

Stars & Strikes Sand Volleyball 2010 Rules & Guidelines

LINEUPS

Teams will consist of 6 players. A legal lineup will consist of at least 2 girls and 2 guys on the court at all times. If a team cannot field a legal lineup, the match is forfeit. The 2 teams may play, but the team that is forfeiting will receive no points and no wins.

Players will rotate in a clockwise fashion when possession of the ball changes to their side. Only players in the front row (near the net) may switch positions and only after the ball is served. They must switch back to their original spots at the end of the volley.

THE SERVE

A coin toss will determine which team serves first. The HOME team will call the toss.

The winner of the coin toss may elect who serves first or choose which side of the court to play on first.

The loser of the coin toss will have the remaining choice.

The player serving the ball must be in the rear right position.

The server must put the ball in play from behind the rear boundary line. Stepping on or over the line on a serve is a foul. The ball may be served overhand or underhand, but it must be completely visible to opponents before the serve.

Players on the opposing team may not block or attack a serve.

PLAYING AFTER THE SERVE (VOLLEY)

Each team has 3 hits to return the ball over the net. If the ball hits the net and goes over it is still in play, and must be returned by the opposing team.

No player may hit the ball twice in succession. (Blocking a spike at the net is not considered a hit)

A ball that touches a boundary line is fair.

A legal hit is any ball contact by a player's body above and including the waist which does not allow the ball to visibly come to rest. If two or more players contact the ball at the same time it is considered one hit and the players involved may not participate in the next hit.

FOULS/VIOLATIONS

Stepping on or over the rear boundary line on a serve.

Hitting the ball illegally. (carrying, throwing, kicking, etc...)

Touching the net with any part of the body while the ball is in play.

If the ball is driven into the net with enough force to contact an opposing player, no foul is called and the ball shall remain in play.

Reaching over the net, with the following exceptions:

1) When executing a follow-through.

2) When blocking a ball which is being returned from the opponents' court.

(The blocker must not contact the ball until after the opponent attempting the return makes contact)

Reaching under the net to interfere with the opposing team.

Failure to serve in the correct order.

Entering the opponent's side of the court at any time during play.

Blocking or spiking by a back row player from position less than 10 feet from the net.

Arguing with, and other disrespect for officials will not be tolerated and can result in penalties.

THE COURT

The courts will be 30 feet wide by 60 feet long.

Yellow stripes will mark the boundary lines

The net will be set at a height of 7 feet 8 inches.

SCORING

Rally scoring will be used. (One point will be scored on every volley)

The team serving the ball will score when the opposing team fails to return or sends the ball out of bounds.

The team receiving the serve will score when the opposing team fails to serve the ball over the net, hits the ball out of bounds, or fails to return the ball during a volley.

Games will be played to 25 points.

If the 3rd game will decide the match it will be played to 25 assuming time will allow for it.

3 games will be played and count for statistics each week.

CONDUCT

Leagues are intended for people 18 years of age or older. No one under the age of 21 will be allowed in the bar. There are no exceptions to this rule. Please refrain from using coarse language, littering on the grounds, and anything else which will interfere with the enjoyment of those around you.



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