

Center Court Fitness Club
SAND VOLLEYBALL RULES/REGULATIONS

TEAM ROSTERS

2 Person

- ~ Teams may have a maximum of 4 people on a roster and may consist of men and or women.
- ~ No substitutes are allowed during a game.

Coed 6 and Women's 6 Person

- ~ Teams may have a maximum of 10 people on a roster.
- ~ 6 players maximum and 5 players minimum are allowed on the court at one time. Less than 5 players constitutes a forfeit.
- ~ **Coed:** No more than 3 males or 4 females on the court at one time for coed.

4 on 4 Coed, Men's & Women

- ~ Teams may have a maximum of 8 people on a roster.
- ~ 4 players maximum and 3 players minimum are allowed on the court at one time. Less than 3 players constitutes a forfeit.
- ~ **Coed:** There must be at least 1 female and 1 male on the court at all times. You can play with 3 females & 1 male, but not with 3 males & 1 female.

All Divisions

- ~ No player is allowed to play on more than 1 team in a division.
- ~ This is an adult league. Players must be at least 18 years old by the first night of league to participate.

WARM-UP

- ~ Teams will be allowed 5 minutes to warm up once on the court, but time may be reduced if we are behind schedule.
- ~ If you feel you need more time, you should warm-up in the grass while you're waiting for your court. Be ready to go on-court immediately after the conclusion of the previous match.

LATENESS

- ~ Teams that have not arrived 10 minutes after the scheduled starting time will forfeit the 1st game.
- ~ If the team has not arrived by 15 minutes after the starting time, the match is forfeited. This will be enforced!

SCORING

- ~ A match consists of the best of 2 out of 3 games.
- ~ **Games are played to 30 points, "RALLY" scoring, win by 2, capped at 35.**
- ~ **If needed, a tie-break game is played to 15, win by 2, capped at 17.**
- ~ Teams switch sides every tenth point (ie. 4-6, 5-5), regardless of wind. This way you are in the habit of doing it and there isn't a question of whether it's windy or not. This is not a break period!
- ~ The winning team is responsible for circling their number on the league sheet and writing in the games won (ie. 2-1). The league sheets will be hanging by the Gazebo or placed on the league table.

SERVE

- ~ Volley for serve. The team that wins the volley serves both the 1st and 3rd games (if necessary), or chooses a side of the court.
- ~ A served ball that contacts the net and goes over is a legal serve.
- ~ A player may not block or attack a serve.

RALLIES

- ~ Positioning on the court for coed is male- female-male, etc. Once ball is in play, players are allowed to move from their respective positions.
- ~ The female hit/touch rule is not in effect for sand leagues.
- ~ No ball can be played outside of the timber barriers. This is for the protection of the player.
- ~ A back line player may not be closer than **10 feet** from the net when spiking the ball above the net. Please use your best judgment.

NET PLAY

- ~ A player may not contact any part of the net, rope, or cable on .
- ~ When a player participates in blocking an opposing player, he may make a successive contact of the ball.
- ~ If a player contacts the ball simultaneously with an opponent at the top of the net and the ball falls to his side, it is not considered 1 of the three hits allowed to his team.
- ~ While on defense, a player may reach over the net to block a shot, but cannot intercept the opposing players set.
- ~ While on offense you cannot break the plane of the net except after the follow through.

ILLEGAL HITS/CARRIES

A DIVISION

- ~ When receiving a serve, the ball can be “set” or “bumped”, but it must be a legal hit. If the serve is “set”, it must be a clean set using the finger tips only for contact on the ball. Very little noise should be heard. Anything else is considered an illegal hit and result in a point.
- ~ Any ball struck with an open hand other than during the serve, block, or spike is considered an illegal hit and results in a point or side out. Outdoor rules allow you to use any part of the body to “dig” a ball (i.e. foot, knee...), but this is considered one of three hits allowed.

B DIVISION

- ~ The ball should be cleanly hit. A ball that comes to rest momentarily in the hand is considered a carry and results in a point or side out.

OFFICIATING

- ~ We do not hire officials for this league. Teams call their own matches.
- ~ You are responsible for calling the lines on your side of the court.
- ~ If a ball touches the rope, it is in.
- ~ You should call your own carries, contact with net, etc.
- ~ If there is a dispute, please replay the point.

ALCOHOL POLICY

- ~ Alcohol may be consumed in Public Parks by PERMIT ONLY.
- ~ Due to liability issues, Center Court Fitness Club will not obtain an alcohol permit for sand volleyball leagues.
- ~ Teams interested in having alcohol in the park must obtain an alcohol permit at the Grand Forks Park District office during business hours. Permits are available after business hours at the Grand Forks Police Department.
- ~ Individual season, group single event, or team season permits are available and fees are listed in the Grand Forks Park District summer recreation guide and on-line at www.gfparks.org.
- ~ Though this is an adult league, there are some players under 21years old participating on teams. Therefore, you should use good judgment regarding the use of alcohol during the league.
- ~ Players consuming alcohol at anytime during a game will be ejected from the match.
- ~ No alcohol is allowed on the court, any part of the sand, and on or next to the court timbers.

OTHER

- ~ Please keep the facility clean by placing all garbage in the trash containers.
- ~ Report any questions or concerns to staff.
- ~ ENJOY YOUR LEAGUE AND THE SUMMER!

CONTACTS:

Site Supervisors -
TBA

League Supervisor-
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