



### **Co-Ed Sand Volleyball League 2010 Rules**

**Rules:** Carmel Clay Parks and Recreation Co-Ed Sand Volleyball League will loosely follow the Indiana High School Athletic Association, Inc. (IHSAA) regulations. All calls are at the referees discretion.

#### **Eligibility:**

All participants must be 18 years old or older. All participants are required to bring a valid identification card to all games. Failure to produce this identification will result in that player being unable to participate in that game. Staff has the ability to ask for identification at any given time during the league.

#### **Rosters:**

Any player addition must be done prior to the start of a game the added player would like to participate in. Captain's need to fill out player addition form in order to add players and give to designated staff member. Players will not be allowed to add after the start of a game or after the second to last regular season game. Any ineligible player participation will result in a forfeit.

#### **Game Time:**

Game time is forfeit time. No extra time will be given for players or teams to arrive. Please try to arrive 10 minutes prior to the start of your game.

#### **Spectator Behavior:**

All spectator behavior needs to be controlled by the team they are watching. All conduct rules are in affect for spectators.

#### **Profanity:**

No profanity is allowed. If a player uses profanity they will be ejected from the game.

#### **Conduct:**

Any excessive inappropriate conduct by a team directed towards an official, staff or opposing team shall result in a team being dismissed from the league.

#### **Ejection Policy:**

Any captain, player or spectator ejected from a match will be suspended for at least one match. Second ejection from a match will result in ejection from the league.

#### **Jewelry:**

No player may wear jewelry including but not limited to watches, bracelets, necklaces, earrings and various body rings. If a player can not take out earrings they must be completely taped. If a player is not willing to remove jewelry he will not be permitted to play.

#### **Players:**

A team consists of six players 3 male and 3 female. No less than four players are required to start a game. A team may play with 4 males and 2 females or 4 females and 2 males with no penalty. There must always be a 4/2 ratio in gender. A team may play with 5.



**Game Length:**

Matches will consist of the best of two out of three games to 21 points; the winner must win by two, rally scoring. Games will be capped at 25. There will be a 50 minute time limit. A new game will not be allowed to start after the 50 minute mark.

**Pre-Game:**

There will be a pre-match coin flip. The winner will have the following options: 1) serve to start the first game, 2) choose a side. The loser will choose a remaining option.

To begin second game, the teams will switch sides. The team that did not serve to begin the first game will serve to begin the second game.

To begin the third game, there will be a coin flip. The winner will have the following options: 1) serve to start the third game, 2) choose a side to start the third game. The loser will choose a remaining option.

**Time-outs:**

Each team will be granted two 60-second timeouts.

If a player is bleeding, the game must be stopped and the wound must be covered. All clothing covered in blood must be cleaned or removed. The player must sit out at least until the next side out after he/she leaves the game before being allowed back in. The same applies to an injured player if the game must be halted to attend to them.

If any part of the ball lands on a boundary line, the ball is considered in bounds.

**Rotation:**

The rotation for serving shall be clockwise with the serve rotating from the right forward to the right back position. The serving rotation may not be changed except when a new game is started.

**Substitutions:**

A player may substitute on a dead ball, upon making the request of the referee. A team is allowed an unlimited number of substitutes on a player-for-player basis, as long as the starter and the substitute replace each other in the same locations during the game.

**Serving:**

Servers must wait for the referee's whistle before serving. Each server will continue to serve until there is a side out or until the game ends. The server will have the entire width of the court to serve. When a served ball passes over the net outside the markers above the sidelines, touches any player, surface or object before entering the opponents' court, it will be considered a side out.

**Serve:**

You may not block the serve.

**Spike:**



A spike is considered to be a return in which a player in front of the 10-foot line at the time contact was made hits the ball with his arm in a forward and downward motion.

**Block:**

A block is considered a front row player (in front of the ten foot line) having hands and arms completely vertical when making contact with the ball. Hands may not break the plane of the net.

**Back row Attack:**

A player may attack the ball from the back row as long as they aren't hitting from the net. Exception: If a team is playing shorthanded with four or less players, everyone is eligible to spike except the server.

**Number of hits:**

A team may not hit the ball more than three times before it crosses the net into the opponents' court. You may kick the ball over the net.

**Simultaneous contact:**

Simultaneous contact by teammates is allowed and is considered one hit. A block is not considered a hit.

**Contact with the net:**

A player may not contact any part of the net or its supports while the ball is in play. This includes any follow-through motion.

In returning or spiking a ball, a player may follow through over the net provided they first contact the ball on their own side of the net. Exception: Players in the act of blocking may reach across the net only if the opponents have hit the ball in such a manner that it would clearly have crossed the net had it not first been touched by a player. A player may not break the plane of the net during play.

**Centerline:**

A player can step on but not completely over the centerline. Should any body part completely cross the centerline, a violation will be called.

**Team:**

A team consists of three women and three men. A minimum of four players are needed to start a match. These four players must include two women and two men. If a team is playing shorthanded after the match begins, the team must have at least as many women as men on the court at all times.

**Standings:** Standings will be posted on Carmel Clay Parks and Recreation website ([www.carmelclayparks.com](http://www.carmelclayparks.com)) by 5:00pm the day after games. Standings will be based on win/loss record.

**Alcohol/Drugs:** Any player thought to be under a controlled substance (alcohol/drugs) will be ejected from the game.

# The Monon Center



AT CENTRAL PARK

**Smoking:** It is the policy of Carmel Clay Parks and Recreation that there is no smoking in any facility or park. This means there is no smoking on Central Park grounds.

*\*Policies Subject to Change*