



The Sand Zone Beach Volleyball League (SZBVL) Rules

League deposits (\$50.00) are collected with registration fees and are returned at the end of the season.

Teams will not receive their deposits back if:

- A. They do not show up (default) for a scheduled league game
- B. They do not rake their courts after the last match
- C. They do not play in playoffs during the last week of play (without notice)
- D. They fail to follow any required health guidelines

1. The Court

- 1.1. Court dimensions are marked with yellow straps/ropes and should be 16m long by 8m wide
- 1.2. The net height is approximately 2.43m (8 ft) for Men's, -> top-notch on adjustable poles, 2.37 m (7ft 8in) for co-ed 4's -> middle notch on adjustable poles, and 2.24 m (7ft 4in) for reverse Co-eds, Ladies and Juniors teams -> bottom notch on adjustable poles.
- 1.3. The net supports (posts) will act as the antennas. Balls inside the posts are considered live.

2. Player Behavior

- 2.1. No rude or derogatory remarks towards the opposing team or spectators are permitted.
- 2.2. Refrain from intentionally attempting or distract an opponent who is playing or about to play the ball.
- 2.3. Players are not to commit any act that delays the game.
- 2.4. No intentional hitting or kicking the ball out of the play area.
- 2.5. No screening an opposing player, please move if asked to do so.
- 2.6. Players are expected to behave appropriately and abide by all SZBVL rules.

3. Player Responsibility

- 3.1. Players are to be on the court for the scheduled start of the match.
- 3.2. Players are to call their own infractions and/or faults (net violations, carries, lines, etc.).
- 3.3. Each set/game will be played on one side of the court. Teams will switch in the second set and may switch at 8 points in the third (if decided ahead of time).
- 3.4. Each team is allowed one (1 minute) time out per game/set.
- 3.5. Players must keep track of their own scores. Winners of each match must report scores to the bulletin board on the wall. Score info will be collected each evening.
- 3.6. All participants (including substitutes) in the SZBVL must read and agree to the Sand Zone Waiver in order to be members of the SZBVL. Waivers need to be completed prior to playing any matches. Teams found playing with individuals who have not signed a waiver could be asked to leave the league without any warning and will not be refunded any fees paid. Waivers are available on site.
- 3.7. It is the responsibility of the team captain to ensure all players on the roster have completed waivers and to inform all players of any league changes or updates.

4. Substitutions and Players Per Team

- 4.1. Teams may have additional players on their roster (max 8 for teams of 4's, max of 4 for teams of 2's)
- 4.2. Substitutions (players on team roster) are NOT permitted during one game/set.
- 4.3. Substitutions (players not on your team roster) can be used ONLY if they have signed the SZBVL Waiver. This can happen when there is only one player from your roster to start a match or a MAJOR injury. Substitutions (players not on the team roster or who have NOT signed a waiver) cannot be used at any time.
- 4.4. Substitute players from the opposite gender (for 2's) will not be permitted to play in league matches.
- 4.5. Substitute and league players may play on more than one team throughout the league season.
- 4.6. Players must be on the roster and must have played at least two matches to be able to compete in the playoffs.
- 4.7. A player may substitute for more than one team throughout the regular season but can play for only one team during playoffs.

5. Service

- 5.1. The ball may be served from anywhere along the end line and between the outside edges of the sidelines.
- 5.2. Teams must alternate servers in order when they earn a side out. This does not mean that each person must play a certain position on the court. You may play the same position at all times (ie. Setting) as long as you serve consistently in a certain order. Failure to do so will result in loss of rally.
- 5.3. Starting server must be determined for the first and third games/sets. Players may toss a coin or spin the ball to determine the choice of serve. The winner of toss/spin has the choice of serve, receive or side. The loser of the toss/spin gets the second choice, but the first choice on the second game/set. Toss/spin again if needed for the third set.
- 5.4. No serving or tossing errors are allowed. If you toss and drop the ball, your team loses service.
- 5.5. No player is allowed to screen the serve. If an opponent asks you to move because you are screening the serve, you are obligated to do so.
- 5.6. Let serves are permitted (ie. The ball hitting the top of the net and going over is a good serve).
- 5.7. Eye contact will ensure opponents are ready before the serve.

