



# Adult Beach Volleyball League Rules

## **Player Requirements/Safety**

- Players are allowed to wear sunglasses and baseball caps. Players are not permitted to wear any kind of footwear (besides socks), loose jewelry, pins, hair clips, or anything the staff deems unsafe.
- Men and women are required to wear a team shirt during play.
- If a team cannot meet the minimum requirements of 4 players, that team must play one person down.
- Should an injury occur, a first aid kit will be by the FCPR staff on site.
- Captains will sign the code of conduct waiver for their team prior to the first game.

## **Scoring**

- Each game is played to 25 points with rally point scoring (i.e. a point is scored on every serve). A team must win by at least 2 points, with a 30 point cap.
- All matches are played as best 2 out of 3 games. The tie-breaker or third game is played to 15 points, but you must win by at least 2 points with a 30 point cap. In the third game, teams are to switch sides when the first team gets to 8 points.
- If there is a penalty on one team, the opposing team will be awarded a point and service.
- The games will be self-refereed with the captains having the ultimate decision on a call.

## **Play**

- A player may never block a serve.
- A player may never use an open hand to volley a serve nor can a player execute an open-handed volley on first contact (every time the ball crosses the net, including free balls) with the ball unless it is hard-driven (the serve is never considered a hard-driven ball regardless of its velocity)
- A hard driven ball is classified as a ball hit with a full swing and has very little arc.
- "Sets" that drift over the net are permitted.
- Lifting, scooping the ball and double hits are not permitted.
- A block is not counted as a hit.
- A ball may be volleyed over the net only if you are square to the direction of the ball.
- Maximum of 3 hits per side.

- If the ball lands on the line, it is in.
- No "open-handed" tipping: players who contact the ball with one hand and are putting the ball over the net, must cleanly hit with the heel or palm of hand (a roll shot), with straight, locked fingers and a locked wrist (a cobra), or with the back of the hand (locked wrist and locked fingers/knuckles). One-handed placement or redirection of the ball with the fingers (dink or open-handed tip) is a fault.
- Players may play the ball off any part of their body, including feet.

## **Player Rotations**

- All players must rotate clockwise.
- No player may skip any position or stay in one position the whole game, including serving.
- Rotate new players in before your team starts a new server.

## **Contacting the Net and Center Line**

- A player cannot touch the net at any time during the game (if you touch the net, it is the other team's ball). However, a player may cross the imaginary center line as long as they don't interfere with the play or get in the way of the opposition.

## **Serving**

- Net serves are allowed (the ball is allowed to contact the net on the serve).
- A server may serve the ball from anywhere along the baseline.
- The same server continues to serve as long as his/her team successfully wins the point.

## **Weather Conditions**

- Games are played rain or shine (but no lightning).

## **Sportsmanship**

- Unsportsmanlike conduct from players, or spectators will not be tolerated, and should be immediately reported to the league director. Violators could face suspension/ban from Frederick County Parks and Recreation programs.