

SAN DIEGO BOYS' HIGH SCHOOL BEACH VOLLEYBALL FALL LEAGUES OFFICIAL RULES

1. PLAYING AREA

1. DIMENSIONS

The playing area for the court is 16 meters x 8 meters. (52'6" x 26'3")

2. PLAYING SURFACE

The surface of the playing area must be as flat and uniform as possible, free of rocks and any other objects which may cause injury. *(Sand courts should ideally be at least 12" deep; however, if you are playing on shallow courts, please make sure to announce that fact during the pregame meeting, making the fact very clear to help avoid injury of visiting players/teams.)*

3. LINES ON THE COURT

Boundary lines consist of two sidelines and two end lines which mark the playing court. They are made of wide flat bands that are 2 to 3 1/8" wide, or rope that is 1/4 to 3/8". All lines are considered to extend indefinitely. Lines moved during play do not cause the rally to stop.

4. SERVICE ZONE

The service zone is behind the end line and between the extension of the sidelines.

2. NET AND POSTS

2.1 HEIGHT OF THE NET

The height of the net is 7'11 5/8" (2.43m), measured at the center.

3. BALL

The ball must be made for beach volleyball, not indoors. It may be of any color or multicolored. Before each match, players from both teams need to mutually agree on a ball to be used during the match. *(Do not mix brands/etc. within the same match/court.)*

4. TEAMS

4.1 COMPOSITION

A team consists of two players. Each school will field five varsity teams designated by the coach as A, B, C, D, and E.

4.2 ELIGIBILITY

All players must be students at the team's high school. *(And coaches are encouraged to use the same CIF eligibility framework as it pertains to grades/etc. even though we are still technically a "club" sport.)*

5. UNIFORMS

All teams must wear matching uniforms that consist of either a tank top or t-shirt, and matching shorts. Uniforms need to be matching in color only, not in style, fabric, or brand, etc. Numbers are not required. *(Note: by saying "all teams", this means all five pairs must be the same.)*

6. RIGHTS AND RESPONSIBILITIES

6.1 PLAYERS

- **Players self-officiate.** (See Section 20.)
- Players must know the rules.
- Players must behave respectfully towards teammates, opponents and spectators.
(Note: Developing a quality level of sportsmanship is one of the foundational goals of our high school beach program.)

6.2 COACHES

- Coaches must be identified as a coach and dress professionally—in shirt and shorts as a minimum requirement, but preferably in a manner which helps to identify them by wearing (at least) school colors, if not by team logos/etc. when possible.
- Coaches may perform drills with their team on court prior to their official warm-up, then must leave the playing court at the start of the official timed warm-up and may only instruct from the sideline during the official timed warm-up.
- **During play, coaches may NOT give instructions verbally or by signaling.**
- Coaches may give instruction during warm-ups, time-outs and between games or matches; however, they may NOT give instruction during side changes.
- Coaches may not call time-outs; **however, they may suggest and/or signal to players to consider calling their own time-out.**

7. SCORING SYSTEM

7.1 TO WIN A MATCH

Matches are best 2 out of 3 games. A team wins a match by winning two games.

7.2 TO WIN A GAME

Games are rally scoring. The first two games are to 21, win by 2, no cap. If a third game is needed, it is to 15, win by 2, no cap.

7.3 TO WIN A RALLY

- Whenever a team fails to serve or return the ball, or commits any other fault, the opposing team wins the rally.
- If the serving team wins a rally, it scores a point and continues to serve.
- Points are scored by offense or defense every time a ball is served.

8. PREPARATION OF THE MATCH

8.1 MATCH WARM-UP

The official timed warm-up is 6 minutes in a shared format. Shared format means players can hit or serve from either side.

8.2 DECIDING SERVE AND SIDE

After the official warm-up and before any third games, a player representing each team determines who chooses serve or side by rolling a ball from one sideline to the other. The closest to the other sideline, without touching or crossing the sideline, wins. If both balls touch or cross the sideline, the players do it again. The winner chooses either:

- to select to serve or receive service of the first ball, or
- the side of the court on which to start the game.

The loser takes the remaining alternative and, for the second game, gets to select from the above choices.

8.3 FIRST SERVER

At the time of deciding serve and side, each team declares which player on his team will serve first for that team.

9. STATES OF PLAY

9.1 BALL "IN PLAY"

The ball is in play from the service contact until the ball is out of play.

9.2 BALL "OUT OF PLAY"

The ball is out of play from the moment the ball lands or a fault is committed. The rally ends when the ball is out of play.

9.3 BALL "IN" (OR "IN BOUNDS")

A ball is in when its first contact with the ground is on the playing court or a boundary line.

9.4 BALL "OUT" (OR "OUT OF BOUNDS")

The ball is out when:

- Its first contact with the ground is completely outside the playing court, or it does not touch the boundary line.
- It completely crosses the net outside the antennas, it passes over the imaginary extension of the antenna, or it passes under the net after the attacking team's third contact.
- It touches an object out of play.
- If the boundary line is accidentally moved, the players will decide whether the ball is in or out by judging where the line should have been.