6. Ball Contact

- 6.1. A ball may be contacted no more than 3 times per side.
- 6.2. A block counts as a contact EXCEPT in co-ed 4's.
- 6.3. Hard-driven balls (first contact) may be contacted multiple times if executed in one motion.
- 6.4. Non-hard-driven balls (first contact) may not be received with a set (overhand pass) but may be contacted multiple times from any other part of the body if executed in one motion.
- 6.5. Service reception may not be a set (overhand pass).
- 6.6. The ball may contact any part of the body.
- 6.7. The ball may not be lifted, held, or come to rest in a player's hands. This will be called a carried/held ball. This does not apply when in defense of a hard-driven ball that can be held momentarily overhead with fingers.
- 6.8. Open hand tips are not permitted. An open hand tip is any ball that is played over the net with the fingertips of one hand.

7. Setting (overhand Pass)

- 7.1. the ball must be contacted simultaneously by both hands and not come to rest (first, second or third contact). All sets must be clean, except in defense of a hard-driven ball where the ball may come to rest momentarily.
- 7.2. Players in all divisions may set the ball over the net provided their shoulders are perpendicular to the ball's line of flight (front and back sets apply).

Example #1: You set a ball over the net, deep into the back of the court. The ball is live provided it is pushed forward or backward perpendicular to your shoulders.

Example #2: You set a ball at a sharp angle to the net, and it just goes over. Your partner may or may not be near. The ball is live provided it is pushed forward or backward perpendicular to your shoulders.

8. Play at the Net

- 8.1. A player, through his or her own momentum, may not contact the net. NO CONTACT WITH THE NET IS PERMITTED AT ANY TIME.
- 8.2. Net contacts will be permitted provided it was caused by a force other than a player's momentum (ie. An opponent's ball hitting the net, etc.).
- 8.3. Hair does not count as net contact.
- 8.4. Contacts with the net supports (poles) are not faults.

9. Play Around the Net

- 9.1. A ball completely crossing the net below the net or entirely outside the antennas (posts) may be recovered within the limits of the 3 team contacts.
- 9.2. A ball completely crossing the net above the net and within the antennas (posts) may not be recovered.

10. Reaching Beyond the Net

A player is permitted to pass his/her hand beyond the net after his/her attack hit, provided that his/her contact has been made within his/her own playing space.

11. The Block

- 11.1. A block is defined as an attempt by a player(s) to interrupt the ball before, as, or just after it crossed the net.
- 11.2. The blocker must be within arms length of the net with his/her hand(s) over his/her shoulder(s)
- 11.3. A blocker may block a ball on the opponent's side of the court:
 - a.) After the opposing team has made its final contact
 - b.) Any time the attacking team has directed the ball towards the opponent's court.
- 11.4. Players reaching over the net to block their opponents' attempt to set up the ball will result in a fault.
- 11.5. A ball may be directed by a blocker but may not come to rest in the blocker's hands.
- 11.6. Blocking the serve is not permitted.

12. Scoring

- 12.1. Matches will be the best of 3 sets, using rally point-scoring.
- 12.2. The winner of a set will be the first to 21 points for the first 2 sets and the first to 15 for the 3rd set. The 3rd set is only played if teams split the first 2 sets. Must win by 2 points in any set (no cap).
- 12.3. Reporting scores – WINNERS of each match (including default wins) must record scores on the schedule that is posted on the wall each night. Failure to do so may result in a loss. Please circle the team that won the match, followed by the scores of each set.

13. Defaults

- 13.1. If a team is 10 minutes late from the start of the scheduled match time, the team will be forced to default the first set. The team that is present will win 21-0. If a team is late an additional 5 min (a total of 15 min late from the scheduled match start time), the team will also default the second set. The team present will also win the second set 21-0 and will win the match by default. The team that is present still MUST report the scores of (21-0,21-0).
- 13.2. If a team fails to show up for a league match, they will receive a warning from league organizers and a \$50 default fine. If the same team repeats this offence by not showing up for a second match, the team may be disqualified from the league and possibly replaced by a team on the waitlist. The disqualified team will lose their default deposit and get NO refund.
- 13.3. Co-ed 4's teams will default unless they have a minimum of 3 players on the court (no more than 2 males).
- 13.4. Reverse Co-ed 2's will default unless they have 2 players on the court at all times (maximum of 1 male).

14. Schedule

- 14.1. Monday => Co-ed 4s
Tuesday=> Men's 4s
Wednesday=> Ladies 2s
Thursday=> Junior 4s
- 14.2. The first leagues will be recreational in nature. If enough interest is indicated, more competitive leagues can be offered in the future.
- 14.3. League match time slots are 45 min each.
- 14.4. Teams will play one match each league night/week. Leagues will run for 9 weeks and conclude with playoff matches for 1 additional week.
- 14.5. Divisions are tiered and most have 4 teams in each tier. Teams will move or re-tier every 2 weeks.
- 14.6. Top 2 teams from a tier will move up to the next highest tier and the bottom 2 teams will move down to the next lowest tier. Teams that finish 3rd in each tier, will stay.
- 14.7. Teams will be moving (re-tiering) after weeks 2,4,6 and 8.
- 14.8. League Schedules will be posted every 2 weeks as we re-tier.
- 14.9. Schedules and all league information will be posted online: wwwthesandzone.ca

15. Equipment

- 15.1. Nets and balls will be supplied by the SZBVL.
- 15.2. Balls are to be put back in the bins available at the end of the night.
- 15.3. Team uniforms are encouraged but not mandatory.
- 15.4. Nets will be up prior to first match, please ensure they are set to the correct height for your league.
- 15.5. Please treat equipment with respect, no hanging on nets, no kicking balls, etc.
- 15.6. Teams will be scheduled to rake the court after the last match of the evening.
- 15.7. Teams that do not comply with this rule will be fined.

16. Standings and Tie Breakers

- 16.1. If teams are tied after any tiering round, the following criteria will be considered to determine the position in the next tier or playoff:
 - a.) Head to head match record
 - b.) Head to head game/set record
 - c.) Head to head point differential
 - d.) Point differential for all league play in that tiering round
- 16.2. Playoff positions are determined by standings from the last tiering round (week 9). Teams will playoff on their regular league night of play.
- 16.3. League playoff schedule will be available after week 9.
- 16.4. After the playoff round, league championship awards will be given to teams winning GOLD in each division.

17. Coaching

- 17.1. League organizers are not responsible for supervision of players during league matches.
- 17.2. Coaches and /or supervisors are not directly assigned to players/teams of this league. Parents and spectators are encouraged to watch during league play but must allow players to referee and keep track of their own scores WITHOUT interfering.
- 17.3. If you wish to learn more about how to play beach volleyball, check out our website for any opportunities such as tournaments, camps or clinics that we may be offering.

18. Reverse Co-Ed 2's Rules

- 18.1. To be played on lowest notch of adjustable poles (ladies net height).
- 18.2. Men must hit beyond "attack line" (will be marked on side boundary lines), ladies can hit from anywhere on the court.
- 18.3. Men (or players designated as men) CANNOT attack the ball in any way before the "attack line". A free ball can be sent over the net, but it must travel (at minimum) the height of the antenna.
- 18.4. Men can only block men, ladies can block men or ladies.
- 18.5. All other SZBVL rules apply.

Please contact us with any questions or concerns via email at info@thesandzone.ca.