

CAAVL (Charlotte Area Architect's Volleyball League) Rules

Times

5:00 PM	Warm ups can start
5:30 PM	Official Start Time for Game 1
5:45 PM	Grace period ends for Game 1, teams must forfeit Game 1 if not enough players and ratio are present
6:00 PM	Grace period ends for Games 2-5, teams must forfeit all games if not enough players and ratio are present

Number of Players

All leagues	<u>Each team must have the ratio of at least 1 female player on the court at all times</u> and at least 1 male player on the court at all times
4 vs 4 B+ League	Minimum of 3 players which will include at least 1 female and 1 male on the court
6 vs 6 B- League	Minimum of 4 players which will include at least 1 female and 1 male on the court

For regular season matches ONLY (not tournament), should both team captains decide a different personnel package is acceptable to avoid a forfeit or rescheduling, that alternate personnel is deemed allowable for that match. Both managers must agree for this to be valid. The league coordinator will not be involved with any discussions or decisions.

Rescheduling

If a team knows they will not have the minimum number of players or ratio available for any upcoming matches, they have the option of contacting the scheduled opposing Team Captain **by 5pm on the day PRIOR to the scheduled match**. For example, if a match is to be played on Monday at 5:30pm, the Team Captain must contact the other Team Captain by 5pm Sunday to reschedule.

The rematch must be completed before the end of the regular season or all matches not played will be forfeited by the team who requested the original rescheduling.

The team requesting the make-up match will be responsible for scheduling the match with the opposing Team Captain. All teams should attempt to schedule make-up matches in good faith, but ultimately, if a make-up date cannot be agreed upon, the team that originally requested the rescheduled match forfeits all 5 games.

Only 1 rescheduling is allowed per scheduled match. For example, if two teams agree on a rescheduled date and the original team who requested the reschedule can no longer attend, the original team will forfeit all 5 games.

Suggestions for rescheduling: playing a doubleheader on a regular scheduled game day; playing 2 extra games one week and an additional 3 the next week; or playing on a different day. Keep in mind that other leagues may have the sand courts reserved on other nights. Other locations with sand courts: Renaissance Park, Freedom Park, VBGB, and Park Rd Park.

Equipment

Each team will need their own outdoor/beach volleyball. A rake is recommended to rake out the sand prior to each game as Mecklenburg Parks & Recs will not maintain the sand courts themselves. For the first game of the season, a tape measurer is also recommended to determine which setting/height to put the nets at. Game play will be easier when courts are raked because it will even out the courts and remove any foreign debris. Nets will be provided at the Jeff Adams Courts.

Safety

Team Captains should walk the courts prior to game play to remove any hazardous materials such as metal, glass, etc. that may be present in the sand.

Weather

Lightning and thunder in the immediate area of the field will result in a weather delay for everyone for at least 30 minutes. Seek immediate shelter as necessary. Avoid allowing peer pressure to jeopardize safety. Match start times may also be pushed to a later time if inclement weather is expected. Team Captains will need to stay in contact with each other to decide on when it is safe to return to play or if the match should be rescheduled/pushed back.

Footwear

No cleats allowed. Sand volleyball is best played barefoot but players can decide what is most comfortable for them.

Sportsmanship

Teams will self call any violations to the rules. If teams are blatantly ignoring self calls, Team Captains are to have a time out and discuss the calls and rules as necessary. One resolution can be the option of calling out violations for the opposing team. Please have sportsmanship and use good judgment to be fair.

If a point cannot be decided on, to maintain a good level of sportsmanship, teams will replay the last point.

Nets

The nets at Jeff Adams Tennis Center are adjustable. This league is co-ed; therefore, nets should be set to 7'-11⁵/₈".

