

All participants must be at least 18 years of age and must complete the waiver agreement before playing. Sun Valley Lanes & Games will provide the waiver on the first night of league. Anyone not signing it on the first night can do so at the volleyball bar at any point throughout the season.

Outside alcohol is not permitted on our property.

Alcohol must remain within the building or the fenced in areas at all times.

Team Composition:

- Teams are permitted to have up to eight members on their roster (All men, all women, or a mix).
- Only four members are permitted on the court at any given time.
- Substitutions can be made to the position immediately clock-wise from the serving position.

Ground Rules:

- Matches will be self-officiated. All participants are expected to know the rules of the sport.
- Disagreements will be settled by replaying the point.
- The winning team of a pre-match volley will serve first in the first set and choose its playing side. At the conclusion of the first set, the teams will switch playing sides and the team which did not serve first in set one will serve first in set two.
- All games will be played to 21 points, rally scoring, with a cap at 25 points. Games must be won by two points unless the game reaches its cap (Example: a team could win by the score of 25-24).
- The serving player shall verbally state the score of the game, before each serve, loud enough for both teams to hear. The serving team's score shall be announced first, followed by the opponent's score.
 - If the serving team is winning 12 to 9, the announce would be made as "twelve – nine"
 - If the serving team is losing 9 to 12, the announce would be made as "nine – twelve"
- Unless both teams agree to a spectator score-keeper, the 4 players on the court are responsible for keeping the score. Score corrections coming from the sidelines must be agreed upon by both teams.

The Serve: At the moment of contacting the ball to serve, or at ground take off for a jump serve, the server must not touch the court, end line, or ground outside the service zone.

- Jump serves and skyball serves are permitted.
- 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 making contact with the antenna above the net is immediately considered out.

- It is permissible to run out-of-bounds to play a ball.
- Players are not permitted to scoop, hold, or throw the ball. The ball must not visibly come to rest on the player's hands, fingers, or any other part of the body.
- A player shall not make successive contacts of the ball.
- One person may play the ball twice during a volley but not twice in succession.
- 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.
- Open handed tips are not permitted.
- The ball must always be returned over the net by the third contact. Making contact with the ball, while blocking, is not considered contact.

Blocking:

- A blocking contact is not counted as a team hit. The blocking team will have three contacts to return the ball after a blocking contact.
- Blocking and spiking the ball on the serve is illegal.

Net Play: A player may reach under the net as long as he/she does 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 team's play.

Game Time and Forfeits:

- All matches will start at their designated times. There is a 10-minute grace period until a forfeit is declared.
- Matches must be completed by 5 minutes before the next scheduled league time (A league starting at 5:30 PM must be done by 6:25 PM, if there is a 6:30 PM league). In the event that a match is not completed 5 minutes before the next scheduled league time, the team with the most points, when time is called, will get the win.
- For the sake of the league and the respect of your opponents, all teams should put in their best effort to show up for their league.
- Teams that know they will not be able to make it for league are asked to call us at 402-475-3469 to inform us as soon as possible. We will attempt to contact the opposing team captain when this happens.

Spectators and Children

For the safety of all guests, spectators, including children, are not permitted in the sandy area while Sand Volleyball is being played. All spectators should remain on the patio at all times.