

# **2019 | ROCKFORD ADULT SAND VOLLEYBALL**

## **4's LEAGUES**

RULES AND INFORMATION, 6/1/19

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### **HOUSE RULES**

1. All participants must be 18 years of age or older unless prior authorization was granted.
2. Participants under 18 must have parental consent (signature required) and prior experience playing indoor or sand volleyball through high school, JO or club programs.
3. A player may NOT substitute on another team from the same league night during a play-off game.

### **GAME STRUCTURE**

1. Rally scoring will be used in all games. 4 games will be played. Games are played to 25, win by 2 or 30 point cap with a 75 minute time limit. If time expires, the team ahead by at least 1 point will be declared the winner.
2. A fourth set may be capped to 15, if less than 15 minutes is left on the clock.
3. Teams switch sides at point 13 (or 8 if set is capped to 15)
4. The referee will notify the captains at the start of the third set if the shorter set is needed.
5. Teams are allowed 1 timeout per game.
6. No time outs may be taken when there is only 5 minutes remaining in the match.
7. To rotate in extra players, a team must always rotate into the same position on the court before or after the serve when the ball is dead.
8. Play must begin within 5 minutes of the posted start time. A match will be forfeited after 20 minutes. (1st game after 10 minutes then every 5 minutes another game will be forfeited by the late team)
9. During play, only the team captain is allowed to ask for an interruption of a call or rule from the ref.
10. Winners are decided by points made. Each game won, earns 1 point. There are three points to win per match.

### **GENERAL PLAY RULES**

1. Players may spike, drive, roll or pass the ball over the net.
2. No "open hand tips".
3. Balls intentionally set into the opponent's court must be directed in line to the direction the shoulders face. No side sets over the net. The set must be perpendicular to the body.
4. A back set onto the opponent's court is illegal.
5. A player's first contact of serve receive may be an underhand or overhand pass. Attacking or blocking the first contact is illegal. Setting the serve is legal only if it is clean.
6. A player may have successive contacts (double hit) with the ball during a single attempt to make the team's first contact, provided the ball is not held, lifted or pushed. The ball cannot roll or come to rest on any part of the player's body.

7. The ball may be played by any part of the body, including feet.
8. Players may partially or completely cross the centerline below the net during play, provided that it does not interfere with the opponent's play.
9. A player may not step into another court to play a ball, before or after the contact.
10. The posts act as antennas. A ball that touches a post is ruled out of bounds.
11. Any body contact with the net when making a play is illegal unless it occurs after the ball is down.

## **SERVING**

1. Players must maintain the same serving order throughout the set. Players do not need to rotate before the serve.
2. The server may move freely behind the end line within the side lines. At the moment of service, the server must not touch the ground outside the sidelines or touch the boundary line. After the service contact, the player may land on the court or outside the service zone.
3. A player may only have one toss per serving attempt. Catching or letting the ball drop will result in a side out.
4. Net serves are legal (the ball may hit the net and go over and it is still good).

## **BLOCKING**

1. No blocking or spiking a serve.
2. The serving player will be allowed to block this year.
3. While blocking, a player may touch the ball beyond the plane of the net, provided the player does not interfere with the opponent's play before or during the attack.
4. Contact of the ball during blocking does not count as one of the 3 team hits. It does not count as a female or male contact. Any player may make the first contact after the block, including the person blocking

## **ROSTERS**

1. Team Rosters are due on or before the first game of the league. Rosters are required to be complete with names, addresses and phone numbers in case of emergency situations, reported injuries or other incidents that arise. Rosters should be submitted to [rockfordsandvb@gmail.com](mailto:rockfordsandvb@gmail.com) or hand in to your referee.
2. Players may be added to your team's roster at any time throughout the season for regular play, players may not be added for any additional play-off games. To add a player, see the referee for the team roster 15 minutes before a game.
3. Final rosters for playoffs must be completed by July 10 or 11 (depending on the league). Reminder that no players from other teams on the same night cannot play on your team for playoffs.

## **PLAYER CONDUCT EXPECTATION**

1. Sportsmanlike conduct required at all times.
2. No inappropriate comments or gestures to teammates, opposing players or referees.

3. Captains only are allowed to address the referee regarding calls, score or to request time-out unless the referee has encouraged questions, during the first few weeks of play, for instructional purposes.

### **ADDITIONAL RULES**

1. All children visiting must stay OUTSIDE the playing area.
2. Food and drinks are allowed in the park. Alcoholic beverages are allowed in the park. Glass beverages are NOT allowed for safety purposes.
3. Smoking or depositing cigarette butts in the sand pits is not allowed.
4. Keep the park clean by depositing all garbage before leaving.

### **WEATHER**

1. Matches will be delayed or cancelled if there is severe weather.
2. Matches are played in the rain.
3. Weather updates will be posted on the Rockford Volleyball Facebook page
4. Captains will be informed of cancellations via email or text message.