

## **BEACH VOLLEYBALL REC LEAGUE RULES**

Matches are played between 11:30AM to 1:00 PM.

### ***Standings***

How's team are ranked:

- Total points will be determined from a team's wins, losses and ties. Wins will be two points, ties will be one point, and losses will be zero points.
- Forfeits will be considered as losses
- Games played will be considered to be the number of matches played

### ***Starting and Restarting Plays***

- Prior to the first set, captains will meet and determine which team will begin with the ball. It can determined with a coin toss, rock-paper-scissors and rally-for-first-serve
- The team that did not start with the ball in the first set will start with the ball in the second set
- For the third set, the team that won the first toss will start with the ball

### ***Match Format***

- All matches will be best out of three sets
- Games will be won by the first team to score 25 by two points OR the first team to score a hard cap of 27
- A total of fifteen points must be scored in the third game for the score to be counted; otherwise it should be recorded as a tie, if each team has won a game.

### ***General Play Guidelines***

- Each team must have at least six (6) players on the court (unless both captains agree to fewer), and at least one (1) of those players must be female.
- If no female player is available, the team must play with fewer players or forfeit the match unless both captains agree to waive the female-player requirement.
- Teams will be given a 5–10 minute grace period to meet the minimum player requirement; failure to do so results in a first-game forfeit, and if the requirement is still unmet 20 minutes after the scheduled start time, the match is declared a full forfeit.
- Players are required to serve from behind the back line of the court.
- If a serve touches the net on the way over, the ball will be considered live.
- Each player may only have a maximum of five serves during a rotation. If a team maintains possession after these five serves, they must rotate to a new server.
- The serve may not be blocked or spiked.
- A team may receive a serve with either a bump or volley.
- Teams will have a maximum of three hits to return the ball to their opponent; a block

- will not be considered as a hit.
- Players may use any part of their body to return/hit the ball.
  
- Teams may return the ball with a spike however, players must take into consideration the skill level of their opponent.
- Players may pass their hands above the plane of the net in the following scenarios:
  - while blocking an attack from their opponent
  - while spiking the ball, contact must be initiated on their own side.
- If the ball hits any other foreign object to the court (i.e. tree, fence or net post) it will be considered out of bounds.
- If the ball travels over the net outside of the court posts it will be considered out.
- If a ball or player from another game enters the playing area the play will stop and the point will be replayed.

### ***Violations and Penalties***

All players are expected to know the R+T Park Rec League beach volleyball rules and call their own violations during the game. Players should not wait for their opponent or expect others to call their infractions during a game. If an infraction from your opponent is missed, you may politely point it out. Teams should not be calling infractions for their opponent; this is deemed as poor sportsmanship.

If teams cannot come to an agreement on a called infraction they are expected to replay the point. This is a recreation league, and players are expected to show respect towards their opponent and make calls within the spirit of the league as outlined.

Violations: a violation is an illegal play in volleyball that will result in the loss of service for a team

List of violations:

- a player may not step on the end line during a serve
- a player may not play the ball twice in succession, a block is not considered as a hit
- a player may not cross the center line and interfere with their opponent
- the ball may not come to a visible rest while being played by a player; this is referred to as a “carry”
- a player may not palm or throw the ball while playing the ball; this is referred to as a “lift”
- a player may not contact the net with any part of their body during a play
- a player may not go over the plane of the net interfering with the play of their opponent; excluding the above-mentioned examples