



SAND VOLLEYBALL RULEBOOK

2022 EDITION

GAME SETUP	3
THE COURT	3
EQUIPMENT	3
PARTICIPANTS	4
REFEREE	4
TEAMS, CAPTAINS & PLAYERS	4
SUBSTITUTE PLAYERS	4
GAME PLAY	5
REGULATION GAMES & MATCHES	5
RALLY SCORING	6
SERVICE & ROTATION	6
HITS (BUMPS, SETS, SPIKES) AND BLOCKS	7
FAULTS	8
SEASON & TOURNAMENT	9
STRUCTURE & SEEDING	9
TOURNAMENT RULES	9

GAME SETUP

1. THE COURT

- 1.1. The court shall be created on sand and consist of 2 playing zones with dimensions of at least 25'x25' but no larger than 30'x30'. The 2 playing zones are separated by a 39" net that may have a total height of 7'-8' depending on the court. The total dimensions of the court should be at least 25'x50' and no larger than 30'x60'.
 - 1.1.1. The court should be surrounded by at least 8 feet of sand to ensure player safety.
 - 1.1.2. The side and end lines must be marked by visible boundaries,

2. EQUIPMENT

- 2.1. While participating, players must properly wear proper athletic clothing designated for their use.
 - 2.1.1. Players may choose not to wear shirts during play.
 - 2.1.2. Players should not wear shoes during play.
- 2.2. Players may wear protective equipment providing it does not offer the wearer an unfair performance advantage. Any equipment deemed by the League Manager as a performance enhancement must be removed or the player will be removed from play.
- 2.3. The official volleyball used by the league is a MIKASA VLS300, BEACH CHAMP.

PARTICIPANTS

3. REFEREE

- 3.1. Referees do not actively watch the games for faults or violations. Games are self-referred by the participants and disputes should try to be resolved by the participating teams. A referee will be present to clarify any rules and recommend a resolution if asked.

4. TEAMS, CAPTAINS & PLAYERS

- 4.1. Each match shall have two (2) participating teams.
- 4.2. Each team must have between six (6) and eight (8) players on their roster.
- 4.3. A team must have a minimum of two (2) and a maximum of five (5) players on the court at a time.
 - 4.3.1. Teams must play all of their available players and cannot withhold players from participating in games, unless their players are injured.
 - 4.3.2. Teams with more than the maximum number of players allowed on the court will rotate a player onto the court after a change of service, replacing a player already on the court.
- 4.4. Each team must field at least three (3) of their own rostered (non-substitute) players.
- 4.5. Each team must decide on a captain. Captains must ensure that all players participating in the game serve in the correct order;

5. SUBSTITUTE PLAYERS

- 5.1. A team must have a minimum of two (2) players to start the game, of which two (2) must be their own rostered players in order to avoid a forfeit. Teams with less than five (5) players may add substitute players to their rosters in accordance with the following:
 - 5.1.1. A team with 2, 3 or 4 players may add 1, 2 or 1 substitute players, respectively.
 - 5.1.2. Teams in the Competitive Division may only add substitute players from outside of the league or from the Competitive Division or Social Divisions.
 - 5.1.3. Teams in the Social Division may only add substitute players from outside of the league or from the Social Division.
- 5.2. If a player from the team's roster shows up they must immediately take the place of a substitute player. They will inherit the serving order position of the replaced player.
- 5.3. Substitute players are eligible to participate if:
 - 5.3.1. They are currently registered players in OUT Beach Volleyball.
 - 5.3.2. They are non-league players who have signed the substitute waiver form. Non-league players are allowed to substitute a maximum of two (2) times per season

