

General League Rules



152 Club Sand Volleyball

2026 League Rules

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.

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

Rosters & Substitutes



Rosters & Substitutes

Regular Season

- Teams may use substitute players during the regular season to avoid forfeits and keep matches on the schedule.
- Substitute players may come from other league teams or from outside the league
- Players may only be rostered on one team within the same division
- Players may participate in multiple divisions and/or league nights unless otherwise specified
- Team captains and managers are responsible for ensuring substitute players are aware of league rules and expectations
- Players may not be rostered on multiple teams within the same division

Playoff Eligibility

- All playoff participants must be officially listed on the team's roster
- Players may only participate in playoffs for the team on whose roster they are registered
- No substitute players are permitted during playoff competition unless approved by the League Director due to extraordinary circumstances
- The League Director reserves the right to verify roster eligibility and resolve eligibility disputes

League Philosophy

The 152 Club Sand Volleyball League prioritizes participation, community, and competitive play. Regular season substitute flexibility is intended to help teams avoid forfeits, build community among league participants, and maximize opportunities for everyone to play. While competitive balance is important, the league's goal is to keep players on the court and matches on the schedule whenever possible.

League Format Rules



League Format Rules

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

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

League & Facility Policy Agreement



League & Facility Policy Agreement

Purpose

To provide a safe, fair, and enjoyable environment for all participants while protecting the integrity of the facility and league operations.

By registering, all players agree to the following policies:

Alcohol & Outside Beverage Policy

- **No outside food or beverages are allowed on the premises.**
 - This includes:
 - Alcohol of any kind
 - Drinks in water bottles, cups, or other containers
 - Coolers containing food or beverages
 - All food and beverages must be purchased through the **152 Club**.
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Coolers & Bags

- **Coolers are not permitted.**
 - Bags brought into the facility are subject to inspection if there is reasonable suspicion of outside food or beverages.
 - Refusal to comply may result in immediate removal from the premises.
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Violation & Enforcement Policy

Violations of the outside food and beverage policy will result in the following:

1st Offense

- Immediate removal and disposal of outside food/beverages
- Verbal warning issued to the player/team

2nd Offense

- Forfeit of all matches for that night
- One-week suspension from league play

3rd Offense

- Removal from the league with no refund
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Alcohol Responsibility

- The 152 Club is solely responsible for the sale and service of alcohol on-site.
 - Any violation of alcohol policies may also result in removal from the premises at the discretion of management.
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Conduct & Compliance

- All players must follow directions from 152 Club staff and league organizers
 - Disrespectful, aggressive, or non-compliant behavior may result in immediate removal
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Acknowledgment of Responsibility

By participating, players acknowledge:

- They understand and agree to all policies listed above
 - They accept responsibility for their actions and their team's conduct
 - Violations may result in penalties without refund
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Agreement & Signature

By registering and participating in this league, I acknowledge that I have read, understand, and agree to abide by all policies outlined above.

Team Name: _____

Player Name: _____

Signature: _____

Date: _____

Minor Participation Waiver & Release

152 Club Volleyball – Minor Participation Waiver & Release

Minor Participant Information

Name: _____

Date of Birth: _____

Parent/Guardian Information

Name: _____

Phone: _____

Email: _____

Acknowledgment of Risk

I, the undersigned parent/guardian, understand that participation in sand volleyball and related activities at the 152 Club involves inherent risks, including but not limited to: falls, collisions with other players, contact with the ball, uneven playing surfaces, weather conditions, and other potential hazards that may result in injury.

I voluntarily allow my minor child to participate and assume all risks associated with participation.

Waiver & Release of Liability

I hereby release, waive, and discharge the 152 Club, its owners, staff, league organizers, and affiliates from any and all liability, claims, demands, or causes of action arising out of or related to any injury, illness, loss, or damage that may occur as a result of my child's participation.

Medical Authorization

In the event of an emergency, I authorize the 152 Club staff or representatives to obtain medical treatment for my child. I understand that I am responsible for any medical expenses incurred.

Rules & Conduct

I acknowledge that my child must follow all league rules and expectations for sportsmanship and conduct. Failure to do so may result in removal from participation.

Consent & Agreement

I certify that I am the legal parent/guardian of the minor listed above and have the authority to sign this agreement. I have read and understand this waiver and agree to its terms.

Parent/Guardian Signature: _____

Date: _____