



Rules

GAMES: Each team is guaranteed pool play and at least one match in the final, single elimination tournament.

SCORING: Matches will consist of single games and will be played to 25 points using rally scoring.

TEAMS: • A team consists of 6 players, with a minimum of two women. • A team may start a game with a minimum of 4 players, of which at least 2 must be females. • Other players (from roster) can be added at anytime during play. • Players may not switch from one team to another and can not be listed on more than one roster.

RELEASE: All players must sign a release of liability form before playing (will be available with officials).

COIN TOSS & SIDE CHANGE: • Each game will begin with the captain from each team meeting with the official to discuss any details and to toss a coin to determine the serving team and the side of the net to be defended.

TIME – OUTS: Each team is allowed one thirty second time-out per game. Time-outs may be requested anytime the ball is dead.

ROTATION: On the change of the serve, all players, on the serving team, must rotate one position clockwise. This includes the first side-out awarded.

SUBSTITUTION: A player may be substituted any time a rotation occurs. The substituted player is to begin at the service position and complete one full rotation before coming out of the game.

SERVICE:

- The server must wait for the referee's signal before serving the ball.
- A service executed before the whistle is cancelled and repeated.
- The server can serve anywhere along the back line, but must not touch the line.
- Side out is declared when a served ball hits the net and does not pass over.
- A ball that contacts the net and continues over constitutes a legal serve.
- A receiving player may not *spike* (contacting a ball entirely above the net and sending it to the other side) or *block* (reaching higher than the top of the net) a serve.

NUMBER OF HITS: • A team is allowed 3 contacts with the ball when attempting to return the ball to their opponent's court. • A block **does not count** as a hit. • **At least one hit must be made by a female.**

ATTACK HITS: • All actions directing the ball toward the opponent, except a serve or block, are considered attack hits. **Restrictions include:** • A back-row player may complete an attack hit at any height from behind the front zone. • A back-row player may also carry out an attack hit from the front zone if, at the moment of the contact, any part of the ball is below the top of the net.

LEGAL & ILLEGAL HITS:

• The following constitutes a **legal hit:** contacting the ball with the heels of the hand, fists or arms; a closed fist punching at the ball.

• The following constitutes **illegal hits:**

- ball visibly comes to rest on any part of the body or held ball
- successive hits by a single player, unless the first contact was a block
- contact with the ball, below the shoulders in lifting motion and with palms up, shall be called for a carry
- blocking the serve

FAULTS: The following will be considered faults and result in a side-out or point call:

- Player contact with the net - * to prevent potential injury, a player may break the plane of the net by crossing under the net partially, but must not interfere with the opponent or come within two feet of them. * A player may reach over the net to block an opponent's shot, but must not interfere with the opposing team's play.
- Player breaking the plane of the net on an offensive move (ex. spike).
- Team contacts ball four times in a row (unless first hit was a block) before returning it to the opponent's side.
- Catching or throwing the ball.
- Illegal hits (see # 13)
- Ball out of bounds: The ball is considered out of bounds when it touches any surface, object or ground outside the sand court (light pole, grass, etc.) and will result in a side-out if the last hit was by the serving team or a point if the last hit was by the receiving team.

INTERFERENCE: If the official determines that a ball from another court causes interference, then the point will be replayed.

CONDUCT: Players or fans ejected because of excessive profanity or misconduct will be asked to leave the park immediately. Undue harassment of the official(s) before, during or after the game will result in the ejection of the individual(s) involved. Any player or fan, who strikes, attempts to strike or verbally threatens an official; who fights with another player or fan will be ejected from the tournament. Failure to leave the park immediately will cause the team involved to forfeit that match.

ALCOHOL: Alcoholic beverages will not be allowed in Town of Farragut Park facilities, according to Town and State ordinances.

CANCELLATION: If the tournament must be cancelled then the make up date will be April 5.