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[www.orcottawaks.org](http://www.orcottawaks.org)

## Adult Coed Sand Volleyball League Rules

### **LEAGUE AUTHORITY**

1. The operation of this league will be fully governed by the policies and regulations set forth by the Ottawa Recreation Commission staff.
2. The Ottawa Recreation Commission reserves the right to forfeit any game or match in which an infraction of league rules has been committed.
3. The Ottawa Recreation Commission reserves the right to remove any player from competition for directing harmful or abusive language at officials, facility supervisors, ORC staff, and/or individuals of the opposing teams. All ORC personnel have the authority to evict players from the game and/or bench.
4. No alcoholic beverages or tobacco products will be allowed at the Sand Bar facilities that we use.
5. Teams must have the registration form and fee by the registration deadline in order to be placed in a league. Failure to comply will result in being removed from the schedule.

### **ROSTERS**

1. The team roster must be turned in at the time of registration. All players must sign their name, address, phone number on the team roster.
2. A player not on the roster will be considered an ineligible player.
3. Ineligible players used in games, subject the team to forfeit games in which he or she has participated
4. A player may only be on one roster within a league.
5. It is recommended that volleyball teams have a minimum of 6 players on their roster.
  - a. Must have minimum of (4) players to start the game: Two male and two female.
  - b. Teams may play with (5) players, 2 male and 3 female.
  - c. The line up must rotate male, female, when using 4 or 6 players
  - d. If the ball is hit on the same side twice or more, it must be hit at least once by a female.

### **PLAYING RULES**

1. The USA Sand Volleyball Rules will be observed with the following adaptations.
2. This league will be a “call your own league.” There will be no officials. Teams will submit scores to the on-site supervisor.

### **NET HEIGHT**

- a. Coed League: approximately 7’ 11 5/8”

- b. Men's League: approximately 7' 11 5/8''
- c. Women's League: approximately 7' 4 1/8''

### **FORFEIT RULE:**

- 3. If a team has less than the (4) player minimum, the game clock will start with a 10 minute grace period. After 10 minutes the game will be called a forfeit. If the fourth player arrives during the grace period, the game will begin with the time remaining on the clock.

### **COIN FLIP**

- 4. Teams will do a coin flip at the beginning of the first game to determine serve/receive or choosing which court to start on. At the beginning of the second game the roles are reversed. The coin toss will be done at the beginning of the third game with the winner getting the same options as above.

### **SCORING**

- 5. The matches will consist of (3) games to 21 points
  - a. Rally scoring points will be scored on each rally. If the receiving team wins the rally, they score a point and gain the service.
  - b. Once a team reaches 21 points and they do not have a (2) point advantage, than play will continue until a team has a (2) point advantage.
  - c. Forfeits will be scored 2-0, 2-0, 2-0.
- 6. Records will be based on matches won. League tie-breakers will first go to head to head record. If still tied, the tie-breaker will then go to points given up and if it is still tied after that then we will go to points scored.

### **TIMEOUTS & SUBSTITUTIONS**

- 7. Teams are allowed to substitute when they are serving. The substitute must enter in the back row.
- 8. Each team is allowed (1) one-minute time out per game.

### **BLOCKING**

- 9. Blocking the serve is not permitted, however blocking during the rally is permitted.

### **SPIKING**

- 10. Spiking is permitted in this league.

### **OUT OF BOUNDS**

- 11. The ball is out-of-bounds when it touches any surface, object, or ground outside the sand court. A ball may be played from out-of-bounds from your territory only. It is illegal to touch the opponent's court in the act of playing a ball.
- 12. A ball touching any part of the boundary line (rope) is considered in-bounds.