

Local Parks and Recreation

4-on-4 Sand Volleyball Rules and Regulations

Co-ed Adult League

1. Players, Substitutes, Roster Size, and Identification:
 - a. Number of players on the court are no more than 4 on 4
 - b. League maximum is 10 players per roster (recommend 8 players), Minimum 2 players (1 female, 1 male)
 - c. All players must be 18 years old or older
 - d. All players must complete a waiver agreement to participate
 - e. All rosters are final after the 2nd regular season game. No one will be allowed to play if his or her name is not listed on the team roster. A player must play in at least two regular season games in order to be eligible to play in playoffs. Roster changes may be made in person or emailed to the Parks and Recreation Director with the Town of Union Vale, no changes may be made at the game site. Changes may not be made to the roster after the 2nd regular season game except in the case of injury.
 - f. The winning team is responsible for turning in the scores to the Union Vale Parks and Recreation Department. Score sheets will be provided to each team captain
 - g. Players should bring a valid form of identification to each match to verify their identity against the team roster

2. Playing Area and Conditions:
 - a. Games will be played on outdoor sand volleyball courts.
 - b. Location of games will be determined by the number of local Recreation Departments with participating teams and adequate facilities
 - c. When possible, cancellations will be made at least 1 hour prior to the start of the first match. Team captains will be contacted and will be responsible to make sure their team is aware of the cancellation/reschedule.
 - d. On-Site cancellations will be made on the basis of weather, lighting, etc.

3. Equipment and Uniform:
 - a. Game Ball will be provided *for teams who early bird register.*
 - b. Players may play barefoot or wear athletic shoes
 - c. Teams are encouraged (but not required) to create a team tee-shirt

4. Safety and Prevention:
 - a. A player who is bleeding, has an open wound, or has an excessive amount of blood on their uniform shall be considered an injured player and must immediately leave the game for the appropriate treatment
 - b. Players wearing glasses should have shatterproof lenses and straps

5. Participant Conduct and Fair Play:

- a. 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 facility and possible future suspension/expulsion from games.
- b. All teams are responsible for cleaning up after their players and fans.
Please dispose of trash/recyclables properly.
- c. It is the responsibility of the team captain to settle any disputes.
- d. The team captain is responsible to make certain that every player on his/her team is eligible to participate. Captains are also responsible for informing their team members of their schedule.

6. Time Regulations and Length of Game:

- a. Each match will be played best two out of three games and shall last no more than 50 minutes. If time expires during the second game of the match, the team winning at that time will be declared the winner of that game. To determine the winner of the third game (if necessary), the team captains will toss a coin to determine service, and the first team to score will be declared winner (sudden death)
- b. If a match is cancelled due to lights, weather, etc. the match will restart by replaying the current game over from the beginning at the rescheduled time
- c. Each team is allowed two 1 minute time outs per match (3 games). Time outs will only be granted after a rally has ended.

7. Forfeits and Starting Games:

- a. Game time is forfeit time. If a team does not have an eligible combination of players to begin the match, Game #1 will be forfeited. The opposing team does not have the right to waive this rule. If the team can field an eligible combination of players within fifteen minutes of start time, Game #2 & #3 will be played; otherwise, the entire match will be forfeited. A team that has two or more forfeitures will not be eligible to participate in the playoffs.
- b. Two players are required for play
- c. There must always be at least 1 female and 1 male on the court at any time.
- d. No team shall be permitted to start or continue a game with less than the minimum
- e. Any team found using an ineligible player (a person not on the team's official roster) will forfeit the match

8. Playing Rules and Scoring:

- a. Starting the Match:
 - i. A coin toss will determine side or service for Game #1. Winner of toss will chose serve/receive or side A/B. The other team captain will chose remaining option. The non-serving team from game #1 will serve Game #2 and the teams will switch sides. A new coin toss shall determine side and service for game #3.
- b. Scoring:
 - i. Games will be played to 21 points with a cap of 25 points. All scoring is done using the modified rally system. The winning team must win by two points unless both teams are tied with 24 points.

