

GAAY SPORTS

GLBTQI+ ATHLETES, ALLIES, & YOU

SAND VOLLEYBALL RULEBOOK

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TABLE OF CONTENTS

GAME SETUP

THE COURT

EQUIPMENT

PARTICIPANTS

REFEREE

TEAMS, CAPTAINS, & PLAYERS

SUBSTITUTE PLAYERS

GAME PLAY

REGULATION GAMES AND MATCHES

RALLY SCORING

SERVICE AND ROTATION

HITS (BUMPS, SETS, SPIKES) AND BLOCKS

FAULTS

SEASON AND TOURNAMENT

STRUCTURE AND SEEDING

TOURNAMENT RULES

GAME SETUP

1. THE COURT

- 1.1 The court shall be created on sand and consist of 2 playing zones with dimensions of at least 25' x 25' but no larger than 30' x 30'. The 2 playing zones are separated by a 39" net that may have a total height of 7'-8' depending on the court. The total dimensions of the court should be at least 25'x50' by no larger than 30' x 60'.
 - 1.1.1 The court should be surrounded by at least 5' of sand to ensure player safety.
 - 1.1.2 The side and end lines must be marked by visible boundaries.

2. EQUIPMENT

- 2.1 While participating, players must properly wear proper athletic clothing designated for their use.
 - 2.1.1. Players must wear shirts during play.
- 2.2 Players may wear protective equipment provided it does not offer the wearer an unfair performance advantage. Any equipment deemed by the league commissioner as performance-enhancing must be removed, or the player will be removed from play.
- 2.3 The official volleyball used by the league must be used for all games.

PARTICIPANTS

3. REFEREE

- 3.1 Referees do not actively watch the games for faults or violations. Games are self-refed by the participants, and disputes should be resolved by the participating teams. The referee will be present to keep score, clarify any rules, and recommend a resolution when participants cannot resolve a dispute. When there is a dispute over a play that cannot be resolved, the point is to be replayed.

4. TEAMS, CAPTAINS, AND PLAYERS

- 4.1 Each match shall have two (2) participating teams.
- 4.2 Each team must have between eight (8) and ten (10) players on their roster.
- 4.3. A team must have a minimum of four (4) and a maximum of six (6) players on the court at all times.
 - 4.3.1. Teams must play all of their available players and cannot withhold players from participating in games unless a player is injured.
 - 4.3.2. Teams with more than the maximum number of players allowed on the court will rotate a player onto the court after a change of service, replacing a player already on the court.
- 4.4 Each team must field at least four (4) of their own rostered (non-substitute) players. Teams without at least four (4) of their original rostered players must forfeit the match.
- 4.5 Captain Responsibilities – A team captain has been assigned to each team.
 - 4.5.1 Captains will “rock, paper, scissors” to determine which team will serve first.
 - 4.5.2. Captains will ensure all players participate in the match and serve in the proper order.

5. SUBSTITUTE PLAYERS

- 5.1 A team must have a minimum of four (4) of their own rostered players to avoid a forfeit. Teams with less than six (6) players may add substitute players in accordance with the following:
 - 5.1.1. A team with four (4) may add one (1) or two (2) players, but no more. One player can be someone on another team from the league. One or two people may be from outside the league, provided they sign both the GAAY Sports waiver and the Reno’s waiver.
 - 5.1.2. A team with four (4) players may add a maximum of two (2) players..
 - 5.1.2. A team with six (6) of its own rostered players may not have any substitute players.
- 5.2 If a player from the team’s roster shows up they must immediately take the place of a substitute player. They will inherit the serving order position of the replaced player.
- 5.3 Substitute players are eligible to participate if:
 - 5.3.1. They are currently registered players in GAAY Volleyball.
 - 5.3.2. They are non-league players who have signed the substitute waiver form. Non-league substitutes are allowed to substitute a maximum of two (2) times per season. After that, they must pay the league registration fee.

- 5.4 If a player on the original roster has not shown up to any activities after week three (3), they may be replaced on the roster with another player. Team captains must consult with the league commissioner to determine if there is a wait list before inviting someone to play. The said person is required to pay the league registration fee.

GAMEPLAY

6. REGULATION GAMES AND MATCHES

- 6.1 A match shall consist of up to three (3) regulation games (sets).
- 6.1.1. A game is won by the team that scores twenty-five (21) points first, with a minimum lead of two (2) points. (If the score is 20-20, play is continued until one team has a two-point lead.)
- 6.1.2. In the essence of time, the game will be capped at thirty (30) points even if no team has a two-point advantage. (final score 30-29)
- 6.1.3. The third set is only played if teams split the first two.
- 6.1.4. The third set will be played to fifteen (15) points with a minimum lead of two points; however, capped at 25 points.
- 6.2 The team that wins two (2) out of three (3) games wins the match.
- 6.3 Rally scoring is in effect. This means a team can score points regardless of who serves. In other words, a point is awarded on every serve.
- 6.4 Team captains will play rock-paper-scissors before the match; the winner can either choose to serve first in games 1 and 3 or choose which side to be on for games 1 and 3.
- 6.5 Format is 6 vs. 6. Teams may play with 4 players in the event they do not have 6 players. Teams with more than 6 players must begin the game with extra players out of play and rotate them in on the serve.
- 6.6 FORFEITS – Teams must have at least four (4) of their own rostered players. In the event of a forfeit, the match will be recorded as a 2-0 win for the non-forfeiting team.

