

TEAM CAPTAIN

The team captain is responsible for maintaining team conduct and discipline. It is the responsibility of the team captain to settle any disputes, including questionable calls during a game.

PLAYERS ON THE COURT

For 2's only- 2 players always required to start the game. Roster can be comprised of 3 players max. **Minimum age to play 2's is 17.**

For 4's only- Minimum of two players are required to start games (cannot be 2 males) **Minimum age to play 4's is 17.**

League roster shall be comprised of at least two players but no more than six. If roster contains 2 players one shall be female and one shall be male.

For 6's only- Minimum of four players are required to always start games with two females on the court, **if 2 females are not present the match will be forfeited. Minimum age to play 6's is 16.**

League roster shall be comprised of at least six players but no more than eight.

There must be at least three players from the roster for the game to count.

Tournament days- only players on the roster are eligible to play and **each player must have played a minimum of 3 games during the season to be eligible.**

FORFEIT

Teams have a 10 minute grace period before a forfeit for the first set and 15 minutes(total) before the match is a forfeit.

TO SCORE A POINT

A team scores a point

By successfully grounding the ball on the opponent's court; when the opponent team commits a fault; when the opponent team receives a penalty.

Fault:

A team commits a fault by making a playing action contrary to the rules (or by violating them in some other way).

Rally and completed rally:

A rally is the sequence of playing actions from the moment of the service hit by the server until the ball is out of play. A completed rally is the sequence of playing actions which results in the award of a point.

If the serving team wins a rally, it scores a point and continues to serve.

If the wins a rally, it scores a point and it must serve next.

To win a set

A set (except the deciding 3rd set) is won by the team which first scores 21 points. In the case of a 21-21 or 21-20 score, play is continued until:

Regular Season-a two-point lead is achieved with a cap of 25

Tournament- We will play until a 2-point lead is achieved with no cap!

To win the match

The match is won by the team that wins two sets.

In the case of a 1-1 tie, the deciding 3rd set is played to:

Regular Season- 15 points or until a 2-point lead is achieved with a cap at 20

Tournament- 15 points or until a 2-point lead is achieved with no cap

Positions

At the moment the ball is hit by the server, each team must be within its own court (except the server).

The players are free to position themselves. There are NO determined positions on the court.

Positional Fault

There are NO positional order faults

Service Order

For 6's only- when the receiving team has gained the right to serve, its players "rotate" one position regardless of the number of the players on the court.

STRUCTURE OF PLAY

Home team has first serve. Away team chooses side.

STATES OF PLAY

Ball in play

The ball is in play from the moment of the hit of the service

Ball "in"

The ball is "in" when it touches the surface of the playing court including the boundary lines.

Ball "out"

The ball is “out” when it:

Falls on the ground completely outside the boundary lines (without touching them);

Touches an object outside the court, or a person out of play;

Crosses completely the lower space under the net.

PLAYING THE BALL

Team Hits

A hit is any contact with the ball by a player in play.

Each team is entitled to a maximum of three hits for returning the ball over the net.

For 2's only- open-hand receptions are not allowed

For 4's only; if a team has three males and one female; female must contact the ball before it is played over the net.

For 4's Competitive only; open hand-received is not allowed.

For 6's only; if the ball is contacted more than once, a female must contact the ball before it is played over the net.

Consecutive Contacts:

A player may not hit the ball two times consecutively.

Simultaneous Contacts:

Two players may touch the ball at the same moment.

When two teammates touch the ball simultaneously, it is counted as two hits (with the exception of blocking).

If they reach for the ball but only one of them touches it, one hit is counted.

If players collide, no fault is committed.

When two opponents touch the ball simultaneously over the net and the ball remains in play, the team receiving the ball is entitled to another three hits. If such a ball goes “out”, it is the fault of the team on the opposite side.

Characteristics of the hit

The ball may touch any part of the body.

The ball must not be caught or thrown. It can rebound in any direction.

Exceptions:

In defensive action of a hard driven ball. In this case, the ball contact can be extended momentarily overhand with the fingers.

For 4's Competitive only; open hand receive is acceptable on a hard-driven ball

Sets:

When contacting the ball with one hand, it must be with heel or palm of the hand, with straight, locked fingertips, knurled fingers.

Faults in playing the ball

FOUR HITS: a team hits the ball four times before returning it.

ASSISTED HIT: a player takes support from a teammate or any structure/object in order to hit the ball within the playing area.

CATCH: the ball is caught and/or thrown; it does not rebound from the hit.

DOUBLE CONTACT: a player hits the ball twice in succession or the ball contacts various parts of his/her body in succession.

SET OVER: an open handed set shot over the net is **only allowed in 6's**. One-handed placement or redirection of the ball with the fingers is a fault.

BALL AT THE NET

Ball touching the net

While crossing the net, the ball may touch it.

Ball in the net

A ball driven into the net may be recovered within the limits of the three team hits.

PLAYING AT THE NET

Do not touch net at any time.

SERVICE

Service order

When the serving team wins the rally, the player who served before, serves again.

When the receiving team wins the rally, it gains the right to serve and the player who did not serve last time will serve.

Execution of the service

The ball shall be hit when one hand or any part of the arm after being tossed or released from the hand(s).

Only one toss or release of the ball is allowed. Moving the ball in the hands is permitted.

The server may move freely within the service zone. At the moment of the service hit or take-off for a jump service, the server must not touch the court (the end line included) or the ground outside the service zone. His/her foot may not go under the end line.

After the hit, he/she may step or land outside the service zone, or inside the court. If the line moves because of the sand pushed by the server, it is not considered a fault.

If the ball, after having been tossed or released by the server, lands without being touched or caught by the server, it is considered as a service. No further service attempt will be permitted.

ATTACK HIT

Faults of the attack hit

A player hits the ball within the playing space of the opposing team.

A player hits the ball "out".

A player completes an attack-hit using an open-handed finger action or if using finger tips that are not rigid and together.

BLOCK

Blocking

Blocking is the action of players close to the net to intercept the ball coming from the opponent by reaching higher than the top of the net, regardless of the height of the ball contact. At the moment of the contact with the ball, a part of the body must be higher than the top of the net.

Blocking within the opponent's space

In blocking, the player may place his/her hands and arms beyond the net, provided that this action does not interfere with the opponent's play. Thus, it is not permitted to touch the ball beyond the net until an opponent has executed an attack hit.

Blocking the service

To block an opponent's service is forbidden.

Additional Information

Co-ed leagues will not use referees and will use the honor system.

All teams are responsible for cleaning up after their players and fans.

Glass containers are prohibited.

Weather information 830-248-1505