Recreational Services Sand Volleyball Rules

1. Matches will be 2 out of 3 games, each rally game to 21 points. You must win by 2 points (25 point cap). If a third game is needed, rally scoring to 15 shall be used (18 point cap)

2. Teams are allowed 2 time-outs per match. Each time-out will be 30 seconds.

3. The minimum number of players needed to start and finish a match is two.

    a. If Co-Rec, there must be a male on the court at all times, but there may never be more males than females on the court at one time.

4. Teams are allowed 2 minutes between games.

5. Teams may substitute at the serving position only.

6. The server may serve from anywhere behind the service line.

7. Three contacts per team.

8. Blocks do not count as one of a team's three contacts.

9. The ball may not come to rest, or sit in a player's hands, or roll up their arm. Scooping, lifting, shoving, or throwing the ball shall be considered a lift.

10. One player may not contact the ball twice consecutively.

11. A ball landing on the line is in.

12. There are no back row attacks – a back row player may not contact the ball above the net from the front row. He/she may contact the ball above the net from the back row providing he/she jumped from 10+ feet away or below the net from the front row.

13. You may not make any attempt to block or attack a serve.

14. A player is allowed to cross the line underneath the net as long as he/she does not interfere with opponent's play.

15. A player cannot be in the net at any time.

16. An overhand serve receive is legal in both competitive and recreational leagues

17. Net serves are allowed – a ball that hits the net on a serve can still be considered good.

18. Only the captains may address the officials about questions involving rule interpretations

19. Any unsportsmanlike conduct during the match will result in:

    a. Yellow Card- warning

    b. Red Card - ejection