



Department of Recreation and Parks

SIX PLAYER CO-REC SIMPLIFIED SAND VOLLEYBALL RULES **Rev 9/29**

The Department has adjusted its guidelines during COVID-19. This document provides important details as to those changes and some league playing rules or protocol changes.

- **Please be vigilant in preventing the spread of the COVID-19 virus by practicing good hygiene as recommended by CDC guidelines. CDC guidelines can be found here: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>**
- **Please stay home if you are experiencing any signs or symptoms of COVID-19 or if you have been exposed to someone who has had signs or symptoms of COVID-19. Please see CDC guidelines for specific COVID-19 symptoms.**
- **Coaches, players and game officials, please check your temperature prior to leaving for scheduled games. If your temperature is 100 degrees or higher, you are not permitted to participate.**
- **As per the CDC: If you are immunocompromised, the best way to prevent COVID-19 is to avoid being exposed to the virus. We strongly urge you to consider the risk that you would be taking by participating.**

The Centers for Disease Control and Prevention (CDC offers general guidelines and recommendations for the public on how to limit the spread of COVID-19. They currently include:

- **Clean and disinfect frequently touched surfaces including balls**
- **Thoroughly wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol**
- **Wear a cloth face covering that covers your nose and mouth in public settings**
- **Stay at least 6-feet away from non-household members**
- **Cover mouth and nose with a tissue when coughing or sneezing**
- **Stay at home if you are sick**

Adult Volleyball Leagues Re-Start Precautions:

- **Any spectators attending games, must sit at least six (6) feet away from the court.**

- No team/player handshakes, no team/player high fives, and no group gatherings between teams on the court. Try to keep social distancing between teams. Ask team members to tip caps, wave, team cheer etc. –from across the court –after a game.
- When switching sides after a game, players must exit the court to the left side and walk around the net. Players are not allowed to walk under the net to switch sides of the court.
- Recommend players sanitize hands between games. The City of Rockville will have hand sanitizer available during gameplay.
- Teams arriving for their scheduled game should wait outside of court area / venue until teams from previous game vacate the area. End of game, players must leave the court area immediately.

1. GENERAL

A. Scores

The winning team must report scores to the site supervisor when each game is complete.

B. Inclement Weather

In case of inclement weather, call the Sports Information Line at **(240) 314-5055** after 3pm. In case of weekend makeup games, cancellation decisions will be made as soon as the courts are checked and/or enough information is collected to make the decision. In the event of inclement weather after 4:00 pm where no previous announcement has been made regarding playing conditions of the courts, it shall be the sole responsibility of the site supervisor to determine court playability.

C. Each team should have a copy of the rules and general information at each game.

D. Sportsmanship

In volleyball, as in all sports, one of the great values received is the fun one has playing the game. Games that result in poor sportsmanship, uncontrolled emotions, and ill feelings do not foster fun. The volleyball player has numerous opportunities for sportsmanlike play. He/she can call the fouls correctly. When uncertain, call the play in favor of the opponents; and always return the ball to the opponent.

E. Protests

Any protests must be submitted to the Sports Office by close of the next business day. Name(s) of the alleged offenders must be included in the written protest.

****Those in violation are subject to punitive measures by the Sports Office.***

2. ROSTER AND PLAYER ELIGIBILITY

A. Final Rosters

Final roster is due to the Sports Office on or before the 3rd scheduled match. IF rosters are not received by then forfeitures could occur. All players' challenges must be done before the start of the first match when new players introduced into the game. This action must take place with both managers and the site supervisor.

B. Player Photo Identification

At all times, players must be prepared to show positive proof of identification (Driver's License) upon request/challenge.

C. Player Eligibility

All players must be 18 years old and out of High School.

D. Teams

Teams will consist of no more than six (6) players, three (3) men and three (3) women. A team must have four (4) players to start and continue a game, two (2) men and two (2) women. If teams have only five (5) players they may use the following combinations: two (2) men, three (3) women or two (2) women, three (3) men. A team may not field more than three (3) players of any gender.

E. Forfeits

If a team does not field of four (4) players consisting of two (2) men and two (2) women at ten (10) past the hour, it will forfeit the first game of the match. If a team is still short of players by twenty (20) minutes past the hour they will forfeit the remaining two (2) games of the match.

F. Suspended Games

G. If a game is cancelled on site, those teams will play the remainder of the night from the point of stoppage.

3. PLAYING RULES

A. Unless modified by this set of rules, all games of the league shall be played in accordance with the rules of the U.S. Volleyball Association (USVBA).

B. Games

Teams will play three (3) games an evening. Some teams may be scheduled to play a double header in which they will play six (6) games.

