

# **RULES AND REGULATIONS**



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# **San Diego Beach Volleyball League**

## **4 PERSON CO-ED VOLLEYBALL PROGRAM CONSTITUTION**

### **ARTICLE I - NAME**

This organization shall be known as the San Diego Beach Volleyball League.

### **ARTICLE II - PURPOSE AND ORGANIZATION OF THE LEAGUE**

The purpose of the league sponsored by San Diego Beach Volleyball League is to combine the interest of the volleyball teams of the community into friendly rivalry, wholesome recreation, and clean sportsmanship.

### **ARTICLE III - REGISTRATION, ROSTERS, TRANSFERS, AND NEW PLAYERS**

1. The roster, transferring of players, and the addition of new players shall be the responsibility of, and is subject to, the approval of the League Director.
2. Please call 619-379-5637.
3. Changes in rosters must be made in person to the League Director by the team captain. Roster changes will not be accepted on the court.
4. All Coed 4 teams' rosters are limited to six players on the roster.
5. Roster will be frozen after the sixth (6) league match. All additions after that must be approved by the League Director. Failure to turn in team rosters will result in your team being awarded losses for all games/matches until the roster is turned in to the office.
6. Minimum age for league participation is 15 years of age. Players younger than 18 years of age must have their parent or guardian sign a permission waiver.
7. Players may play on more than one (1) team, but must play on different days/nights.

## VOLLEYBALL PROGRAM CONSTITUTION CONTINUED

### ARTICLE IV - STARTING TIME OF THE GAMES & DEFAULT

1. Game time is forfeit (for the first game only) the match will be forfeited after 10 minutes have passed. **NO EXCEPTIONS.**
2. If a team has four eligible players at the game, four players must start and play.

### ARTICLE V - GAMES, LENGTH & SCORING AND SERVING SCORING SYSTEM

1. The rally scoring system will be used for all games. The best 2 of 3 wins the match. The first 2 games of the match will be played to 25 points. The first team to 25 points wins the game. You no longer have to win by 2 points. The third game (if required) will be played to 15 points. The first team to score 15 points wins the match. 2 time outs per game may be used.
2. Teams change sides at 12 points. First team that reaches 12 points.
3. Each team is allowed 2 timeouts per game.

### ARTICLE VI - GROUND RULES

Refer to the CO-ED VOLLEYBALL RULES SUMMARY

### ARTICLE VII - OFFICIAL RULES

The official **USA Volleyball Rules** will govern all play unless otherwise stated in this constitution or in the copy of ground rules.

### ARTICLE VIII - PROTESTS

Protests will be accepted on rule clarification only! No judgment calls. Judgment calls are **FINAL!** When protesting a match, the player/coach must tell the referee before the next whistle is blown to resume play. The opposing team will then be notified. A \$20 protest fee and a written statement must be turned in to the League Director before 12:00 noon the following workday. A player protest must follow the same procedure, let the referee know which player you are protesting and get that player to sign the score sheet.

### ARTICLE IX - LEAGUE AWARDS TIES FOR FIRST PLACE - (3 WAY TIES)

Play-off GAMES are for the first place teams only (in case of a tie--head-to-head play will determine league placing). If one team wins both league games; they would win the league outright no matter if they are tied. If they split their league games, then a one (1) match play off will take place to determine 1st and 2nd place

**VOLLEYBALL PROGRAM CONSTITUTION  
CONTINUED**

**ARTICLE X - TEAMS AND SPONSORS RESPONSIBILITIES**

1. Each team is responsible for their own equipment.
  - a. Uniforms are not mandatory.
  - b. Practice balls are the team's responsibility.
2. Paying the required entry fee by the Registration Deadline.
3. Be prompt for all games.
4. Following all league rules as stated in this constitution.

**ARTICLE XI - RESPONSIBILITIES OF LEAGUE DIRECTOR**

1. To provide a schedule of all league matches.
2. To provide a game ball and score sheets.
3. To post league standings, weekly.

**ARTICLE XII - OFFICIAL'S RESPONSIBILITIES**

1. Have thorough knowledge of the rules.
2. Be ready to officiate game schedule at least 15 minutes prior to the scheduled starting time.
3. See that the teams are ready to play when scheduled.
4. Be knowledgeable of all the local ground rules.
5. Assist in setting up and taking down nets before and after matches.
6. Flip the coin for serve, side, or receive.

**VOLLEYBALL PROGRAM CONSTITUTION  
CONTINUED**

**ARTICLE XIII - TEAM CAPTAIN'S RESPONSIBILITIES**

1. Inform all the players on the team of game dates and times.
2. Insure that all team members are familiar with items covered in this manual, including the Code of Conduct, League Rules, California Beach Volleyball Association playing rules, and special ground rules.
3. Insure that all team members are recorded on the official roster.
4. Inform the League Director of any difficulties that may occur.
5. Be responsible for the actions of your team while participating in this program.

**ARTICLE XIV - CO-ED VOLLEYBALL**

Four-Person Co-ed beach volleyball is a game by teams, (two men and two women preferred) in alternate positions. When a ball is contacted by more than one player on a team, one of these players must be a woman, before the ball goes onto the opposing team's side.

<b>TEAM FORMATIONS</b>
<ol style="list-style-type: none"><li>1. 2 men and 2 women (preferred)</li><li>2. More women than men (four (4) women could play)</li><li>3. 2 men and 1 woman</li><li>4. 3 men and 1 woman</li></ol>

***\*IMPORTANT NOTICE FOR ALL OF THE ABOVE COMBINATIONS:*** If a ball is contacted by more than one player (male), the second or third ball contact must be by a female player.

