

Woodhaven Parks & Recreation Department
Co-ed Sand Volleyball

Rules

Team and Players:

1. Games are played with 4 players to a side. Games may not be played with fewer than 2 participants. As late players arrive, they will be added to the line-up on a dead ball with no penalty. Please properly warm-up before you begin play.
2. There can not be more men than women on the court at one time, but you may play with more women than men.
3. To start the game a coin shall be tossed. The team that wins the toss has its choice of service or court. The team that loses has the remaining choice.
4. Teams may play an entire game with 4 original players, or may choose to use a rotation. Extra players must rotate into the service position upon gaining the ball for the serve.
5. Any player on the sidelines that is on the team roster may be used as a substitute.
6. **With permission of the opponent captain, a team that has fewer than 4 players present may use a guest player from another team provided that player is on a league roster.**
7. If there is more than one hit on a side, at least one of the three hits must be by a female.
8. A team must be present at their schedule start time. If unable to field a team at the start, the team forfeits the first game. If unable to field a team 10 minutes after the schedule start time, the match is forfeited.
9. **A complete roster of all team members eligible to play will be submitted by the team's 6th league game.**

Position of players:

1. The Right Back shall serve the ball from behind the end line and between the sidelines of the court.
2. Other players shall be entirely within the playing area. There is no penalty for overlapping. Players must follow service side out order.

The Serve:

1. A serve is dead and the service lost if the ball touches a team-mate of the server; touches the net; or lands out of bounds. Note: Incidental contact with posts is legal if there is no interference with another play.
2. A served ball may not be played by the receiving team until it has completely crossed over the net. A legal serve must take place before it may be played.

3. A point is awarded on every serve. If the serving team loses the point, the serve goes over to the other team.
4. **All matches during the season will consist of 3 games. The first 2 games will be played to 21 win by 2 or first team to 25. The third game will be played to 15 win by 2 or the first team to 18 points.**
5. The teammate of the server may not obstruct the view, intentionally or unintentionally, of the players receiving the serve. At their request, he/she must move to grant them a clear view of the server's action.
6. A serve may not be spiked or blocked by the opposing team on the first hit.
7. Receive of service must be bumped. A bump is described as playing the ball with a closed fist, clasped hands or the heel of the hand. Any service played off the finger tips or an open palm shall be called a carry.
8. The server must wait to serve the ball until the players are in position and the official blows the whistle to serve.
9. The server may serve the ball from anywhere behind the end line and between the sidelines of the court.

Net Play:

1. A player shall not contact the net or any of its supports while the ball is in play. Note: incidental contact with the post is legal as long as it doesn't interfere with play.
2. A player may follow through over the net providing he/she first makes contact with the ball on his/her side of the net.
3. A player may cross under the vertical plain of the net as long as he/she doesn't interfere with play.
4. A ball may touch the net on its way into the opponent's court.
5. A ball which has partially crossed the net may be played by an opponent except on the serve.
6. A player may not reach over the net to block a first or second hit if the opponent is there or has a chance to play the ball
7. A blocked ball does not count as one of the 3 hits allowed on a side. If the blocked ball comes down on the blocker's side of the net, that team has 3 remaining hits. The blocker may contact the ball again after blocking it.
8. Two handed spiking is illegal.
9. If the force of the ball carries the net into contact with a player, there is no violation.
10. No player may interfere or threaten to interfere with verbal or physical abuse, with an opponent's play.

Playing the Ball

1. If two players play a ball simultaneously, it is considered one play. Both players are eligible to participate in the next play.
2. A player may not play the ball twice in succession except after blocking the ball at the net.
3. A player may not hit the ball with one hand, then with the other hand.
4. A ball may be contacted with any part of the body.
5. A team shall not play the ball more than 3 times before it crosses the net.
6. A player may go outside the court area to play a ball provided he/she does not contact the net or net supports.
7. A ball may be played off the net, but not off the net's supports or the pole.
8. The ball must cleanly hit and must rebound immediately from any part of the body. The ball should not be held, caught, pushed, thrown or lifted.
9. In setting the ball, the palms of the hand should not touch the ball. The arms should move straight out from the body at equal distance.
10. A team may call one time out, 30 seconds in length, in each game.

Setting:

1. The ball may not come visibly to rest in setter's hand.
2. The ball must be contacted simultaneously by both hands during direction of the set.
3. When the ball is set into the opponent's court, the player must be facing the net.
4. Contacting the ball with one hand with a heel or palm (roll shot), straight locked finger tips, knuckle fingers or with back hand is legal.
5. One handed placement or re-direction of the ball with fingers (dink or open hand tip) is illegal.

Tie Breaker:

1. Regular season records will be used for seeding the tournament. In the event of a tie record the following system will be used for determining position:
 - a. Wins in head-to-head competition
 - b. Most points in head-to-head competition
 - c. Total Point Differential
 - d. Coin Flip

Facility Rules:

1. No drugs allowed
2. Players must leave the facility by 10:00 PM
3. If there is inclement weather, contact the Recreation Department about court conditions. Phone 734-675-4926

PLAYER CONDUCT

1. The league coordinator shall have the power to impose disciplinary action to any player who commits, in the league coordinator's opinion, any of the following gross violations of sportsmanship.
 - a. Persistently addressed players or officials in regard to decisions.
 - b. Makes derogatory remarks about an official or player.
 - c. Commits derogatory acts to officials or players tending to influence their decisions or deceive them.
 - d. Makes personal and derogatory remarks about or to opponents.
 - e. Use of profanity.
 - f. Any other conduct considered unsportsmanlike.
2. Disciplinary action will be assessed against a player each time he/she intentionally kicks or hits the ball out of the area of play before, during or after a game.
3. Any player intentionally damaging any of the equipment (nets, balls, poles, ropes, etc.) will be required to pay for the damaged equipment as well as receive disciplinary action.
4. A player shall not commit any act which in the opinion of the league coordinator tends to slow down the game unnecessarily.
5. If a team forfeits a match for any reason, they must pay the designated fee to the Recreation Department before they will be allowed to play their next match.
6. Physical assault of any Woodhaven Parks and Recreation Department's representatives, employees or program participants by any player, shall result in immediate disqualification for participation in any league for a period of one year. In extreme instances (major injury), a player may be disqualified for life.
7. The manager is responsible for the conduct at their players.