



Recreation Department

Sand Volleyball Rules and Regulations

Games are played under official USA Volleyball Outdoor Rules unless modified by the following by-laws. The City of Colleyville Recreation Department reserves the right to add, delete, or modify the rules and regulations or policies at any time for the betterment of the league.

I. Eligibility and Team Composition:

- a. Players must be sixteen years of age or older prior to the start of league play.
- b. Each team will be allowed a maximum number of eight players per roster.
- c. An official team will consist of four on the court. No more than two of those players being male, or three of the players being female at any time.
- d. Teams will need a minimum of two players to start the match at game time or forfeit the game.
 - i. If there are only three players, a team may play with two males and one female or vice versa.
 - ii. If there are only two players, a team must play with one male and one female.
- e. Players may not play for multiple teams within the same league.
- f. No roster additions will be made after the fifth game. The roster will be frozen for the remainder of the season including the post-season tournament.
- g. Players must have identification with them at all times and present it to officials or staff upon request.
- h. Teams must properly complete and turn in waiver forms to the Recreation staff prior to the team's first scheduled game.

II. Uniform:

- a. Matching uniforms are not required.
- b. Shirts are required to be worn by all players on and off the court.
- c. No jewelry may be worn at any time during the game.
- d. Sunglasses and hats will be permitted at players own risk.

III. Playing Rules:

- a. Regulation net height will be 7 feet 4 and 1/8 inches
- b. Each game will consist of three matches and have a 45 minute time limit.
 - i. First two games will be played to 21, must win by two, or first to 25.
 - ii. Third game will be played to 11, win by two, or first to 15, unless the 45 minute time limit has expired, then what is on the scoreboard is the final score (For example: If the scoreboard reads 8:7 after 45 minutes of game play, then that is the final score).
- c. If a team does not have at least 2 players present at game time, it is an automatic forfeit. No grace period. It is recommended to be present and game ready 15 minutes prior to your team's scheduled game.
- d. Line judging will be based on an honor system. The referee has the right to over-rule any call they deem unfair.

- e. Team Captains will flip a coin to decide serving and receiving upon game time.
 - i. Captains are elected by the team and may vary week to week, but must remain the same within a set of three games unless injured or ejected from the game.
- f. There will be free substitutions. All substitutions must be made during a dead ball. Substitutes are not required to replace the same player each time. Substituting upon each rotation will be allowed. The same method of substituting must be continued throughout the game. Men must substitute for men and women must substitute for women.
- g. Abnormal substitutions may be allowed in case of injury.
- h. Teams with less than four players must rotate continuously without a penalty.
- i. Each team will be allowed 2 one minute time-outs. A single successive time-out may be requested without resumption of the game, but must be requested before the first time-out has ended.
- j. If the server releases the ball of service (after the whistle/signal) and does not complete the serve, the team will be penalized with a side out.
- k. Service must rotate genders, unless the team is playing with three women. Two men cannot serve back to back.

IV. Sportsmanship and Conduct:

- a. Our goal is friendly competition. There may be times when play gets intense during games, but as an adult volleyball player, it is your personal responsibility to never allow yourself, your teammates, or your spectators to commit unsportsmanlike behavior.
- b. Players should treat their fellow volleyball players, referees, and spectators with respect and courtesy at all times. Profane or malicious remarks will not be tolerated.
- c. During games, team captains are the only players that can address concerns to referees and league officials, and are expected to do so in a respectful manner.
- d. Players must respect the authority of the officials to regulate the game and abide by their decisions. Referees have the discretion to eject players from the game for detrimental conduct. All decisions made by the referees are final.
 - i. Ejected players cannot be replaced on the field. If an ejection causes a team to be below the minimum required numbers of players the team will have to forfeit the game.
 - ii. Ejected players will be automatically suspended for a minimum of one league game and must leave the volleyball court area until completion of the suspension.
- e. Alcoholic beverages and tobacco products (this includes e-cigarettes) are prohibited.
- f. Physical violence will not be tolerated. Fights/confrontations between players/teams will result in a minimum of 1 year loss of eligibility.

V. Play-offs:

- a. All teams will be accepted into the play-offs.
- b. Play offs will be a single elimination tournament.
- c. Scoring will remain the same as prior games, except the time limit will be lifted and play will continue past 45 minutes if neither team has achieved a two point lead or reached the point cap.

VI. Bad Weather/ Holidays

- a. Rain-outs and holidays will be rescheduled as needed and at the discretion of the Recreation Department.