7. RALLY SCORING

- 7.1 A rally begins when the ball is served.
- 7.2 During a rally, the serving team scores a point and continues to serve when:
- 7.2.1. On service, the ball lands in the receiving team's court.
- 7.2.2. On service, the ball lands on the sideline or baseline of the receiving team's court.
- 7.2.3. The receiving team faults.
- 7.3 During a rally, the receiving team scores a point and earns the right to serve when:
- 7.3.1. The serving team fails to serve the ball over the net.
- 7.3.2. On service, the ball lands in an area that is out of play.
- 7.3.3. The serving team faults.

8. SERVICE AND ROTATION

- 8.1 The server may serve the ball either underhand or overhand.

- 8.2 The server must serve the ball behind their end line and between the sidelines.
- 8.3 A ball striking the net and going over is a legal serve and is still in play.
- 8.4 Service Order – Teams must serve the ball in their correct order, with players rotating into new positions on the court.
 - 8.4.1. When the serving team wins the rally, the player who served the ball serves again.
 - 8.4.2. When the receiving team wins the rally, it gains the right to serve and to rotate a player into the lineup. Teams with more than six (6) players should rotate players in and out of play after a change of possession. The inbound player can come in anywhere on the court, but that position must be where players rotate in for the entire match.
- 8.5 Positions and Rotation – Teams can establish whatever formation they choose; however, once a team gains the right to serve, all players on the team must rotate into the next position of their established formation.
 - 8.5.1. Teams should rotate in a clockwise direction.
 - 8.5.2. Players may move to any location on the court after the ball is served.
 - 8.5.3. If a team has seven (7) or more players, one player is rotated out of play and another player is rotated into play and becomes the server.
- 8.6 Service Faults (see FAULTS)
- 8.7 Although the speed of play should be dictated by the team serving the ball, it is common courtesy and good sportsmanship to ensure the opposing team is in position before serving.

9. HITS (BUMPS, SETS, AND SPIKES) AND BLOCKS

- 9.1 A player may use any part of their body, except the palm and fingers, during an underhanded attempt (see rule 10.3.2), to hit the ball.
- 9.2 The ball may be hit a maximum of three (3) times by a team before it is sent over the net.
 - 9.2.1. Two players touching the ball at the same time count as two (2) hits.
 - 9.2.2. A player may not hit the ball twice in succession unless executing a block.
- 9.3 Blocks – Blocking is the action of players at the net intercepting the ball coming from the opponent by reaching higher than the top of the net. At the moment of contact with the ball, a part of the player must be higher than the top of the net.
 - 9.3.1. A blocked ball may be hit immediately again by the blocking player.
 - 9.3.2. A block does not count as one of the three (3) hits during a volley.
 - 9.3.3. A blocking player may reach over the net to hit the ball as long as they don't interfere with the opposing team's attempt to a ball or hit the net.
- 9.4 Spikes – A spike is when a ball is contacted while jumping above the net.

10. FAULTS

- 10.1 OUT OF BOUNDS – any team serving or returning a ball that hits the ground or any object outside the boundaries of the playing zone is considered a fault.
 - 10.1.1. Balls hitting any part of the boundary line are considered in bounds.
- 10.2 SERVICE FAULTS – faults occurring on the initial service.
 - 10.2.1 Service using any part of the body other than the hand.

10.2.2 Service out of order or teams failing to rotate player positions.
10.2.3 Service in front of the end line or beyond the sidelines.
10.2.4 Service that hits a teammate.
10.2.5 Service that fails to go over the net.
10.2.5 The receiving team blocks the service.
10.2.6 To encourage learning and close/friendly competition, no server may score more than five (5) consecutive points. After the 5th consecutive point on serve, the serving team must rotate in their normal rotation so that another person serves. To ensure consistency throughout, this rule is also in effect for the playoffs.

10.3 HIT FAULTS – faults occurring after the service.

10.3.1 Four Hits – occurs when a team contacts the ball four (4) times before returning it

10.3.2 Carries and Lifts – the ball is caught and/or thrown; the ball is hit underhanded with the ball touching the palm of the hand or fingers.

10.3.3. Double Contact – when not executing a block, a player hits the ball twice in succession or the ball contacts various parts of a player's body in succession.

10.4 NET FAULTS

10.4.1 Touching the Net – the net comes into contact with any part of a player's body.

10.4.2 Early Block – A player touches the ball or an opponent in the opponent's space before or during the opponent's return.

10.4.3 Interference – A player interferes with the opponent's play while penetrating into the opponent's space under the net.

SEASON AND TOURNAMENT

11. STRUCTURE AND SEEDING

- 11.1 At the closure of the league registration, the league commissioner will finalize a divisional structure and schedule for the entire season.
- 11.2 In the event teams have a tied ranking going into the tournament, the final standings will be based on the following tiebreakers
 - 11.2.1 1st tiebreaker – head-to-head matchup
 - 11.2.2 2nd tiebreaker – total sets won minus sets lost on the season
 - 11.2.3 3rd tiebreaker – coin flip
- 11.3 If all teams with the same record do not have an equal head-to-head matchup (4 teams with the same ranking, but only two have a head-to-head to evaluate), all teams will begin with the 2nd tiebreaker.

12. TOURNAMENT RULES

- 12.1 Teams are NOT permitted to use substitute players in the championship tournament.
- 12.2 The first team to win two (2) games wins the match. If one team wins the first two games, then the third game does not need to be played.
- 12.3 In the event of a rainout, games will be played on the season makeup date. Teams that cannot attend the makeup date will forfeit the match.



ABOUT THE RULEBOOK

These rules were created by GAAY Sports and influenced by OUT Sports League and rules from FIVB (Federation International de Volleyball). GAAY Sports Rulebook.
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