

All participants must have completed the waiver agreement at <https://sunvalley.bracketpal.com/agreement/> or have signed and turned in a hard copy. Anyone playing without having signed the agreement waiver will be removed from playing until a waiver agreement is signed and all points that were won while they played will be forfeited.

Outside alcohol is not permitted on our property. Alcohol must remain within the building or the fenced in areas at all times.

### **Team Composition:**

- Four players must be present to start a match. Players may be inserted into the lineup upon arrival, even if late.

Player combinations allowed are:

**6 players:** No more than 3 men allowed on the court

**5 players:** No more than 3 men allowed on the court

**4 players:** No more than 2 men allowed on the court

### **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 game and choose its playing side. At the conclusion of the first game, the teams will switch playing sides and the team which did not serve first in game one will serve first in game 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 Serve:** The server shall stand with both feet behind the rear boundary line (no jump serves). During a serve, the ball must be clearly hit, not thrown or pushed. Side out is declared when a served ball hits the net and does not pass over. A ball that contacts the net and continues over constitutes a LEGAL serve. A ball that touches the net but continues over is considered a live ball. No sky balls are permitted on the serve.

\*\*\*Note that after winning points on 3 successive overhand serves, the next serve must be made underhand\*\*\*

- 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.

- 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 unless he/she has blocked a spike at the net.
- 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.
- The ball must always be returned over the net by the third contact, unless a block is the initial contact in which case the ball must be returned by the fourth contact.
- Contact of the ball during blocking action does not count as one of the three team hits.
- If a team makes contact with the ball more than once, before returning the ball over the net, at least one of those contacts must be made by a female player.

**Blocking:** A successful block is accomplished when either the ball rebounds off the hands of the blocker and directly back into the opponent's court, or deflects off the hands in such a way that 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. When the ball, after having touched the top of the net and the opponent's block, returns to the attacker's side, the team then has the right of three more contacts in order to return the ball to the opponent's side.

**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.

**Substitution:** All substitutes will be made in the center back position. All substitutes must make one complete rotation. A player arriving late for a team of less than six can only rotate in when his/her team has the serve.

- Spikes by both men and women are legal.
- Blocking and spiking the ball on the serve is illegal.

**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.

- Substitutes can be used to make up a full team as long as they have signed the waiver agreement.

- A list of substitutes can be found at [www.sunvalley.bracketpal.com](http://www.sunvalley.bracketpal.com).

- Please visit [www.sunvalley.bracketpal.com](http://www.sunvalley.bracketpal.com) and register as a substitute if you would like to be added to the sub list.

### **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.