



# Coed Summer Sand Volleyball

## League Rules

### I. LEAGUE ADMINISTRATION

- A. The league shall be administered by the Apex Parks, Recreation & Cultural Resources Department (APR&CR)
- B. The Department reserves the right to make any changes that they deem necessary for the betterment of the league and its play.
- C. The Department will supply volleyballs for each match.

### II. ELIGIBILITY

- A. All players must be 17 years old or older by July 1, 2025.
- B. All players must have signed the waiver/registration form and paid all fees before starting play.

### III. TEAM CONTACTS

- A. Each team shall have an official contact person. The contact must make certain that all team members receive all information distributed by APR&CR and are aware of the league rules.
- B. The team contact is the spokesman for the team during the matches.
- C. It is the responsibility of the team contact to call APR&CR's Activity Information Hotline, 249-3348, to determine the status of matches in case of inclement weather.

### IV. PLAYING RULES

*All rules will be governed by USVBA rules except for the local rules stated here.*

**A. Team/Roster:**

1. All players must have signed the wavier/registration form and paid all fees before starting play.
2. Team rosters may not exceed 15 players.
3. Players may be added to your team at the Recreation Department's discretion up to July 18.
4. Players added must be done Monday-Friday before 4pm to added to the roster the same day. Players signing up after 4pm will not be eligible until the following business day.

**B. Game Rules:**

1. Using the rally scoring system, each match will consist of two out of three games to 25 points. The winner of each game is the team that scores 25 points and is ahead by two, or the first team to 30 points. **NOTE:** The third game only will be played to 15 points, win by 2, first to 20.
2. The team listed as "home" on the game schedule will serve first in the first and third games. The team listed as "visitors" will serve first in the second game. The receiving team will choose which side of the net to be on to start each game. Teams will switch sides of the net after every 12 combined points.
3. Each team will consist of six players on the court. Two players must be women and two must be men at all times. A minimum of four players are allowed to start the match, but teams may not hold out players or substitute players in order to play with 4 or 5 players instead of six. ***This is a six on six league.***
4. There must be a minimum of two women and two men on the court at all times.

**C. Substitutions:**

1. Substitutions will be unlimited to the number of times a player may enter a game. Player must re-enter in the same place in the rotation each time throughout the game.
2. A team may use the rotation system prior to the start of each game and must continue the rotation throughout the game. Players must rotate in and out in the same order.

**D. Playing Rules:**

1. Double hits, lifts, carries and throws are illegal.
2. Players may not block or spike a serve.
3. Players cannot touch the net during play.

4. Players may go completely under the net and play the ball, but may not interfere with an opposing player.
5. Net serve scoring is legal. Meaning any ball that is served and makes contact with the net, falling inbounds in opposing court, it is a legal serve and should be played by the receiving team.
6. Playing areas shall be changed at the end of each game.
7. The ball may be played from the net.
10. The ball is playable when it passes inside the poles. If any part of the ball touches or goes over the poles, it is a fault.
11. A player may go outside the court to play the ball but not the playing area. Playing area is defined as the white poles or red line that surround the court.
12. Three minutes will be given to teams between games.
13. A player may have more than one toss attempt when serving.
14. **Note:** Because we are outside and the sun tends to play to one side, teams will switch sides after every 12 combined points.

**E. Forfeits:**

1. A team must have a minimum of four players to start a match (two women and two men).
2. For the first match of the day only, there will be a five (5) minute grace period given from the match start time to get enough players. If a team does not have the minimum number of players five (5) minutes after game time, they will forfeit the first game. If they do not have the minimum ten (10) minutes after game time, they will forfeit the match.
3. For all subsequent matches, teams will forfeit the first game if they do not have the minimum at game time and will forfeit the match if they are not ready to play five (5) minutes after game time.

**F. Sportsmanship:**

1. All problems of discipline or unsportsmanlike behavior will be handled according to APR&CR policy and procedures. A player can be removed from the league play due to unsportsmanlike behavior.
2. Profanity will not be tolerated and can result in immediate disqualification from present and future matches.
3. Berating other players or APR&CR staff members will not be tolerated before, during or after the matches.

**Penalty:** Any time a player, coach or spectator is ejected by an official or APR&CR staff member, they must leave the playing site immediately. That person shall be automatically suspended for a minimum of the next game the team plays

in. More games can be added to the suspension at the determination of the Department. A suspended player, coach or spectator may not be present at the playing site for the game(s) in which they are suspended. Game suspensions may apply to regular season games, tournament play and, at the discretion of the Department, may be carried over to the next season the player or coach registers for. Failure to abide by these policies may result in the team forfeiting the game and/or additional penalties.

Please remember that this is a recreational league and should be played for the fun and enjoyment of playing volleyball.

**G. End of Season:**

1. A single elimination tournament will be played at the end of the season.
2. Ties in league standings will be broken based first on head-to-head play and then if the teams are still tied, a coin flip.

**H. Awards:**

Players from the winning team of the tournament will each receive a championship t-shirt.