CAAVL Sand Volleyball Match Rules - All Divisions

MATCH

Scoring

- The terms “games” and “sets” are used interchangeably
- Games are played to **21 points** but you must win by at least 2 points with a cap at 25 points.
- 5 games = 1 match; Each team will play 1 scheduled match per week and all 5 games will be played. (It is not best 3 games out of 5- you will play all 5 games and record your W-L)
- A point is scored when a team wins a rally. Every rally begins with a serve and ends when a team wins a point.
- A team wins a point when your team sends the ball over the net and the defending team fails to return the ball OR when the other team hits the ball out of bounds OR when the other team commits a fault
- After each game, you will receive an automated email from no-reply@teamsideline.com. Use this link to enter in your scores. For example, if you win 4 games then you will enter 4-1 on the scoring website. After both coaches enter in the same score, the website will verify this and scores will automatically be recorded and reflected on the website.

Home Team vs Visiting Team

Home Team	Serves first for Game 1, provides the ball for the entire match, Optional (but recommended): bring a rake to the match
Visiting Team	Picks which side to start on for Game 1

Sides are swapped after each game. The losing team of the previous game will serve first for the next game. The home team will rake (if provided) the court prior to Game 1, 3, and 5. The away team will rake (if provided) the court prior to Game 2, and 4.

Ranking

- The website may not correctly reflect the rankings of your league. League rankings will be based on the total number of game wins, NOT matches won. This ranking will be used to determine tournament seeds.
- Regular season tiebreakers - First method of determining a tiebreaker between teams is based on head to head. If the teams in the tiebreaker did not play each other during the regular season then the next method is based on the strength of schedule.

Method #1 Example: Team A and Team B have the same number of game wins at the end of the season. During the season, Team A beat Team B 3-2. Therefore, Team A will win the tiebreaker and will seed ahead of Team B.

Method #2 Example: Team A and Team B have the same number of game wins at the end of the season. During the season, Team A did not play Team B. The next step is to determine the highest ranked team that both Team A and Team B have played. Team A and Team B both played Team C throughout various points in the season and currently Team C is ranked #1 in the league. Team A lost to team C 2-3. Team B lost to Team C 0-5. Therefore, Team A will win the tiebreaker and will seed ahead of Team B.

Tournament

Since teams rarely play the same number of league games, tournament seeding will be based first on game/set wins (not match wins), but winning percentage and head to head results between close teams can be considered by the tournament organizer. A forfeit will count as 5 losses in the standings for the forfeiting team, and 5 wins for the available team. A bye will not count as any wins or losses, it will simply be ignored in the standings.

SERVING

Serving Faults

- A change of service to the other team when one of the following faults occur:
- The ball does not cross over the net
- The ball passes under the net
- The ball touches a player of the serving team or any object before entering the opponent's team area
- The ball lands outside the limits of the opponent's team court

A serve that makes contact with the net and proceeds into the opponents' court is considered a live ball, therefore the play will continue.

Illegal Service

The service is illegal when:

- The players throw or push the ball for service
- The player serves with two hands or arms
- The player serves while not in the correct rotation order
- The player serves and crosses the back line of the court (boundary)

Serving Out of Order

If a team has served out of order, the team loses the service and any points gained while serving out of order if it is discovered before the opponents serve. The players of the team at fault must immediately resume their correct positions on the court.

