

### **OBJECT OF THE GAME**

- The object of the game is to send the ball over a net in order to ground it on the opponent's court, and to prevent the same effort by the opponent. The ball is put in play with a service: hit by the server over the net to the opponents. The rally continues until the ball is; grounded on the playing court, goes "out" or a team fails to return it properly.

### **PLAYING AREA**

- The court boundaries of 9m x 9m are drawn by teams upon arrival.
- The line is considered the whole "trough" or "V" when dug into the sand.
  - If any part of the ball touches the "trough" or "V" it is considered in.

### **PLAYERS**

- Minimum 5 players on the court at all times of which at least 2 must be of the same gender.
- The match is forfeited if a team does not have the minimum player requirement by 10 minutes past the scheduled start time.
- Player Pick-up Rule: A team may pick up 1 player only from another team in the league to reach the minimum number of players required (5 players of which at least 2 must be of the same gender). The team must continue to play with 5 players throughout the match. If the team's regular rostered player shows up then that player must take the place of the substitute player and the team must continue with the legal minimum 5 players. This is for league play only.

### **RULES OF PLAY**

- Three hits aside maximum.
- The ball may touch any part of the body (this includes the feet).
- The ball must be HIT; not caught, thrown, and/or be hit with separated hands unless it is obvious that a one-handed hit is intended.
- Players of the serving team must not prevent their opponent from seeing the server or the path of the ball by use of screening.
- The one-hour time limit or best two-out-of-three wins the game, whichever comes first.
- Service zone is the full width of the court.
- If the ball hits any part of the trough line, it is considered in and good.
- The ball can hit the net on the serve and is still good if it goes over and lands in.
- All three (3) games go to 25 points and are played using the rally point system.
  - Each game is to be won by 2 points. \*\* Remember, one-hour time limit
- Re-serve/replay is done when the ball hits:
  - Ball hits an object that is hanging down.
  - Another ball enters the court of play
  - Both teams foul simultaneously
  - There is an injury to player
- Jump Serves are not allowed in the Recreation Level Leagues.
  - They will only be permitted in Intermediate Level Leagues.

### **FOULS AND ERRORS**

- More than three hits on one side.
- A player touching the net or stepping over the centerline. Centerline infractions are a major causes of injuries on the court, please be aware of this hazard, particularly while blocking.
- A double hit by a player.
- Back row players leaving the floor ahead of the attack line to spike.
- Server hits the ball out-of-bounds or into the net.
- Ball hits the floor, fence, sun bather, tree, etc.
- Blocking or spiking a serve. Serve receptions may be set or bumped.

### **REPORTING RESULTS**

- The winning team is responsible for reporting the match result to the appropriate Score Line (outlined on their schedule) within 48 hours of the match completion.