



Sand Volleyball Rules

General Rules

Rotating/Serving:

- Serves must be alternated between team members after a loss of serve occurs.
- Let serves (serves that hit the net and go over the net to the opponent's side of the court) are considered live and should be returned by the opposing team.

Bumping/Returning:

- Players may return a serve or any hit from the opposition by:
 - 1) bump pass
 - 2) clasping their hands together
 - 3) a closed fist
 - 4) a set (as long as the ball is not caught or carried)

Setting:

- Setting the ball must be executed using the fingers of one or two hands; if using both hands, the ball must come in to contact with both hands simultaneously and leave both hands simultaneously. Failure to do so will result in a double hit.

Blocking:

- Blocking of a serve is illegal.

Illegal Contact:

- No player should come in contact with the net, whether inadvertent or not (this includes when a player is attempting a bump, set, spike, etc.).

Boundary Lines:

- Out of bounds is considered to be anywhere outside of the designated court lines.
- A ball which lands on the line is considered to be in bounds.

League Set-Up/Playoffs:

- League play consists of a 7-week regular season.
- The top 4 teams at the conclusion of the regular season play will make the playoffs.

Cancellations/Rainouts:

- Matches may be cancelled due to existing weather conditions, dangerous or unplayable field conditions, facility constraints, etc.
- Hermes Sports & Events makes an effort to play all scheduled games; therefore, we will not cancel matches until absolutely necessary.

Timeouts:

- One 20 second timeout per team, per game.

Substitution:

- Men must substitute for men and women must substitute for women.
- Unlimited substitution can be made, as long as one player does not occupy more than one position in the service order during a single set.

Scoring:

- All games are played to 21 using rally scoring.
- Teams must win by 2 with a cap at 25.

Coed Doubles**Overview:**

- Each match consists of 3 games.
- Each game is to be played up to 21 (win by 2 with a cap at 25).
- Each team must have 2 players (minimum 1 female and 1 male at all times)
- Rally scoring is used at all times (i.e. you don't have to be serving to score).
- Each team is allowed three hits per possession (including the initial block).

Beginning the Game:

- Possession will be determined by a coin flip; the winner of the coin flip has 2 options:
 - Choose to serve first, or
 - Choose which side they prefer to play on.

Forfeits:

- Any team with less than 2 players present at the scheduled time of the match will be forced to forfeit.

Intermediate & Competitive 4's**Overview:**

- Each match consists of 3 games.
- Each game is to be played up to 21 (win by 2 with a cap at 25).
- Rally scoring is used at all times (i.e. you don't have to be serving to score).
- Each team is allowed three hits per possession (not including the initial block).

Beginning the Game:

- Possession will be determined by a coin flip; the winner of the coin flip has 2 options:
 - Choose to serve first, or
 - Choose which side they prefer to play on.

Team Composition:

- Each team consists of 4 players on the court at one time; however, a team can compete with as little as 2 players.
 - If playing with 4 players, 2 players must be female.
 - If playing with 3 players, 1 player must be female.
 - If playing with 2 players, 1 player must be female.

Forfeits:

- Any team with less than 2 players present at the scheduled time of the match will be forced to forfeit.

Recreational & Intermediate 6's**Overview:**

- Each match consists of 3 games.
- Each game is to be played up to 21 (win by 2 with a cap at 25).
- Rally scoring is used at all times (i.e. you don't have to be serving to score).

- Each team is allowed three hits per possession (not including the initial block).

Beginning the Game:

- Possession will be determined by a coin flip; the winner of the coin flip has 2 options:
 - Choose to serve first, or
 - Choose which side they prefer to play on.

Team Composition:

- Each team consists of 6 players on the court at one time; however, a team can compete with as little as 4 players.
 - If playing with 6 players, 3 players must be female.
 - If playing with 5 players, 2 players must be female.
 - If playing with 4 players, 2 players must be female.

Forfeits:

- Any team with less than 4 players present at the scheduled time of the match will be forced to forfeit

Rotation/Serving:

- Team members must rotate on the court and must remain in that position until the serve has been contacted.
- The player in the back right hand corner of the court will be designated to serve.
- All rotations are to take place in a clockwise fashion
- Let serves (serves that hit the net and go over the net to the opponent's side of the court) are considered live and should be returned by the opposing team.

