

## **Recreational Sand Volleyball League Rules**

### **Court Size:**

- 5<sup>th</sup>-8<sup>th</sup>: 16 x 8 meters

### **Ball:**

- 5<sup>th</sup>/6<sup>th</sup>: Volley-lite
- 7<sup>th</sup>/8<sup>th</sup>: Regulation Ball

### **Equipment:**

- YMCA Volleyball t-shirt included in registration
- Jewelry is NOT allowed to be worn during youth sports matches/games. This includes NO earrings. (cannot tape earrings)
- No hard cast/splint allowed during games/matches

### **Net Height:**

- 5<sup>th</sup>/6<sup>th</sup>: 6'6"
- 7<sup>th</sup>/8<sup>th</sup>: 6'11"

### **Number of Players:**

- All teams will play with 4 players on the court.

### **Scoring/Time limit:**

- Rally scoring
- First two sets, play to 21, cap at 23
- Third set, play to 15
- 40-minute time limit
- Each team is permitted 1 30-second timeout each set (the clock will not stop)

### **Rotation/Substitutions**

- "Y" Rotation
- Players rotate in back left and rotate out after service rotation
- No substitutions, everybody plays

### **General Rules:**

- Adult representative/coach is required at all games
- Any player may contact the ball with any body part, above or below the waist.
- A ball touching any part of the boundary line is in.
- A ball contacting the antenna above the net is immediately considered out.
- It is permissible to run out-of-bounds to play a ball.
- Players are not permitted to scoop, hold, or throw the ball.
- The ball must not visibly come to rest on the players hands, fingers, or any part of the body.
- A player shall not make successive contacts of the ball unless they have blocked a spike at the net.
- One person may play the ball twice during a volley but not twice in succession.
- 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.
- The ball must always be returned over the net by the third contact.
- A block is not considered in the 3 contacts.

**Serving/Serving Limits:**

All participants are allowed to serve under or overhand.

5<sup>th</sup>/6<sup>th</sup>: Limited to 3 serves in a row maximum

7<sup>th</sup>/8<sup>th</sup>: Limited to 5 serves in a row maximum

**5<sup>th</sup>/6<sup>th</sup>:**

- Allowed to step in approx. one foot from the end line
- Allowed 2 attempts on 1<sup>st</sup> attempt back serving each rotation
- Each player can serve up to 3 continuous serves. Once the player has served 3, the opposing team will rotate and serve. The team will not get a point unless they won the rally.
- Let serve is not allowed
- Foot faults will not be called

**7<sup>th</sup>/8<sup>th</sup>:**

- Required to serve from behind the end line.
- Only 1 attempt for each server.
- Each player can serve up to 5 continuous serves. Once the player has served 5, the opposing team will rotate and serve. The team will not get a point unless they won the rally.
- Let serve is allowed
- Foot faults will be called

**Net Play:**

- Players may never touch the net.
- A player may reach under the net as long as they do not interfere with an opponent's attempt to play the ball.
- A player may reach over the net to block, but not to interfere with the opposing teams play.

**Violations:**

- Lifts/Throws may be called loosely to encourage good volleys and focus on skill development
- The double contact rule will not be in effect