GAME PLAY

6. REGULATION GAMES & MATCHES

- 6.1. Teams play three (3) regulation games (sets) in a match.
 - 6.1.1. A game is won by the team which first scores 21 points with a minimum lead of two points. In the case of a 20-20 tie, play is continued until a two-point lead is achieved or a team scores 25 points.
 - 6.1.2. Teams have 50 minutes to play 3 games. If time is short, the third game in a match may be played to 15 points.
 - 6.1.3. All 3 games are played to help determine playoff seeding by winning percentage.
- 6.2. The team that wins two (2) out of three (3) games is the winner of the match.
- 6.3. Rally scoring is in effect. That means a team can score points on offense or on defense.
- 6.4. Teams will flip a coin or play rock-paper-scissors before the game, the winner will determine either if they want to serve first (for both the first and third games) or the side of the court to play on.
- 6.5. Format is 5 vs 5 players. Teams may use 3 or 4 players in the event they do not have 5 players available. Teams with more than 5 players will rotate players in during the game. (see Rule 8.5.2)
 - 6.5.1. Late arriving players may enter the game in-between service attempts. If a team has more than 5 players they must begin the game out of play and be rotated in. (see Rule 8.5.2)
- 6.6. **Forfeits** - Teams must have at least three (3) players, of which three (3) must be their own rostered players, participate in a game to avoid a forfeit. In the event of a forfeit, teams are encouraged to play a friendly scrimmage. A Forfeited match will be recorded as a 3-0 game win for the non-forfeiting team.
 - 6.6.1. Games may be delayed by a maximum of 5 minutes for teams with less than three (3) players to find substitute players or wait for players to arrive.
- 6.7. A match that is called off by the Referee after two full games shall be considered a completed match and will not be rescheduled. Any points scored during a game in-progress will not count.
 - 6.7.1. A match may end in a tie if called off by the Referee.

7. RALLY SCORING

- 7.1. A rally begins when the ball is served.
- 7.2. During a rally, the serving team scores a point and continues to serve when:
 - a) On service, the ball lands in the receiving team's court
 - b) On service, the ball lands on the sideline or on the baseline
 - c) The receiving team faults
- 7.3. During a rally, the receiving team scores a point and earns right to serve when:
 - a) The serving team fails to serve the ball over the net
 - b) On service, the ball lands in area that is out of play
 - c) The serving team faults

8. SERVICE & ROTATION

- 8.1. The server may serve the ball either underhand or overhand.
- 8.2. The server must serve the ball behind their endline and between the sidelines.
- 8.3. The first service in a set is determined by coin flip or rock-paper-scissors (see Rule 6.4)
- 8.4. A ball striking the net and going over is a legal serve and still in play.
- 8.5. **Service Order** - Teams must serve the ball in their correct serving order with players rotating into new positions on the court. After the first service in a set, the player to serve is determined:
 - 8.5.1. when the serving team wins the rally, the player who served before, serves again.
 - 8.5.2. when the receiving team wins the rally, it gains the right to serve and the next player in the serving order will serve. Teams with more than 5 players should rotate players in and out of play after a change of possession. The in-bound player becomes the next server.
- 8.6. **Positions & Rotation** - Teams can establish whatever formation they choose. However, once a team gains the right to serve, all players on a team must rotate into the next position of their established formation.
 - 8.6.1. Teams should rotate in a clockwise direction.
 - 8.6.2. Players may move to any location on the court after an attempt at service.
 - 8.6.3. If a team has 6 or more players, one player is rotated out of play and another player is rotated into play and becomes the next server.
- 8.7. Service Faults (see FAULTS)

9. HITS (BUMPS, SETS, SPIKES) AND BLOCKS

- 9.1. A player may use any part of their body, except the palm and fingers during an underhanded attempt (see Rule 10.3.2), to hit the ball.
- 9.2. The ball may be hit a maximum of three (3) times by a team before it is sent over the net.
 - 9.2.1. Two players touching the ball at the same time counts as two (2) hits.
 - 9.2.2. A player may not hit the ball twice in succession unless executing a block.
- 9.3. **Blocks** - Blocking is the action of players at the net intercepting the ball coming from the opponent by reaching higher than the top of the net. At the moment of contact with the ball, a part of the body must be higher than the top of the net.
 - 9.3.1. A blocked ball may be hit immediately again by the blocking player.
 - 9.3.2. A block counts as one of the three (3) hits during a volley.
 - 9.3.3. A blocking player may reach over the net to hit the ball as long as they don't interfere with the opposing team's attempt to a ball or hit the net.
- 9.4. **Spike**s - A spike is when a ball is contacted while jumping at a height above the net. Spiking is prohibited in the social division and counts as a fault.

