

# 2024 SAND VOLLEYBALL RULES – 4 vs. 4

## Rule 1: Code of Conduct

- ✓ The Kankakee Valley Park District is committed to provide a safe, clean, and fun environment for all participants and guests. By doing so, participants are required to act appropriately and are to be respectful of others at all times when using Kankakee Valley Park District facilities.
- ✓ The following guidelines are designed to provide safe and enjoyable environment for all users. Patrons shall:
  - Show respect to all users and facility staff/supervisors
  - Take direction from facility staff/supervisors
  - Refrain from using abusive or foul language
  - Abstain from causing bodily harm to self, others patrons, or facility staff/supervisors.
  - Refrain from damaging the equipment, supplies, and facilities.
- ✓ A written or verbal warning will be given to patrons if the Code of Conduct rules have been violated. If there is a second occurrence patrons will be withdrawn from the program or facility without a refund.
- ✓ NO OUTSIDE ALCOHOL IS ALLOWED AT SPLASH VALLEY.
  - TEAMS BRINGING IN ALCOHOL WILL FORFEIT GAMES.

## Rule 2: Rosters

- ✓ Each team must submit a team roster containing no more than 8 players per team.
  - Additions to rosters must be made in person at the Splash Valley. Teams will not be able to add players for the end of the season tournament.
- ✓ The minimum age of a player is 16 years of age at time of participation.
  - Players can only play on one team per night.
- ✓ Teams must have 2 women and 2 men on the court **A team must field at least 3 players (1 woman and 2 men) to avoid a forfeit. However, if the opposing team agrees for the team to play with a different ratio, that is allowed. Teams cannot enforce original rule once agreement has been made. This applies if you have to face the same team in the same night as well.**
- ✓ All players must play in at least 2 regular season games to qualify to participate in the end of the season tournament.

## Rule 3: Awards

- ✓ The winning team in each league will receive t-shirts.

## Rule 4: Playing Rules – USA Volleyball Rules

### **Officiating**

- ✓ Each team will officiate all plays on their side of the court
- ✓ If there is a debate on the play without an agreement, a replay will take place

### **Timeouts**

- ✓ Each team is granted 2 sixty seconds timeouts per game
- ✓ Injury Timeout
  - If a player is injured and bleeding occurs, the player must leave the game until the bleeding stops. After the bleeding has stopped, surface wounds must be covered with a bandage. All blood-stained clothing must be changed or covered before the player can re-enter the game.

- ✓ Teams can continue play if injured player is unable to return, and will not take a forfeit if ratio does not meet rules.

## Scoring

- ✓ All games will use a rally point scoring system
  - It does not matter which team serves to score a point
  - Note: a point will be scored each rally
- ✓ During regular season play, each match will be 3 games to 25 points with a cap of 27 points
  - Each game within the match will count towards the team's record
  - Team must win by 2 points
- ✓ Post season play will be the best of three (3) games.
- ✓ After each game, teams will switch sides of the court

## Grace Periods

- ✓ Teams will have a 10-minute grace period to field a full team
- ✓ After the 10-minute grace period, the game will be considered a forfeit

## Serving

- ✓ The home team will serve first.
- ✓ At the beginning of a new game, the serving order shall be set and maintained.
- ✓ If an incorrect server is discovered during his or her service game, a side-out shall be called, any points made by the illegal server shall be lost, and the serving order shall be corrected.
- ✓ The server may move freely behind the rear boundary line and cleanly contact the ball before making contact within the sidelines extended or stepping on the court or end line.
- ✓ If the server releases the ball for service but does not attempt to complete the service motion, a re-serve will be awarded. A player may only receive one re-serve during a term of service
- ✓ Players on the serving team may not group or stand in a position that blocks the receiving team's view.
- ✓ A serve is legal if it hits the net, goes over the net, and proceeds to land in-bounds on the opponent's side of the court.

## Receiving the serve

- ✓ A player may not complete a legal attack or block on the serve.

## Boundaries

- ✓ The court, boundary lines, and the area of the net inside the antennae are considered inbounds.
- ✓ A ball that hits or travels over or outside the antennae is out of bounds.
- ✓ The ball must pass over the net inside the boundary lines and antennas in order to be legal.
- ✓ A ball that contact the ceiling may be played if (1) the ball remains on the playing team's side of the net/court and (2) the team has legal hits remaining.
- ✓ *Center Line*
  - A player may touch the floor across the center line provided part of one or both feet/hands remains on or above the center line.
  - It is a violation if a player completely crosses the center line under the net.
  - A player may cross the extension of the center line outside the court at any time provided he/she does not interfere with play by the opposing team.
  - While across the center line extension outside the court, any player may play a ball that has not completely crossed the vertical plane of the net extended.

## Contacting the Ball

- ✓ The ball must be cleanly contacted. Throwing, lifting, tossing, holding the ball as well as causing ball to come to rest on a player's body is illegal.
- ✓ Each team is entitled to a maximum of three hits to return the ball to the opponents.
- ✓ With the exceptions of blocks and simultaneous hits, a player may not hit the ball consecutively.
- ✓ *Attacking*
  - A legal attack is, while above the height of the net, attempting to direct the ball into the opponent's half of the court.
  - The attack is considered complete when the (a) the ball breaks the plane of the net or (b) an opponent legally contacts the ball.
- ✓ *Blocking*
  - A legal block is attempting to redirect the ball with the body **above** the height of the net.
  - Legal blocking does not constitute a team contact, and any player may make the first contact of the ball after the block.
- ✓ *Simultaneous Hits*
  - A simultaneous contact is when two teammates hit the ball at the same time.
  - If teammates simultaneously hit the ball, it will count as one hit, and the involved players are eligible to participate in the next hit
- ✓ *Joust*
  - If two opponents simultaneously contact the ball over the net (e.g. a joust), the ball remains in play and the team receiving the ball is entitled to another three hits.
  - If such a ball lands out of bounds, it is the fault of the team on the opposite side of the net from where the ball lands.
- ✓ *Back Row Players*
  - Back row players are designated as Right Back (RB) and Left Back (LB).
  - A player whose legal position at the time of the serve is in the back row may not attempt or complete a block or attack above the height of the net in front of the ten-foot line.

## Net Play

- ✓ It is illegal to reach over the net and contact the ball if a team has hits remaining.
- ✓ If the opposing team has exhausted its three hits, a player may block or attack the ball on the other side of the net.
- ✓ Once the ball has broken the plane of the net, the ball may be played by either team without penalty.
- ✓ A player may not reach under the net and touch the ball or a player on the opposing team when the ball is in play on the opponent's side of the court.
- ✓ When attempting to attack, block, or play the ball, the player may not contact any portion of the net.
- ✓ It is not a foul when a player's clothing touches any part of the net. Incidental contact with the net by a player's hair or glasses or by a ball driven hard into the net shall be allowed.

## Substitutions

- ✓ Substitutions are unlimited, and all substitutes must enter to the left of the server (center back position).
- ✓ A person entering as a substitute must be rotated into each position before he/she may be substituted out of the game.