Change of Service

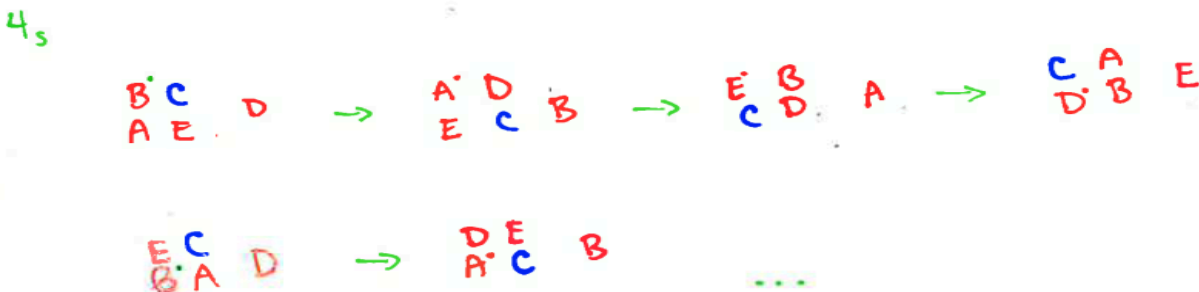
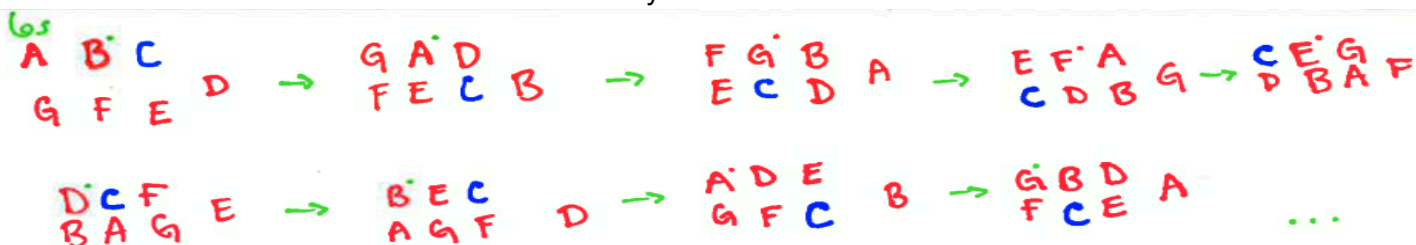
The team receiving the ball for service shall rotate one position clockwise before serving. The player in the back right corner of the rotation will be designated to serve.

Screening

The players of the serving team must not, through screening, prevent the receiving player from watching the server or the trajectory of the ball. Screening is illegal and a fault when the hands are held above the shoulders.

Rotations

Since at least 1 female and 1 male must stay on the court at all times during game play, there may be times where the rotation positions will switch. For example, when you have 7 players with 6 males and 1 female. See below for examples on how to rotate positions and servers without having the same person sit out for two rotations. "C" is the 1 female or male that must stay on the court at all times.



PLAYING THE BALL

Maximum of Three Team Hits

Each team is allowed a maximum of three successive hits of the ball in order to return the ball to the opponent's team area. Blocking does not count as a team hit.

Contacted Ball

A player who contacts the ball, or is contacted by the ball other than during blocking action shall be considered as having played the ball. Such contact constitutes a team hit.

Receiving the serve

A player who receives the ball over the head, can now "set" the ball as a means to receive the serve. Also, refer to setting over the net.

Characteristics of Contact

The ball can contact any number of body parts down to and including the foot. Kicking the ball is legal and counts as one hit.

Simultaneous Contacts with the Body

The ball may contact any number of parts of a player's body providing such contacts are simultaneous and the ball rebounds immediately and cleanly after such contact on a hard driven ball (a ball with a downward trajectory and with speed)

Successive Contacts

A player may have successive contacts of the ball during blocking and during a single attempt to make the first team hit of a ball coming from the opponents, even if the ball is blocked, provided there is no finger action used during the effort and the ball is not held or thrown. Any other player contacting the ball more than once, with any part of the body, without an intervening contact by another player, will be considered to have committed a fault.

Held Ball

When the ball visibly comes to rest in the hands or arms of a player, it is considered to have been held. The ball must hit in such a manner that it rebounds cleanly after contact with a player. Scooping, lifting, pushing or allowing the ball to roll on the body also shall be considered a held ball. A held ball will be a violation and the team at fault will be considered to have committed a fault.

Simultaneous Contacts by Opponents

If the ball visibly comes to rest between two opposing players, it is a double fault, either team can ask for a replay. If the ball is contacted simultaneously by opponents and does not visibly come to rest, play shall continue.

