

**CARY PARKS, RECREATION & CULTURAL RESOURCES DEPARTMENT  
2026 SAND VOLLEYBALL RULES**

I. League Administration

- A. The league shall be administered by the Sports Division of the Cary Parks, Recreation & Cultural Resources Department.
- B. The Cary Parks, Recreation & Cultural Resources Department reserves the right to make any changes they deem necessary.

**USAV RULES WILL BE USED WITH THE FOLLOWING  
INTERPRETATIONS AND/OR MODIFICATIONS.**

II. Eligibility

- A. Players must be 18 years old as of January 1, 2026
- B. Initial rosters are due by June 8, 2026 and will be completed online on the TeamSideline website. ***Rosters must have a minimum of four completed enrollments (4v4) with appropriate non-resident fees paid in order to be legal.***
- C. Deadline for roster additions is Monday, July 6, 2026.
- D. A participant may not play on two different Coed teams. This means, for example, that you cannot play on a Coed "A" 4v4 and Coed "B" 4v4 team. Penalty is forfeiture of all matches in which that individual participated.
- E. Use of players not listed on a team roster may result in forfeiture of the match(es) in which the player participates. Protests can be made at the Cary Parks, Recreation & Cultural Resources Department. A protest involving eligibility or a rule interpretation must be made by 5 PM on the first business day after the protested match. There is a \$25.00 fee for all protests.
- F. There will be no uniform requirement for any leagues.
- G. All team members are required to know the rules of the game and abide by them.
- H. The head coach and playing team captain are responsible for discipline and proper conduct of team members.
- I. The playing captain shall be the spokesperson of his/her team.
- J. Rained out matches will be made up, and will be played on the same days as the league regularly plays, whenever possible.

III. COED PLAYING RULES (Four-Player)

- A. A team consists of two males and two females. Teams may start or continue a match with a minimum of three players; one female and two males or two females and one male.
- B. When the ball is played more than once by a team, there are no mandatory requirements for male or female to play the ball.
- C. In Coed play substitutions may only be made male for male, female for female.
- D. Substitutions will be unlimited to the number of times a player may enter a game. All substitutions must be made before the ball is in play.

## VI. MISCELLANEOUS MODIFICATIONS AND CLARIFICATIONS

- A. You may NOT spike or block the ball on an opponent's serve.
  - 1. Any player can participate in a block or an attack-hit.
  - 2. A block does not count as a hit. (Doubles: a block does count as a hit, and any player may make the second contact of the ball after the block)
- B. Reaching over the net is permitted during:
  - 1. A follow through of a hit.
  - 2. A block.

*However, you may not take a play away from your opponent. EXAMPLE: When an opponent is setting the ball.*
- C. Teams are allowed two time-outs per game at 30 seconds per time-out. It is the players' option to leave the court during time-outs.
- D. The ball must be hit, not caught or thrown (exceptions: the ball can be held momentarily overhand with the fingers in defense of a hard-driven ball; the ball might be held simultaneously as a result of contact by two opponents).
- E. Open hand dinking is prohibited.
- F. A player may touch the ball with any part of the body.
- G. The prohibition against a player attacking with an overhand set whose trajectory is not perpendicular to the setter's shoulders does not apply to 4 v 4 play.
- H. A player may go under the net, provided he/she does not interfere with an opposing player.
- I. A serve that touches the net and crosses over is in play.
- J. Each match consists of best two out of three games. All games are rally scoring. For the first two games, the winner is the first to 21, leading by 2. There will be a 23 point cap on each game. The third game will be to 15, leading by 2, with a cap of 17.
- K. In the first two games of a match, there will be a court switch each time the total number of points scored is a multiple of 7. In the third game of a match, there will be a court switch each time the total number of points scored is a multiple of 5.
- L. Before the first and third games, there will be a coin toss between captains. The winner of the toss can choose to serve or receive or choose a side of the court. The loser of the toss takes the remaining alternative.
- M.
  - 1. First match of the night: A five minute grace period is in effect for the first game. If a team is not able to play after five minutes, they forfeit the first game. An additional fifteen minutes are allowed before the second game (and therefore the match) is forfeited.
  - 2. All subsequent matches: Game time is forfeit time for the first game of the match. If a team is not able to play after fifteen minutes, they forfeit the second game (and therefore the match).
  - 3. Game time for the third match of the night will be no later than 5 minutes after the conclusion of the second match. Exception: If the third match is the first match of the night for one of the teams it will start at the scheduled time.
- N. Jewelry: USAV Rules apply: It is forbidden to wear any object that may cause an injury to a player, such as pins, bracelets, casts, etc.
- O. Teams must fill out a score sheet each match with a list of all players attending that night's play. Failure to abide by this rule could result in a forfeiture of matches involved.

- P. If any foreign object enters the court during play, the ball is dead and the point will be replayed.
- Q. Court dimensions are 26'3" x 52'6" (8m x 16m) for all leagues.

**FOR USAV INFORMATION, INCLUDING RULES PUBLISHED ONLINE,  
GO TO <http://www.teamusa.org/USA-Volleyball.aspx>**

**WEATHER CANCELLATION LINE: (919) 319-4500  
(updated by 3 PM weekdays)**