C. Warm-ups

From the hour to five past, teams can warm-up. Games will begin at five past the hour. On the hour, teams will leave the court so that the next group can get started.

D. Starting the game

Before the game begins, the two (2) team captains will conduct a coin toss. The winner of the coin toss chooses:

1. Right to serve or to receive the serve or
2. Side of court
3. The loser of the coin toss takes the remaining alternative.

- ***The loser of each game will begin serve in the next game.***

E. Serving

The server will be allowed to release and toss, and as long as the server does not make any attempt to strike the ball, then the server can attempt to reserve the ball. In this rule the

ball may be caught or touched by the server. The server will announce the score before serving the ball, announcing his/her score first.

F. Let Serve

If the server hits the net, as long as it lands in bounds it is good. If the ball hits the antenna it is out.

G. Scoring

Rally scoring will be used. Teams will play three (3) games in a match. Games will be scored 4-25 points. Teams must win by two (2) points. In case of 25-25 tie play must continue until a two (2) point is achieved or the first team to score twenty-seven (27) points.

Rally scoring is the sequence of playing actions from the moment of the service hit by the server until the ball is out of play. If the serving team wins a rally, they will score a point and continue to serve. If the receiving team wins a rally, they score a point and they must serve next.

When a team uses three (3) hits to return the ball, one (1) of the three (3) hits must be made by a woman.

H. Five Player Rule

Open position must be rotated as a ghost position. Side-out shall be declared each time the ghost position rotates in the service position.

I. Four Player Rule

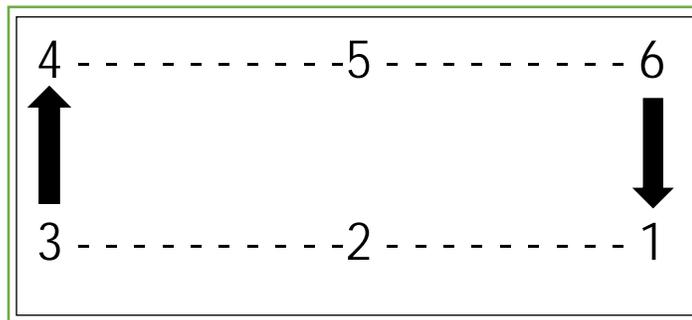
No penalty imposed.

J. Substitutions

Substitutions will be made on a rotation basis, sex for sex. Once the server loses his/her serve and teams rotate, the serve steps out and the substitute enter the back middle position and play continues.

4. POSITIONING

- A. A team consists of six (6) players. Three (3) in the front and three (3) in the back.
- B. The far right back row position, when facing the net, is the server position.
- C. After each side out, the team who has won the serve shall rotate one position clockwise. This includes the first side out of the game.



5. VIOLATIONS

- A. A team may not hit the ball more than three (3) times in an attempt to return it to the opponent's side of the court.

- B. A team may not cause a ball to hit outside the playing area. The boundary lines are considered part of the playing area.
- C. It is a violation to lift or carry the ball. A prolonged contact of the ball in a player's hands constitutes a lift or carry. The ball may be received with open hands as long as it is not caught, held or thrown.
- D. A player may not go under the net or across the center court area in an attempt to play a ball.
- E. A server may not step inbound until the ball has fallen below the top of the net.
- F. The opposing team may not make contact with the served ball until it has fallen below the top of the net.
- G. Back line players are not allowed to block.

H. Net Violations

A player may not, at ANY time come in contact with the net whether playing the ball offensively or defensively. The ONLY exception to this rule is when a ball spiked by an opponent drives the net into a player.

I. Legal Contact in Regards to Sides

A player's hand may follow through past the "vertical plane of the net" to the opponent's side after legally contacting the ball. A defensive player may NOT contact a ball on the offensive side of the court until the ball has reached the "vertical plane of the net".

NOTE: "vertical plane of the net" is that area of the net should the net be extended to the ceiling from antenna to antenna.

Violations by the non-serving team result in points being gained by the serving team.

Violations by the serving team result in loss of serve.

6. PLAYOFFS

- A. Unless modified by this set of rules, all games of the league shall be played in accordance with the rules of the U.S. Volleyball Association (USVBA).
- B. Positive proof of identification must be furnished and taken place prior to the scheduled tournament game. A valid driver's license or other photo I.D. are the only accepted means of providing positive proof of identification.
- C. The top four (4) teams advance to the post season tournament.
- D. All matches are played as best of 3.
- E. Higher seed will serve first with the lower seed choosing the court side. Except for the championship game which the serve will be determined by a coin flip.
- F. **Seeding**

The seeding of teams are determined as follows.

1. Team record (if teams are tied) then
2. Head to Head (if teams are still tied) then

3. Head to Head game point differential (if teams are still tied) then
4. Coin flip