

# General League Rules



# 152 Club Sand Volleyball

## 2026 League Rules

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### League Overview

Welcome to the 152 Club Sand Volleyball League! Our leagues are designed to balance competition and fun across multiple formats. All players are expected to compete with integrity, respect and good sportsmanship.

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### General Rules (Applies to ALL Leagues)

#### Scoring & Match Format

- Rally scoring is used (every serve earns a point)
- Matches are 3 games to 21
- Must win by 2 (cap at 23)

#### Gameplay Basics

- Maximum of 3 hits per side
- Block doesn't count as a hit
- No attacking the serve
- Balls landing on the line are IN

#### Serving

- Overhand or underhand allowed
- Let serves are live

- Service order must be maintained

### **Sportsmanship**

- Honor calls are expected
- No excessive arguing or aggressive behavior is allowed
- Respect players, opponents and staff

### **Game Officials/Referees**

- Only team captains may discuss calls with the officials
- Excessive arguing, cursing or disrespecting officials can result in a warning or ejection
- If there is an issue with officiating, report concerns to the league director after the match, not during gameplay

### **Forfeits**

- 10-minute grace period
- Minimum players required depends on format (see below)
- If a team cannot field enough players → forfeit

### **Weather Policy**

- Games played rain or shine unless unsafe
- League management will communicate cancellations
- All league cancellations by 4pm

### **Food & Beverage Policy**

The 152 Club Sand Volleyball League is hosted at a licensed establishment. To support the venue and ensure the continuation of league play:

- **No outside food or beverages allowed** on the premises
- All food and drinks must be purchased from the 152 Club

### **Important Notice**

Bringing in outside alcohol is not only against the venue policy - it also creates a serious liability risk to the 152 Club's liquor license. Violations can put the entire establishment, staff and future league operations at risk.

### **Enforcement & Consequences**

- **First offense:** Verbal warning
- **Second Offense:** League night game forfeiture
- **Third Offense:** Removal from the league

# League Format Rules

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## 4s Leagues (Men's, Women's & Coed)

### Team Composition

- 4 players on the court
- Rosters: typically 4-6 players
- Teams may play with 3 players if needed

### Gameplay Rules

- No open-hand tipping/dinking
- Players may not set the ball over the net **unless shoulders are square to the intended target and it was intentional**
- **Double contacts will NOT be called** if the player's teammate makes the next touch

### Coed 4s

- Must have a minimum of 2 females on the court
- Max 2 males on the court

### Play Style

- Fast-paced, more court to cover
  - No positional restrictions
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## Coed 6s Rules

### Team Composition

- 6 players on the court
- Must have at least 2 females and no more than 3 males

### Serving Order

- Must alternate genders:
  - Example: M / F / M / F / M / F
  - Any consistent alternating variation is allowed

## **“Girl Rule” (Contact Rule)**

- A female player must make **at least one of the three contacts** before the ball crosses the net
- Exception: If the ball goes over on one contact, the rule does not apply

## **Minimum Players**

- Minimum of **5 players** required to play

If a team has only 5 players:

- League may enforce a “Ghost Rule”
    - Automatic side-out or point loss when the missing rotation spot is reached **OR**
    - The opposing team may be awarded **3 starting points**
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## **Coed 2s (Doubles Rules)**

### **Match Format**

- Best of 3 sets (2 sets to 21 points, 3rd to 15 if needed)
- Must win by 2, cap of 23 & 17

### **Gameplay Rules**

- No open-hand tipping
- No setting on the first or third contact
- Blocks do NOT count as a touch

### **Serving Courtesy Rule**

- Females serve to females
- Males serve to males

This is a courtesy rule, not a strict enforcement but if it’s clearly being used as a competitive advantage, it will be enforced

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## **Final Notes**

This league is competitive, but it’s still played in the sand at the 152 Club - not the Olympics.

- Make honest calls

- Respect your opponents
- Keep the game moving
- And don't be "that team" everyone groans about on the schedule