



ADULT 4V4 SAND VOLLEYBALL LEAGUE RULES

Rule 1: Facility

1. All matches will be played at **Dunphy Park** sand volleyball court in Sausalito, CA. Players may practice at Dunphy Park on a first-come, first-served. 60-minute max for practice if someone is waiting for the court. Libations are permitted during league play. Drink responsibly, and please recycle any cans or bottles. Parking may be limited at times. If the lot is full, please park on the street along Bridgeway or Caledonia Street. **During the regular season, the sand volleyball court at Dunphy Park is reserved for team practices every Monday from 4:00 pm to sunset.**

Rule 2: Player Eligibility

1. All players must be registered with the league. Any and all subs must play at least 2 games to be eligible for playoffs.
2. All players must check in with the referee or league official before the start of each match.

Rule 3: Team Composition

1. Four players for each team will be on the court competing at one time. Teams with more than 4 players can rotate teammates in after each point.
2. A minimum of three players must be present to start the match. At least one of your players must be a member of the opposite gender.
3. A minimum of 6 players must be registered on each team.

Rule 4: Equipment

1. A league volleyball is provided. Participants are allowed to use their own volleyball if desired as long as both teams are able to agree on the match ball.

Rule 5: Ground Rules

1. The winner of a coin toss will determine his/her choice of team area or service. After each set of a match, the teams will change playing areas.
2. The Serve:
 - o The server shall stand with both feet behind the rear boundary line. There are no restrictions as to how the ball may be served except that it must be clearly hit, not thrown or pushed. Side out is declared when a served ball hits the net and does not pass over. A ball that contacts the net and continues over constitutes a legal serve.
 - o Blocking and spiking the ball on the serve is illegal.
3. Rotation: All players are required to play every position on the court as they rotate. Players will rotate clockwise to the next position after their team sides out. Each player must play all four positions, including two in the front row and two in the back row, or one in the back row if a team is playing with fewer than four players. If facing the net, the serving position will always be in the back row on the right.

4. Any player may contact the ball with any part of the body, above or below the waist.
5. A ball touching any part of a boundary line is in.
6. It is permissible to run out-of-bounds to play a ball.
7. Players are not permitted to scoop, hold, or throw the ball. The ball may not visibly come to rest on the player's hands, fingers or any other part of the body.
8. A player shall not make successive contacts of the ball unless he/she has blocked a spike at the net. One person may play the ball twice during a volley but not twice in succession.
9. A ball, other than a serve, may be recovered from the net provided the player avoids contact with the net and does not catch or hold the ball.
10. The ball must always be returned over the net by the third contact, unless a block is the initial contact, in which case the ball must be returned by the fourth contact.
11. Spikes are legal.
12. Blocking:
 - A successful block is accomplished when either the ball rebounds off the hands of the blocker and directly back into the opponent's court or deflects off the hands in such a way that the blocker's team may play the ball.
 - An attempt to block does not constitute a block unless the ball is contacted during an attempt.
 - The team that has contacted the ball in an attempt to block shall have the right to three more contacts with the ball to return it to the opponent's side if the ball falls in their area.
13. Net Play:
 - A player may reach under the net as long as he/she does not interfere with an opponent's attempt to play the ball.
 - A player may reach over the net to complete a spike that began on the player's own side of the net.
 - A player may reach over the net to block, but not interfere with the opposing team's play.
 - A player may never touch the net.
14. Time Outs:
 - Time-outs are not permitted during league play. Due to our limited court time and the need to keep matches on schedule, we do not have enough time between games to accommodate timeouts.

Rule 6: Match Time and Length

1. Matches will be set at 45 minutes.
2. The first team to win the best two of three sets wins the match. Sets will be played to 21 points, with the last set played to 15 with rally scoring, and a team must win by 2.
3. All matches will start at their designated times. If a team is not ready to play within 10 minutes of the match's scheduled start time, the game will be declared a forfeit.

Rule 7: Playoffs/Championships

1. The top 6 teams from the league will make it into the playoffs.
2. Best two out of three wins. Sets will be played to 21 points, with the last set played to 21 with rally scoring, and a team must win by 2.
3. Playoff bracket will be emailed out after the last game of the season for the following week's games.

Rain / Wind Outs

1. During Matches: If inclement weather occurs during matches, the league official will decide whether to continue or stop play.
2. Before Matches:
 - If play is deemed unsafe due to inclement weather, all team captains will be notified at least 2 hours before the start of the first game.
 - Captains are responsible for informing all their players about the postponement.
 - Postponed games will be rescheduled for another date.
3. Rescheduling:
 - The Recreation Department will share contact information for all team captains to facilitate rescheduling.
 - Captains must confirm the new date and time via email.
 - If a team cannot play the rescheduled game, it will be considered a forfeit.
 - The winning captain should report the final score to the Recreation Department.