches.