



Adult Co-ed Sand Volleyball Rules

GOLDEN RULE First and foremost all City of Fountain Recreation Department (FRD) leagues are 50% Social and 50% Sport. We do have officials; however, we expect individuals to respect the league's culture of fair and fun play. Foul language and rough play will not be tolerated and individuals who cannot adhere to our standards of fair play and sportsmanship may be asked to leave the league. FRD wants everyone to have fun, and be social while enjoying a great sport. FRD will do whatever they can to make sure all players are having fun and being safe.

General Rules

1. **Player Eligibility:**

- All players must sign and return Release of Liability to the FRD prior to playing
- All players must be 16 years of age or older

2. **Team composition:**

- Four players must be present to start a match. Player may be inserted into the lineup after they check in with the Sports Official
- There can never be a difference greater than ONE between the number of males and females

3. **Playing Rules:**

- Matches will be officiated. All team captains are expected to know the rules
- The winning team of a pre-match volley will serve first in the first set and chose its playing side. After each set teams will switch serve and sides
- Match format will be best 2-out-of-3 sets.
 - Sets one and two shall be played to 25 points, rally scoring, with a cap at 30 points
 - Set three shall be played to 15 points, with a cap at 20
 - Sets must be won by two points, **AND you must win on SERVE** unless the set reaches its cap
 - Before the beginning of the third set, the teams will volley for the choice of team service and initial playing area
 - In the third set teams will trade playing sides after one team scores 8 points, the serving team will continue to serve
- Any player may contact the ball with any body part, above or below the waist
- A ball touching any part of the boundary line is in
- A ball can be played from out-of-bounds
- Players are not permitted to scoop, hold, or throw the ball
 - The ball must not visibly come to rest on a player's hands, fingers, or any other part of the body
- A player shall not make successive contacts of the ball unless they have blocked a spike at the net

- A ball, other than a serve, may be recovered from the net provided the player avoids contact with the net and does not catch or hold the ball
- Contact of the ball during blocking action does not count as one of the three teams hits
- A successful block is accomplished when either:
 - The ball rebounds off the hands of the blocker and directly back into the opponent's court
 - Deflects off the hands in such a way the blocker's team may play the ball
 - An attempt to block does not constitute a block unless the ball is contacted during an attempt
 - The team which has attempted a block shall have the right to three more contacts with the ball in order to return it to the opponent's side
- *Net Play:*
 - A player may reach under the net as long they do not interfere with an opponent's attempt to play the ball
 - A player may reach over the net to complete a spike which was begun on the player's own side of the net
 - A player may never touch the net
 - A player may reach over the net to block, but not to interfere with the opposing teams play
- All substitutes will be made in the back right position as you are facing the net.
 - All substitutes must make one complete rotation
 - A player arriving late for a team of less than six can only rotate in when their team has the serve
- Blocking an spiking the ball on the serve is **ILLEGAL**
- **Co-ed Play**
 - There may be three hits per side in coed
 - Of the three hits, a female player must make one of the hits
 - A male player may return the hit on the first hit from your side of the court

4. Game Time and Forfeits:

- All matches will start at their designated times
- There is a 10-minute grace period until a forfeit is declared
- Officials will declare a contest a forfeit and have the discretion to amend the 10-minute rule

5. Miscellaneous Information:

- If a rainout/ inclement weather occurs while a game is being played 1 set must be completed for the game to count
- Games ending before the 1st set is played will be rescheduled if possible
- All games will be played at Metcalfe Park primarily on Mondays and Thursdays
- Sand volley ball courts are within 50 yards of kids playground; please be considerate