After simultaneous contact by opponents, a team has the right to three additional contacts.

After simultaneous contact by opponents, if the ball lands outside a boundary line, a replay will be called.

Ball Played by Teammates

When teammates contact the ball simultaneously other than during blocking action, this is considered to be two team hits.

Attack Hit

An attack hit is an intentional effort to direct the ball into the opponent's team area in other than blocking action. A third hit by a team is considered an attack hit, regardless of intention. A served ball is not an attack hit. If a player near the net attacks the ball in such a manner that the ball is blocked back into the attacking player, this contact is a first team hit. Contact of the ball when spiking is legal only if a portion of the ball is in contact with the plane of the net or on the attacker's/spiker's side of the net. Spikers may follow through over the net after legal contact.

Attacking the Serve

It is illegal for a player to attack a served ball while the ball is completely above the height of the net or to attack a serve with a downward trajectory. Hands may be held above the net but not in a way to hit or spike the ball on a serve. **Serves can only be attacked after the ball falls below the height of the net.** Also, refer to setting over the net and back row attacks.

Attacking over Opponent's Team Court

A player is not allowed to attack the ball on the opponent's side of the net. If the ball is hit above the attacker's side of the net and follow through causes the attacker's hand and arm to cross the net without contacting an opponent or the net, such action does not constitute a fault.

Blocking

Blocking is the action close to the net that deflects the ball coming from the opponent's side by contact with the ball as it crosses the net or immediately after it has crossed the net. An attempt to block does not constitute a block unless the ball is contacted during the effort. Blocking may be legally accomplished by players who are in the front row at the time of service in 6v6 or by any player in 4v4. Multiple contacts of the ball by (a) player(s) participating in a block shall be legal provided they are during one attempt to deflect the ball. Any player participating in a block shall have the right to make the next contact with such contact counting as the first team hit. Multiple contacts of the ball during a block shall be counted as a single contact, even though the ball may make multiple contacts with one or more players of the block. Back row players may not block or participate in a block in 6v6. Blocking a served ball is a fault. Blocking of the ball across the net above the opponent's team court shall be legal provided:

1. The block is made after a player has attacked the ball or intentionally directed the ball into the opponent's team area.
2. The block is made after the opponents have completed their three team hits.
3. The ball is falling near the net and no member of the attacking team could reasonably make a play on it.
4. The opponent has hit the ball in such manner that the ball would clearly cross the net if not touched by a player, provided no member of the attacking team is in a position to make a legal play on the ball

Ball Contacting Top of Net and Block

If the ball touches the top of the net and a blocker above the net and then returns to the attacker's side of the net, the attacker's team shall have the right to three team hits.

Out of Bounds

Out of bounds is any area outside the designated court lines. If the ball touches the court line, it is still considered to be inbound.

PLAY AT THE NET

Ball in Net

A ball, other than a served ball, hitting the net remains in play.

Player Contact with Net

If a player contacts the net with any part of the body (other than hair or uniform) during play, it is a fault. If the ball is driven into the net with such force that it causes the net to contact a player, the contact is not a fault.

Simultaneous Contact with the Net by Opponents

If opponents contact the net simultaneously, it shall constitute a double fault, and shall be a replay.

Crossing the Center Line

Contacting the opponent's team court with any part of the body except the feet is a fault. Touching the opponent's team court with a foot or feet is not a fault provided some part of the encroaching foot or feet remain on or above the centerline. Basically if you go completely over the imaginary center line, under the net with or without contact with another player you are at fault.

Division Specific CAAVL Sand Volleyball Match Rules - 4 v 4 B+

Attacks

- The ball must be cleanly hit when spiking with an open hand. Guiding or carrying is illegal.
- Attacks can be in the form of a bump, set, or spike, or see the next bullet point.
- **NO OPEN-HAND TIPS/dinks/dunks**. Alternatives include palms, heel of the hand, **locked straight fingers**, curled fingers, or the back of the hand. No soft fingers can tip the ball over. See below for videos.
- No lifting/carrying or dunking is allowed
- No double-hitting is allowed

Back-Row Attacker

There are no restrictions on who may attack the ball.