10. FAULTS

- 10.1. **Out of Bounds** - any team serving or returning a ball that hits the ground or an object outside of the boundaries of the playing zone is considered a fault.
 - 10.1.1. Balls hitting any part of the boundary are considered in bounds.
- 10.2. **Service Faults** - faults occurring on the initial service.
 - 10.2.1. Service using any non-hand or arm body part
 - 10.2.2. Service out of order or teams failing to rotate player positions
 - 10.2.3. Service in front of the endline or beyond the sidelines
 - 10.2.4. Service that hits the net (without going over), a teammate, or fails to cross over the net
 - 10.2.5. Receiving team blocking the service
- 10.3. **Hit Faults** - Faults occurring after the service.
 - 10.3.1. Four Hits - A team hits the ball four times before returning it
 - 10.3.2. Carries and Lifts - the ball is caught and/or thrown; the ball is hit underhanded with the ball touching the palm of the hand or fingers.
 - 10.3.3. Double Contact - when not executing a block, a player hits the ball twice in succession or the ball contacts various parts of their body in succession.
 - 10.3.4. Spike - a spike (see Rule 9.4) is considered a fault in the Social Division.
- 10.4. **Net Faults** - Faults occurring at the net.
 - 10.4.1. Touching the Net - the net comes into contact with any part of a player's body.
 - 10.4.2. Early Block - A player touches the ball or an opponent in the opponent's space before or during the opponent's return.
 - 10.4.3. Interference - A player interferes with the opponent's play while penetrating into the opponent's space under the net.

SEASON & TOURNAMENT

11. STRUCTURE & SEEDING

- 11.1. At the closure of league registration the League Commissioner must finalize a divisional structure and schedule for the entire season.
- 11.2. The League Commissioner has the authority to transfer teams between divisions, schedule inter-division games, create free agent teams and allocate free agents to under-staffed teams to create a reasonable league structure.
- 11.3. In the event of teams having tied rankings going into the tournament, final standings will be based on the following tiebreaker structure:
1st tiebreaker: Head to Head matchup
2nd tiebreaker: Total Games Won
3rd tiebreaker: Coin Flip
- 11.4. If all teams with the same record DO NOT have an equal Head to Head matchup (i.e. 4 teams with the same ranking but only two have a head-to-head to evaluate), ALL teams will begin with the 2nd tiebreaker, Total Games Won, to establish the tiebreaker and continue with the 3rd tiebreaker outlined in Rule 11.3.

12. TOURNAMENT RULES

- 12.1. Teams are NOT permitted to use substitute players in the championship brackets of the tournament. Teams in consolation brackets, or teams eliminated from the championship bracket may use substitute players in accordance with Rule 5.1.
- 12.2. Winner is determined by first to 2 game wins in a match. Teams do not have to play a 3rd game if they have won the preceding 2 games or if time is short.
- 12.3. In the event of a rainout, games will be played on the season makeup date which was decided prior to the beginning of the season. Teams that cannot attend the makeup date will forfeit the game.
 - 12.3.1. An additional makeup date may be scheduled if one has already been utilized.



ABOUT THE RULEBOOK

These rules were created by OUT Sports League and influenced by rules from the FIVB (Fédération Internationale de Volleyball). OUT Sports League: Sand Volleyball Rulebook. Copyright © 2022 by OUT Sports League LLC.