



Asheville, NC | Est. 2019

Sand Volleyball Rules

Stonewall Sports - Asheville Sand Volleyball will operate under the competition rules and regulations as outlined in the 2015-2017 Beach Domestic Competition Regulations as presented by USA Volleyball. The rules below are specific to Stonewall Sports and supersede the rules in the USA Volleyball handbook.

For the purposes of a co-ed, recreational league, Stonewall Sand Volleyball will utilize a net height of 7'11 5/8".

I. Match Time and Number of Sets

- A.** Each match will be played as the best of 3 sets. The first two sets of a match will be played to 25, utilizing rally scoring.
 - 1.** If a third set is necessary, it will be played to 15 utilizing rally scoring.
- B.** The first team in a set to score 25 points (or 15 in the third set) will be the winner of that set.
 - 1.** Teams will change sides at the completion of the 1st set. If a 3rd deciding set is necessary, teams will switch sides again for the 3rd set.
- C.** If the set score reaches 25-25 (or 14-14 in the third set), the first team to reach a two-point advantage (e.g. 27-25 or 16-14) will be the winner of that set.
- D.** Matches are limited to 45 minutes of playing time.
- E.** If a match reaches the time limit before the completion of the deciding set, the teams will finish the current set. If the conclusion of that set does not determine the winner of the match (a 1-1 match score), then the third set will be played, but the score needed to win the set will be reduced to 10 and no game interruptions will be permitted (including substitutions).

II. Team Composition

- A.** A team will consist of a minimum of four (4) players and a maximum of six (6) players, including the Captain.
- B.** A team must have at least four (4) players present at match time.
 - 1.** If a team does not have four (4) players, that team will receive a forfeit.
- C.** The team captain should present the lineup to the opposing team at the beginning of each set. The team must maintain this serving rotational order throughout the set. Players are allowed to change rotational positions on the court at any point in the match.

D. If a player is not present at the time when lineups are exchanged, they cannot play until the next set. The opposing team's captain must be provided an updated lineup. No players can be added after the beginning of set 2.

III. The Uniform

A. All players must wear the Stonewall Sports Asheville shirt appropriate to the sport and season.

C. Protective equipment is not required but can be worn as long as it is not a hazard to other players.

IV. Referees/Line Judges

A. Each team must have at least one (1) head referee for all games they are scheduled to referee.

B. The referee schedule will be released with the season game schedule.

V. Starting the game

A. The winner of a single Rock, Paper, Scissors game has the choice of service or side of the court. The opposing team makes the remaining decision.

1. In Tournament Games, the higher seed has the choice of service or side.

B. The team not serving first in the first game shall serve first in the second game.

C. Service and side of the court will be determined for the third game and will be determined by an additional game of Rock, Paper, Scissors.

D. The referee signals for service before each serve.

E. Service may be underhand or overhand. Servers must make contact with the ball on the initial toss. Failure to do so results in loss of serve and point to the other team. (No redo's of serve tosses)

VI. Substitutions

A. No change will be made in the position of other players when substitutions are made.

B. There is no limit on the number of players permitted to substitute at one time.

C. There is no limit on the number of times a player may enter and re-enter the game

D. If a player is injured and there are no remaining eligible substitutes in that serving spot, then the opposing team must pick a substitute from a different serving spot on the injured player's team to take that spot in the line-up.

1. Bleeding players, or players with blood on their uniform, must be replaced.

VII. Playing the Ball

- A.** A legal hit is contact with the ball by any part of a player's body, including the head or feet, which does not allow the ball to come to rest even momentarily.
- B.** The ball must be clearly hit: throwing, lifting, or shoving the ball are illegal.
- C.** A team has three hits to return the ball over the net.
- D.** One player may not hit the ball twice in succession
- E.** Simultaneous contact by two or more players on the same team is considered one play, and any player is eligible to play the ball again.
- F.** In defensive action of a hard-driven ball, the ball contact can be extended momentarily even if an overhand finger action is used.(this is a judgment call and referees use discretion)
- G.** Positions: Players are free to position themselves, there are NO determined positions on the court
- H.** Service:
 - 1. Service order must be maintained throughout the set.
 - 2. When the receiving team has gained the right to serve, its players do not have to rotate positions.
 - 3. Only one toss or release of the ball is allowed. The server must hit the ball within 5 seconds after the 1st referee whistles for service.
 - 4. The server may move freely within the service zone. At the moment of service hit or take-off for a jump service, the server must not touch the court. His/her foot may not go under or touch the end line.
- I.** Consecutive Contact: A player may not hit the ball two times consecutively:
 - 1. At the first hit of the team, provided it is not made overhand with fingers, consecutive contacts are permitted provided that the contacts occur during one action. During the first hit of the team, if it is played overhand using fingers, the ball may NOT contact the fingers/hands consecutively, even if the contacts occur during one action.
 - 2. When blocking, consecutive contacts may be made by one or More players, provided that they occur during one action
 - 3. Extended contacts: In defensive action of a hard-driven ball, the ball contact can be extended momentarily even if an overhand finger action is used.
- J.** Blocking:
 - 1. 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.
 - 2. To block an opponent's service is forbidden.
 - 3. In blocking, a player may touch the ball beyond the net, provided that he/she does not interfere with the opponent's play before or during the attack-hit.

4. After an attack-hit, a player is permitted to pass his/her hand beyond the net, provided that the contact has been made within his/her own playing space.

5. Should a player block any part of the ball in which it remains in play of their side, a block at the net does NOT count as the teams first hit

K. If two opponents simultaneously contact the ball above the net, the ball remains in play, and the team receiving the ball is entitled to another three hits.

1. If the ball lands out of bounds, it is the fault of the team opposite the net from where the ball lands.

L. The ball is allowed to hit the net while traveling over the net, this includes on the serve.

M. A player may not touch ANY part of the net while the ball is in play.

N. A player may not enter the boundaries of a neighboring court to play a ball. If the boundaries of a neighboring court are entered, it will result in a stop in play and loss of point.

O. Players may land or enter the opposing side of the net as long as no interference occurs. This is a referee judgment.

P. Pursuit of the ball outside the playing area MUST result in going outside the poles to play the ball. A player may not go under the net to retrieve a ball for their team.

VIII. Interruptions

A. Each team may request a maximum of one time-out per set. All requested time-outs last for 30 seconds.

B. ONLY captains are allowed to speak to match referees.

C. If a ball from a neighboring court enters the play area, play will be stopped **ONLY** if it is judged to be a hazard to active play. Game interruption is at the discretion of the officials. The rally will be replayed.

D. Should a serious accident occur while the ball is in play, the referee must stop the game immediately and permit medical assistance. The rally will be replayed.

1. An injured player is given a maximum of 5 minutes recovery time. If a player is unable to return to play at the conclusion of recovery time, they are ineligible to return during that match.

IX. Misconduct

A. During the game, if a player(s) exhibits any behavior that breaches a rule of the league or the Stonewall Sports organization, verbal warnings and/or removal from the match can be issued by the game's referee or a board member.

B. Warnings will be issued in 3 stages:

1. Verbal warning to the Captain

2. Verbal warning to the individual(s) committing the

discretion but enforced for the entire team.

3. Player is removed from the match by the head referee. The player must be legally substituted.

- i. If a legal substitute is not available the team will immediately forfeit the remainder of the match. Results will count toward advancement.