



## **General Rules**

### **Game Procedure**

- League games will start promptly at the time they are scheduled
- Each team plays two matches per night, and each match consists of two, best-of-three sets
- The bell will sound to start and end each match
- When the bell sounds to end time:
  - o The game ends immediately
  - o If you are currently tied, finish the point to determine the winner
- Keep track of your wins and losses – it is the responsibility of the winning team to mark the scores on the scoreboard next to the Tiki Bar beside court 3. Missed scores will be listed as a tie
- Leave the game balls on the courts when you are done
- All players on the receiving team must be able to see the server at service
  - o It is the responsibility of the serving team to adjust position once the receiving team is in position
- Only players currently playing and on the court can call whether the ball will land in or out

### **Scoring**

- Sets 1 and 2 are up to the score of 21, win by 2 cap at 25
- Set 3 is up to the score of 15, win by 2, capped at time. A minimum combined sum of 5 points must be scored in order for set 3 to count. If set 3 doesn't count a 1-1 tie is reported
- Rally point scoring is in effect

### **Self-Regulating Game**

- The games are all self-officiated. Please ensure all teammates read and understand the rules
- If there is a disagreement, take a minute to talk it out, and if no decision can be made, re-serve the point
- Have fun, be competitive, play hard, stay friends



## **Team Substitutions**

- During the regular season substitutions are allowed if you are having a problem fielding a team. Please find someone of comparable skill
- All subs MUST have signed a waiver. No Exceptions
- Subs are allowed to play in the finals as long as they have played twice during the regular season

## **Late Arrival**

- Teams must be ready to play at the start of the game
- Teams will be given five minutes of grace at the start of their game time, and then may be given a 1-point penalty per minute late
- If your team is not on the beach 15 minutes after the start of game time, your team may receive a forfeit

Please show up and be ready to play at game time

## **No Shows**

- If you cannot field a team please let us know [info@thebeachyyyc.ca](mailto:info@thebeachyyyc.ca)
- 48 hours notice is required
- Team no shows will be required to pay a \$50 bar tab towards the two teams that you did not show up for
- Your tab must be paid before playing again
- If you are unable to field a team and you are unable to find a sub with enough notice, a forfeit will be assessed for the games that night.

Please do everything you can so as not forfeit

## **Gender Requirements**

All Leagues require a minimum of two genders represented.

Each team must have at least 1 person from any 2 genders on the field.



## League Rules

### Recreational 6's & Rec 4's

#### Roster Requirements

- If you cannot field 6 (4) people you can play with a minimum of 4 (3) players before a forfeit is called against your team.
- Maximum of 9 (6) people on your team's roster.

#### Game Play

- Serving rotation must be maintained, and every player must serve in the rotation
- If a single server has scored five points in a row, on the 6<sup>th</sup> serve rotate. Your team maintains possession
- The 3 front-row players may not spike the ball downwards over the net. Tips are allowed to go downwards. The difference? Spikes are hit with the palm of your hand and are hit harder, tips are with your fingers and are softer
- Blocking is allowed from the front row
- Back row players (The players in the back row at time of serve) cannot attempt a block at the net
- Back row players attempting to spike the ball from above the height of the net must take off from behind the 3-metre line (40% away from the net)
- Subs from the sideline are allowed to enter before or after the serving position
- No blocking serves
- Jump serving is illegal
- Serves that hit the net and go over are in play
- When the ball is received, your team has up to 3 contacts with the ball before returning it to your opponent's court
- A block is NOT considered a contact. Once blocked, you can still hit the ball up to 3 times before returning
- Your arm CANNOT cross the plane of the net at any point, except when blocking
- If the ball hits the line, it is IN
- You are not allowed to touch the top tape (the top part of the net) at any time, this will result in loss of the point



- If you touch any other part of the net, as long as you did not interfere with game play, play on. If it did interfere with game play (ie: pulling the net down), then you lose the point
- The ball must be played across the net between the antennae, and if the ball hits the antenna or the net outside the antenna it is out of play
- Any part of your body may be used to play the ball (including feet)
- If there is a dispute that cannot be resolved, reserve the same point
- Teams must switch sides after each game

## **Rec Plus, Intermediate, Int Plus & Competitive 4's**

### **Roster Requirements**

- If you cannot field 4 people you can play with a minimum of 3 players on the field before a forfeit is called against you
- Maximum of 6 players on the roster

### **Game Play**

- All players can spike and block from anywhere on the court
- Serving rotation must be maintained, and every player must serve in the rotation
- Substitutions are allowed to enter before or after the serving position
- No blocking serves
- Jump serving is legal
- Serves that hit the net and go over are in play
- Overhand volleying is NOT allowed on serve receive OR on balls coming over the net
- However as per FIVB rules for hard-driven balls you can set the ball in this case: "on a hard driven attack, if the player has no time to do anything different, using the fingers in a setting action is okay"
- No open hand tips. Pokeys (knuckles), roll shots, back of hand, heel of hand are all legal contacts
- A block is NOT considered a contact, and the blocking player may hit the ball again
- After a block, the team still has three remaining touches
- First contact after a teammate block touch is still considered a first touch, and therefore an overhand volley/set is NOT allowed



- When receiving first touch with your hands there must be an audible sound of contact (the ball slapping your hand(s)), otherwise it is considered an overhead volley. If your hands are touching together, it is considered acceptable ball receipt
- When intentionally volleying balls across the net, the body and shoulders **MUST** be square to the target (backwards is ok also).
- If a player is attempting to set a teammate and the ball accidentally goes over, the play is legal
- You **CANNOT** cross the plane of the net, except for blocking an attack hit
- If the ball hits any part of the line, it is **IN**
- You are not allowed to touch the net at any time, this will result in loss of the point.
- The ball must be played across the net between the antennae, and if the ball hits the antenna or the net outside the antenna it is out of play
- Any part of your body may be used to play the ball (including feet)
- If there is a dispute that cannot be resolved, reserve the same point
- Teams must switch sides after each game

## **Coed 2's & Coed 3's**

### **Game Play**

- **COED 2'S:** A block **IS** considered a contact, while the blocking player may hit the ball again
- **COED 3'S:** A block **IS NOT** considered a contact, while the blocking player may hit the ball again
- All players are allowed to hit from any position on the field
- The net will be at coed height
- Serving rotation must be maintained, and every player must serve in the rotation
- No blocking serves
- Jump serving is legal
- Serves that hit the net and go over are in play
- Overhand volleying is **NOT** allowed on serve receive OR on balls coming over the net



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- You CANNOT cross the plane of the net, except for blocking an attack hit
- If the ball hits the line, it is IN
- You are not allowed to touch the net at any time, this will result in loss of the point
- The ball must be played across the net between the antennae, and if the ball hits the antenna or the net outside the antenna it is out of play
- Any part of your body may be used to play the ball (including feet)
- If there is a dispute that cannot be resolved, reserve the same point
- Teams must switch sides after each game



The Beach YYC