



CO-ED SAND VOLLEYBALL RULES

WAIVER OF LIABILITY

All participants must complete a waiver of liability form. All participants in the league assume the risk of injury. The City of Wahoo and the Village of Mead, its volunteers, and employees shall not be liable for injury to person, loss or damage to personal property arising from or in any way resulting from participation in the league.

TEAMS

1. A team consists of 4 players, with a minimum of 2 women. A team may start a game with a minimum of 2 players, of which 1 must be a woman.

SHORTAGE OF PLAYERS

2. Teams may pick up a maximum of 2 players from other teams if they have less than the 4 players. Teams must use all of their team players first and may only pick up Parks and Rec coed Volleyball League players as substitutes. If a game begins with these substitutes and the teams' eligible players eventually show up, they must be inserted in the line-up immediately in favor of the substitutes. You may not pick-up players for the playoffs. If a team is short players, they will lose by forfeit.

TIMING AND SCORING REGULATIONS

3. A match shall consist of a best 2 out of 3 during the regular season and the playoffs.
4. A game is over when one team scores 30 points (3rd game if necessary is to 15). The winning team must have at least a two-point advantage. If a 30-30 score exists, play will continue until one team wins by 2 points. If a game is tied when game time expires, next point wins the game. All three games must be played within the hour time block. Playoff games will have no time limit.
5. Rally scoring will be used

SERVING REGULATIONS

6. A coin toss will be done between the two opposing captains.
7. Blocking the serve is illegal.

8. Only one “re-serve,” is allowed meaning that a player may not drop a bad toss without serving and then toss it again to serve.) Faults on the serve may occur when:
 - a) ball touches teammate
 - b) ball is passed under the net
 - c) ball goes out of bounds.

9. The ball is out-of-bounds when it touches any surface, object, or ground outside the sand court. A ball may be played from out-of-bounds from your territory only. It illegal to touch the opponent’s court in the act of playing a ball.

LEGAL & ILLEGAL HITS

10. The ball must be cleanly hit. The following constitutes a legal hit:
 - a. Contacting the ball with the heels of the hands, fists, or arms.
 - b. A closed fist punching at the ball.

The following constitutes illegal hits:

- c. Ball visibly comes to rest
- d. Held ball
- e. Successive contacts
- f. Attacking the serve
- g. Contact with body part below the waist (foot, knee, etc)

FAULTS

11. The following types of faults can occur during an attempt to play the ball:
 - a. Player touching net.
 - b. Hand or hands over top into opponents’ side of net in hitting ball.
 - c. A team contacts the ball four times before returning it to the opponents.
 - d. Serve out of turn. (Loss of points scored by ineligible server.)
 - e. A player contacts the ball twice in succession or the ball contacts various parts of the player’s body successively.

BLOCKS

12. A ball touched by a player, playing close to the net, and attempting to block a shot by an opponent shall not be counted as one of the three taps permitted by his team. He/she may block the shot and play the ball before a teammate touches the ball.

ROTATION

13. Rotation is open meaning a player can stay in the front row at all times (with the exception of when it their turn to serve)

TIMEOUTS & SUBSTITUTIONS

14. Substitutions may be made anytime the ball is dead. There is no limit on subs.
15. Each team is allowed only 1 one-minute time out per game. Time-outs may be requested any time the ball is dead.

COURTESY AND RESPECT

16. Teams must end play on the hour --- (i.e., 7:30, 8:30, etc.), whichever team is ahead at this time will be declared the winner. Teams scheduled to play at this hour may claim the court at this time with the following exception: if the game is tied the teams may continue to play until the next point is scored -- (the winning margin in this case is one point). If all 3 games are completed before the hour, these teams having just completed play, may continue to practice on the court until 5 minutes before the hour, when they must yield to the teams of the following game.
17. Teams must be ready to play at the schedule time. If a team shows up more than 5 minutes late, the team that arrived on time has the following options:
 - a. They may claim forfeit of all three games.
 - b. They may claim forfeit for one game and agree to play #2 and #3 games

Forfeits are allowed but not recommended (remember your opponent paid for 6 games and we do have subs). If your team forfeits they must contact Wahoo Parks and Rec/Bob Schmidt 48 hours prior to game time. If they do not, removal from the tournament and possibly the league will occur. "No Shows" are NOT allowed.