- ii. If a third game is necessary, it will be played to 15 points with a cap of 17.
 - iii. The modified rally scoring system grants a point regardless of which team serves the ball.
- c. Teams will switch sides after every game. If a third game is played, teams will switch sides when the first team reaches 7 points.
- d. Serving:
 - i. The serve can be made from anywhere behind the end line
 - ii. The server must declare the score of the game before each serve. Server will begin by declaring his/her team's score followed by the opponent's team score.
 - iii. The server cannot step over the end line until the ball has been contacted
 - iv. Players may serve overhand; however, jump serves are NOT allowed and will result in a side-out and point for the other team.
 - v. During service, if the ball touches the net and goes over without the aid of another player from the serving team, it will remain in play.
- e. Receiving Serve:
 - i. Both teams must remain in proper rotation until the ball is served
 - ii. Receiving team may not block a serve
- f. Playing the Ball:
 - i. A player may use any part of their body to play the ball
 - ii. No more than three hits per side
 - iii. No player may hit the ball twice in succession, except after a block
 - iv. A block must occur within one foot of the net or it will be considered one of the three hits
 - v. Any player may block or spike at the net regardless of rotation
 - vi. When executing a block or a 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
 - vii. Players may cross under the net as long as they do not interfere with opposing players
 - viii. The ball is still in play if touches the net whether the ball goes over the net or not (with the exception of during the serve).
 - ix. It is not necessary to alternate between male/female to touch the ball before it is returned over the net
- g. Rotating/Substituting Players:
 - i. After every side-out, the new serving team must rotate one position clockwise.
 - ii. Teams may rotate players into the game as long as the rotation is followed consistently throughout the game (every 3rd serve, complete rotation, etc...). Teams may rotate players in only when it is their turn to serve on a new side-out
 - iii. Teams may substitute players 3 times per match outside of regular rotation
 - iv. All substitutions/rotations must keep within minimum players rules (1 male, 1 female must be on the court at all times)

9. Fouls, Violations, and Penalties:

- a. All fouls are based on the integrity and sportsmanship of the players
- b. Teams will call their own fouls and violations during play
- c. Violations will result in a point
- d. A player can be ejected from future play by the league coordinator (Union Vale Parks and Recreation Director) for unsportsmanlike conduct
- e. Any individual removed from a contest for reasons of sportsmanship or misconduct will be ineligible for the next scheduled match
- f. Any unsportsmanlike conduct may result in the suspension from league and playoff activities

10. Officials and Supervision Duties:

- a. Every team will have a designated captain; they will be the liaison between the players on their roster and the Parks and Recreation Department
- b. Teams will self officiate their games. Captains will be responsible for making the last call for their teams.
- c. The Parks and Recreation Directors (or their designee) may be on-site during matches and have authority to cancel activities due to inclement weather, court conditions, or misconduct (**please follow local park rules**).
- d. After each match, the winning team's captain is responsible for ~~signing the match score sheet and bringing it to the Union Vale Parks and Recreation Department (by fax, email (if by email, type your name as signature), snail mail, or in person).~~ ^{emailing scores to Deek man} Score sheets must be received no later than 2 days after the match. If score sheets are not turned in, the winning team will not receive points for winning the match.

11. Awards & Playoffs:

- a. Trophies will be awarded to winning teams of the regular season.
- b. The Winning Playoff team will have their Team name and players added to the "Mattes Cup" and the trophy will be on display in the winning team's local recreation department until the following year's playoff tournament.
- c. Brackets will be made based on the number of teams registered, the time, and space available for tournament play.
- d. Teams who have forfeited 2 or more games will not be eligible for playoffs
- e. Playoffs will be held tournament style (single or double elimination depending on the number of teams). Playoffs will be held at Tymor Park on August 18th. An award ceremony and ~~barbecue~~ ^{pot luck} will take place at the end of the last tournament day.
- f. Playoff games will be officiated by a third party. Teams will not be required to self-officiate for play-off games.

12. Standings:

- a. Regular season standings will be updated weekly.
- b. Team points will be awarded as follows: 1 (one) point will be awarded for winning a match. 1 (one) point will be awarded for each game won. 1 (one) point will be awarded for each point scored in a winning game.
- c. Total match points will determine league standings. In the case of ties (two or more teams), the following will be used to determine league standings:

- i. The team with the most matches won will be seeded the highest. If tied, the team with the most games won will be seeded highest. If still tied, the team with the highest number of combined points scored will be seeded the highest (if still tied, teams will be seeded at the same rank unless last regular season game).
- ii. If team points result in a perfect tie at the end of regular season, one final game will be played between tied teams to determine final standings.

13. Registrations and Team Rosters:

- a. Players must register as a team. Teams consist of a minimum of two players (one male, one female) and up to a total of 10 players.
- b. All team registrations must be sent to your local Parks and Recreation Department prior to any specified registration deadlines.