



## BEACH/SAND/GRASS/ VOLLEYBALL LEAGUE Rules of the Game - (VERSION #1)

The rules governing **beach/sand/grass** volleyball are basically the same as those governing indoor volleyball with a few small yet significant differences. Listed below are the rules of the game. Teams may play 3 games 21 points straight. Rally scoring is in effect for all games.

### BVB SPECIFIC RULES

- **2's (1 man and 1 woman)**
- **4's (2 men and 2 women)**
- **6's (3 men and 3 women)**
- Teams not able to field a "full" team may play with the consent of the opposing captain and/or league staff member.
- Check city policies for minimum number of players allowed. The opposing captain has the option of instilling the *Ghost Rule* : In 6's, if a team has 5 players for example, they must forfeit their serve after every 5th rotation. (for 4 players it will be the 4th rotation). This will allow the team with a full squad to serve back-to-back.
- There are no rules dictating to what extent a female or male may participate, i.e. the ball can be hit 3 consecutive times by either sex without penalty.

### SERVICE POSSESSION

- A team earns service possession for the start of the first game by winning a coin toss or a Rock/Paper/Scissors. The teams will then alternate service every other game.

### COMMENCEMENT OF PLAY

- **WARM-UP-** Each team will be allowed a maximum of 5 minutes for warm-up purposes, that of which will be included in your 60 minutes of playing time. This shall be monitored by the referee/court monitor.
- **THE SERVICE** - The service is the act of putting the ball into play by hitting the ball with one hand (open or closed) in an effort to direct the ball into the opponent's area. *Beach/Grass volleyball rules allow the service to be made anywhere along the end line.*
- **CHANGE OF SERVICE** - The team which receives the ball for service shall rotate one position clockwise before serving.

### PLAYING THE BALL

- **THREE CONTACTS** - Each team is allowed a maximum of 3 successive contacts of the ball in order to return the ball to the opponent's area. (Exception: In the action of blocking an attacking ball, the touch, or contact resulting from the block attempt does not constitute one of the three successive contacts.)
- **SIMULTANEOUS CONTACTS** - When two non-blocking teammates touch the ball simultaneously, it is considered one contact, and any player may make the next contact. When two blocking teammates touch the ball simultaneously, it is not counted as a contact, and any player may make the next contact.
  - When two opponents simultaneously and instantaneously contact the ball over the net, the ball remains in play and the team receiving the the ball is entitled to another three hits. If such a ball lands "out", it is the fault of the team on the opposite side of the net from where the ball lands.

- **CHARACTERISTICS OF THE CONTACT** - The ball can contact any number of body parts down to, and including the foot, providing such contacts are simultaneous and that the ball rebounds immediately and cleanly after such contact.
- **HELD BALL** - The ball must be contacted cleanly and not held, lifted, pushed, caught, carried or thrown. The ball cannot roll or come to rest on any part of a player's body. It can rebound in any direction.
- **HAND SETS** - A contact of the ball using the fingers of one or two hands to direct the ball toward a teammate is a set. The ball must come into contact with both hands simultaneously and leave both hands simultaneously to avoid a double hit call. A player may set the ball over the net in front or behind them only in the direction in which their shoulders are squarely facing. *Rotation of the ball after the set may indicate a held ball or multiple contacts during the set but in itself IS NOT A FAULT.*

Recent revisions to USA VB rules allow a player to return a serve with a two handed set. A set in this manner is extremely difficult and is not recommended for players not familiar with high level volleyball (i.e. club, NCAA etc.)

- **ATTACKING THE BALL OVER THE OPPONENTS COURT**- A player is not allowed to attack the ball on the opposite side of the net. If the ball is hit above the spikers side of the net and then the follow-through causes the spiker's hand and arm to cross the net without contacting an opponent or the net, the action does not constitute a fault.

### **BLOCKING**

- Blocking is the action close to the net which intercepts the ball coming from the opponents side by making contact with the ball before, during or after it crosses the net.
- **MULTIPLE CONTACTS** - Multiple contacts of the ball by a player(s) participating in a block shall be legal provided it is during one attempt to intercept the ball. Multiple contacts of the ball during a block shall be counted as a single contact, even though the ball may make multiple contacts with one or more players of the block.
- **PARTICIPATION AFTER A BLOCK** - Any player participating in a block shall have the right to make the next contact, such contact counting as the first of three hits allowed the team.
- **BLOCKING A SERVE** - Blocking or attacking a serve is prohibited.
- **BLOCKING A BALL ACROSS THE NET** - Blocking of the ball across the net above the opponent's court shall be legal provided that such a block is:
  - (1) After a player of the attacking team has spiked the ball, or, in the referee's judgment, intentionally directed the ball into the opponent's court, or has exhausted their third allowable hit.
  - (2) After the opponents have hit the ball in such a manner that the ball would, in the referees judgment, clearly cross the net if not touched by a player, provided no member of the attacking team is in a position to make a legal play on the ball
  - (3) If the ball is falling near the net and no member of the attacking team could reasonably make a play on the ball.

### **PLAY AT THE NET**

- **PLAYER CONTACT WITH THE NET** - No part of the body may touch the net at anytime unless a ball or person driven into the net causes the contact. Player contact with the net in a manner not directly relating to or affecting the course of play is not a violation. Contact with hair or part of the uniform will not be considered a fault.
- **SIMULTANEOUS CONTACT BY OPPONENTS** - If opponents contact the net simultaneously, it shall constitute a double fault and the point shall be played over.

**CROSSING THE CENTER LINE** - **Beach/Grass** volleyball allows any and all parts of the body to cross the center line as long as there is no interference with the opposi