**ARTICLE XV - TEAM INSURANCE COVERAGE**

Team insurance coverage is not mandatory and is not included in the team entrance fee. San Diego Beach Volleyball League will not be responsible for any and all claims or damages that may result from participation in the Volleyball program.

## 4-PERSON TEAM CO-ED RULES

1. No fingertip dinks.
2. If during reception of a serve, a player attempts to receive serve in an open-handed setting motion, it is a fault and the serving team wins the point. This also applies to first contact with any played ball, except a "hard driven" spike.
3. A female must play the ball if a team contacts the ball more than once during an offensive play.
4. Ball can be played anywhere off any part of the body.
5. The ball must be contacted cleanly and not held (including lifted, pushed, caught, carried or thrown). The ball cannot roll or come to rest on any part of a player's body.
6. Rotation of the ball after the set may indicate a held ball or multiple contacts during the set, but in itself is not a fault.
7. Players may not go under the net.
8. ALL Players can attack and block at the net. There is no "back row."
9. Receiving the hard spiked ball. A double hit will be allowed on a hard spiked ball. **Hard spiked balls** may be bumped or passed with open hands.
10. Teams may not block or attack a serve.
11. The rally scoring system will be used for all games. The best 2 out of 3 games wins the match. The first 2 games of the match will be played to 25 points. The first team to 25 points wins the game. You no longer have to win by 2 points. The third game (if required) will be played to 15 points. The first team to score 15 points wins the match.
12. Games will be played to 25 points. Third game to 15 points
13. Teams change sides at 12 points. First team that reaches 12 points.
14. Flip coin for serve side or receive before start of the match.
15. Each team is allowed 2 timeouts per game.
16. Minimum number of players - 2 players may start and finish match.
17. A served ball may touch the net, but must cross the net and land in bounds or be played by the opposing team on the opposing side of the net within the opponent's side of the court. If the ball hits the net and goes out of bounds or stays on the serving team's side of the net, a point will be awarded to the opposing team and a sideout.
18. The server must hit the ball within 5 seconds after calling the score.
19. If more information is needed, please contact 619-379-5637.

**San Diego  
Beach Volleyball League**

**DOUBLES  
VOLLEYBALL  
RULES**

# 2-PERSON (DOUBLES) RULES

## ARTICLE I – PHILOSOPHY

The primary purpose of this league is for recreational enjoyment. Have fun improving your skills and being with others who have a common interest: VOLLEYBALL!

## ARTICLE II – GAMES, LENGTH, AND RALLY SCORING LAST GAME

1. The rally scoring system will be used for all games. The better of 2 of 3 games wins the match. The first 2 games of the match will be played to 21 points. The first team to 21 points wins the game. You no longer have to win by 2 points. The third game (if required) will be played to 15 points. The first team to score 15 points wins the match.
2. Teams change sides at every 7 points. Teams may change sides at any interval with agreement between both teams before the start of the match.
3. For all players' first game only, your entire first match will be forfeited after 10 minutes have passed. NO EXCEPTIONS.
4. Flip coin for serve, side, or receive before the start of the match.

## ARTICLE III – BALL HANDLING OF EACH GAME

1. A player may contact a ball with any part of the body.
2. An illegal hit occurs when the ball visibly comes to rest or has prolonged contact with a player during contact. In other words, no lifting, pushing, holding, throwing or carrying actions (Except on a hard driven spiked ball.) A double hit will be allowed on hard spiked balls only.
3. No fingertip dinks or power dinks.
4. Dinks may come only off the heel of the hand or off the closed fist.
5. A block does count as a hit (2 hits remain).
6. Otherwise A.V.P. rules apply.

**NOTE: A point will be awarded for all of the above situations.**



**DOUBLES (2-PERSON) RULES  
CONTINUED**

**ARTICLE IV – SERVING and NET SERVE**

1. Players may serve from any position behind the end line.
2. Players may serve the ball out of the hand. The ball released out of hand or jump served.
3. A served ball may touch the net, but must cross the net and land in bounds or be played by the opposing team on the opposing side of the net within the opponent's side of the court. If the ball hits the net and goes out of bounds or stays on the serving side of the net, a point will be awarded to the opposing team and a sideout.
4. Teams may not attack or block a serve.

**ARTICLE V – FOOT FALLS UNDER THE NET**

1. Players may go under the net to return a ball, as long as there is no interference with the opposing players. (If interference occurs, point or side-out point will be awarded.)

**ARTICLE VI – TIMEOUTS**

1. Two (2) timeouts per game are permitted, 60 seconds per timeout.

**ARTICLE VII – RULE DISPUTES**

1. If a dispute occurs over a rule infraction, please replay the point.
2. If continuous calls are disputed and the teams cannot agree, a tie will be recorded in the league standings.

**ARTICLE VIII – SUBSTITUTION AND TEAM ROSTERS**

1. Teams may carry 3 players on their rosters or receive league Director's permission to add (1) other player during the season. Call 619-379-5637.
2. Free substitution during match play.

**ARTICLE IV – EQUIPMENT**

1. Each court will have a game ball assigned to that court. Do not take the ball with you. Please leave the ball at that court.
2. Each court will have a clipboard with score sheets. Please complete your score sheets and leave clipboard at assigned courts. No scores recorded will result in a forfeit.
3. Outdoor balls will be used for all matches.

If you have any questions concerning league rules, please call 619-379-5637