

## New Cov Sand Volleyball Official Rules of Play

### 1. Rules of Play

- a. The server shall stand with both feet behind the boundary line. The ball must be clearly “hit”, not thrown, or pushed.
- b. Any player may contact a serve with any body part above or below the waist. (we will allow overhand contacts, unless it is agreed upon not to by both teams prior to the start of the game)
- c. A ball touching any part of the boundary line is considered “in bounds”.
- d. You can run out-of-bounds to play a ball.
- e. Players are not permitted to scoop, hold, or throw the ball. A ball cannot visibly come to rest on a player’s hands or body part.
- f. A player cannot make successive contact of the ball unless he/she has blocked the ball at the net. A single person may play the ball twice in a rally, but not in succession.
- g. Contact of the ball during blocking action does not count as one of the three contacts on your team’s side.
- h. When a ball is contacted **more than once** by a team on their side, one of the contacts must be by a female before going over the net.
- i. You must alternate your team positions by male and female (male, female, male, female, etc.)
- j. You will only receive 3 contacts on a side before having to send the ball over the net.
- k. You may cross under the net if you do not interfere with play and a part of your body is still on your side.
- l. You are not allowed to touch the net.
- m. You may reach “over” the net to block but may not interfere with the opposing teams play.
- n. You can not block or spike the serve coming over the net.
- o. Matches will be self-officiated.
- p. Sets are played to 25 points with a cap at 27. Third game will be played (for fun), time permitting. Except tournament play where, if necessary, a third game will be played to decide winner.
- q. Teams will switch sides after each set.
- r. Rally will be held to determine who serves first.
- s. Third game side will be switched after 12 points for a 25-point game and 8 points for a 15-point game.