Rotations

Positions on the court do not need to be rotated but service must be rotated in the same order each possession. 1 female and 1 male must remain on the court at all times.

Hand Sets

A contact of the ball using the fingers of one or two hands to direct the ball toward a teammate is a set. The ball must come into contact with both hands simultaneously and leave both hands simultaneously to avoid a double hit call. A player may set the ball over the net in front or behind them only in the direction in which their shoulders are squarely facing. I.e., your body must be parallel to the net and either facing it directly or directly behind you in order to set over the net.

If a set is clearly intended for a teammate but goes over the net, it will not be a fault and gameplay will continue.

Blocking

Refer to blocking in match rules to determine when it is allowed.

Receiving the Serve

Players are allowed to receive the serve with open hands that involves finger action, like a set.

Illegal Plays

Dunking the ball - <https://www.youtube.com/watch?v=Hnx7hmPVYQo>

Open handed dinks - <https://youtu.be/SR2MVHq4R3g?t=47> (Starting at 0:47)

Division Specific CAAVL Sand Volleyball Match Rules - 6 v 6 B-

Attacks

- Attacks can be in the form of a bump, set, spike, tip, dink, or dunk. Guiding and carrying will be allowed in 6v6.
- Other forms of attack include, but not limited to, using palms, heel of the hand, locked straight fingers, curled fingers, or the back of the hand. Soft fingers will be allowed to tip the ball over.
- No double-hitting is allowed

Back-Row Attacker

The back row cannot jump to attack the ball, attack a ball that is at a height over the net, or hit the ball with a downward trajectory. A backrow player can rotate to the front line but cannot initiate a jump attack prior to switching positions.

Rotations

Rotations must follow 6 person team rules. Players will rotate clockwise after each possession and service will rotate in order as well. All players will remain in the correct rotation until the server has made contact with the ball. Anyone on the court can switch their position only after the server has made contact with the ball. If you leave your spot too early, your team can be called out of rotation and it will be considered a fault. 1 female and 1 male must remain on the court at all times.

Hand Sets

A contact of the ball using the fingers of one or two hands to direct the ball toward a teammate is a set. The ball must come into contact with both hands simultaneously and leave both hands simultaneously to avoid a double hit call. A player may set the ball over the net in any manner.

Blocking

Refer to blocking in match rules to determine when it is allowed.

Receiving the Serve

Players are allowed to receive the serve with open hands that involves finger action, like a set.

CAAVL Sand Volleyball Tournament Rules - All Divisions

Tournament Ranking

- The website may not correctly reflect the rankings of your league. League rankings will be based on the total number of game wins, NOT matches won. This ranking will be used to determine tournament pool seeds.
- If teams do not play the same number of league games, tournament seeding will then be based first on winning percentage. Then, head to head results between close teams can be considered by the tournament organizer. A forfeit will count as 5 losses in the standings for the forfeiting team, and 5 wins for the available team. A bye will not count as any wins or losses, it will simply be ignored in the standings.
- Once pool play has finished, all teams will be re-ranked based on the results of pool play. Tiebreakers for pool ranking will be based on head to head results during pool play, then regular season seeding.
- With the new rankings, all teams will be entered into a single elimination bracket to determine the champion of the league.

Pool Play

- All games are played to 21 points but you must win by at least 2 points with a cap at 25 points.
- You will play all teams within your pool and play ALL games. There is no "best 2 out of 3"; you must play all games.

Tournament Play

- Single elimination, best of 3 games.
- Games 1 and 2 are played to 21 points but you must win by at least 2 points with a cap at 25 points.
- If Game 3 is played, it will be played to 21 points but you must win by at least 2 points. NO CAP ON POINTS.