

YMCA SAND VOLLEYBALL RULES

OVERVIEW:

Each team consists of no more than 6 players on the court at one time however, bench players are allowed with maximum roster size of 10 players. Teams will have 50 minutes of time to play 1 match (3 games). All games will play using All-rally Scoring Rules. There are no sideouts and matches consist of 3 games to 25. Teams must win by 2 and there is a cap at 30 (first to 30).

BEGINNING OF THE GAME:

The beginning of the game will start with flip of coin. The winning team will have one of two options, choose to serve first or choose which side they prefer to play on, (not both). Each match is a best of 3. If one team has won the first 2 games and the 50 minutes has not expired the two teams can play a 3rd game.

TEAM SIZE:

Each team consists of 6 players on the court at one time with 3 males and 3 females. Can have more than 3 females but never more than 3 men on the court. If a team has either 5 or 4 players with a minimum of 2 women it will be considered a legal game. However, the opposing team will have the option to utilize the ghost rule. Teams may have up to 10 people on their team roster. There is no maximum limit on the amount of females on the court at one time. Roster must be turned in at the time of first game and can be amended up until the start of the third game. Players added after will not be eligible for the playoff tournament. You can borrow for other teams for regular season games, but not playoffs.

GAMES:

Matches will be played with the allotted time of 50 minutes. All games are played to 25 with a win by 2 or first to 30. One time-out (1 min) per game, per team is allowed. Rally/speed scoring will be enforced.

RULES:

- GHOST RULE-If the team has 5 players, for example, the opposing team can choose for the team of 5 to forfeit their serve after every 5th rotation. This will allow the team with a full squad to receive back-to-back serves. If a player(s) arrives after the start of the game they will be allowed to enter immediately. This must be decided before the start of the match otherwise the game will stand as started. No point will be awarded with serve is forfeited.
- A legal serve is one that crosses the net and is either touched by an opposing player or lands within the opposing team's area of the court within the boundary lines. A serve that makes contact with the net and carries over to the opponents side of the net is a live serve and must be returned.
- The server may not step on or over the end line until they make contact with the ball. The width of the service area is from sideline to sideline. The depth of the service area is infinite as long as on sand.
- There is no male/female hitting rules. There can be no more that 3 males on the court at any time.
- A defensive block does not count as one of the allowable contacts. A player may reach over the net to block a ball if:
 - Any portion of the ball breaks the plane of the net.
 - After the offense has come in contact with the ball on third attempt
- The serve may not be blocked or spiked

- Players can return the serve by
 - Bump Pass
 - Clasp their hands together
 - A closed fist
 - A set (AS LONG AS THE BALL IS NOT CAUGHT OR CARRIED)
- No part of the body may touch the net at anytime unless a ball or person driven into the net causes the contact. Player contact with the net in a manner not directly relating to or affecting the course of play is not a violation. Contact with hair or part of uniform will not be considered a fault.
- Contact of the ball when spiking is legal only if a portion of the ball is in contact with the loan of the net or on the spiker's side of the net. Spikers may follow through over the net after legal contact.
- The ball must be clearly hit when spiking with an open hand. Guiding or carrying is illegal.
- *A carry is any use of an open hand(s) while making contact with the ball that is not in a firm manner.
- Out of bounds is the area outside the designated beach court line. If the ball makes contact with either shelter house it is Out-of-Bounds.
- A player may touch but not completely cross over the center line with his/her foot.
- The ball can contact any number of body parts down to, and including the foot.

FORFEITS:

Teams will forfeit 1 game for every 10 minutes past the designated start time that they do not have the legal amount of players. If no players are present from a team by 15 minutes after the designated start time the entire match will be forfeited and the team that is present will win the match. Shorthanded teams may play a legal game with a minimum of 4 players (at least 2 females are needed). Teams fielding less than 4 players or without 2 women will receive a forfeit. Exception: Teams with less than 4 players or without 2 women may still play a "legal game" but only with the opposing teams consent. All teams consenting to play a legal game with less than the allowed minimum waive their right to a forfeit win. Teams may pick up players during the regular season in order to field a full team (including from other teams). Substitutes not on roster by 3rd game will not be allowed during playoffs.

PLAYOFFS:

Playoffs will take place on a week following the league. Playoff seeding will be based on regular season record. The winner of the playoffs will receive a trophy (Tie breaker is head to head (if possible) or coin flip.)

WEATHER:

Games called from weather will be rescheduled if possible. If not possible to reschedule then the game will result in a tie.

REFEREES:

All calls made by the referee are final. Arguing with the referee could result in removal from match, game, and/or league for the individual or removal of the entire team from match, game, and/or league.