10. PLAYING FAULTS

- Any playing action contrary to the rules is a fault.
- If two or more faults are committed by two opponents simultaneously, the rally is replayed.

11. PLAYING THE BALL

11.1 TEAM CONTACTS

Each team is entitled to a maximum of three contacts to return the ball to the opponents. A player may not contact the ball two times consecutively except during or

after blocking or when digging a hard-driven ball. **Blocking does constitute 1 of the 3 allowed contacts and any player may make the next contact of the ball after the block.**

11.2 SIMULTANEOUS CONTACTS

- If two opponents simultaneously and instantaneously contact the ball over the net, the ball remains in play and the team receiving the ball is entitled to another three hits. If such a ball lands out of bounds, it is the fault of the team on the opposite side of the net from where the ball lands.
- A joust occurs when players of opposing teams cause the ball to come to rest above the net through simultaneous contact. A joust is not a fault and play continues as if the contact was instantaneous.

11.3 ASSISTED HIT

A player is not permitted to take support from a teammate or any object in order to reach the ball. However, a player who is about to commit a fault may be stopped or held back by a teammate.

11.4 SETTING

A contact of the ball with two hands, using the fingers to direct the ball, is a set. All sets must be contacted at eye level or above.

11.5 CHARACTERISTICS OF CONTACT

- A player may touch the ball with any part of the body.
- The ball must be contacted cleanly and not held (including lifted, pushed, caught, carried or thrown) and not double-contacted. The ball cannot roll or come to rest on any part of a player's body.
- An exception is allowed during the defensive play of a hard-driven ball, in which case the ball may be double-contacted. A hard-driven ball is an attack-hit or blocked ball traveling at a high rate of speed to which the defensive player is reacting, as opposed to an off-speed attack where the defender has time to choose how to play the ball.
- A player may set the ball in any direction towards his team's court, provided that the ball is contacted simultaneously by both hands and does not visibly come to rest. **One or two slow rotations of the ball are allowed, but if it rotates more than 2 times, it is considered a fault.**
- A legal set directed towards a teammate that unintentionally crosses the net is not a fault.
- If the ball is intentionally set into the opponent's court, the player must direct the ball perpendicular to the direction his shoulders are facing.
- When contacting the ball with one hand, it must be cleanly hit with the heel or palm of the hand (a "roll shot"), with straight, locked fingertips (a "cobra"), knurled fingers (a "camel toe") or the back of the hand from the wrist to the knuckles. One-handed placement or redirection of the ball with the fingers while setting OR attacking (an "open-hand tip") is a fault.

12. BALL AT THE NET

12.1 BALL DIRECTLY ABOVE THE NET

A ball that is directly above the plane of the net, but is not completely in the opponent's space, may be contacted.

12.2 BALL CROSSING THE NET

- A ball directed to the opponent's court must go over the net and fully within the antennas.
- Bringing the ball back from the other side: A ball that has crossed over the plane of the net outside the antennas may, as one of the team's three hits, be played back to the team's side provided that the ball crosses back outside the antennas. Players may cross the center line below the net or outside the poles to play the ball, but may not interfere with opponents. The opponent may not prevent such action.
- A ball that has passed completely into the opponent's space (above the net and between the antennas) cannot be retrieved.

12.3 BALL TOUCHING THE NET

The ball may touch the net while crossing the net, including the serve.

12.4 BALL IN THE NET

A ball driven into the net may be recovered within the limits of the three team contacts. A ball may be played off the net when it touches between the antennas, but not if it touches the antenna or is outside the antenna.

12.5 BALL TOUCHING THE ANTENNA

A ball touching the antenna is a fault.

13. PLAYER AT THE NET

13.1 REACHING BEYOND THE NET

- While attacking, a player's hand(s) may pass beyond the net, provided that contact was first made within his team's playing space.
- While blocking, a player may touch the ball beyond the net, provided he does not interfere with the opponent's play, before or during the attack-hit.
- Within the limits of the three team contacts, a player may contact a ball that has crossed the net below the net in an attempt to recover a ball that has not been contacted by the opponents. The recovered ball must come back below the net.

13.2 PENETRATION INTO OPPONENT'S PLAYING AREA

- Players may partially or completely cross the center line below the net or outside the poles, either before, during or after a legal play of the ball, provided that this does not interfere with the opponent's play. Incidental contact with an opponent is ignored, unless such contact interferes with the opponent's opportunity to play the ball. While opposing players are not required to avoid the ball or the player, they cannot intentionally interfere with any legal attempt to play the ball on their court.
- If a player crosses the centerline and interferes with an opponent during the continuation of a play, it is a fault.

13.3 CONTACT WITH THE NET

It is a fault for a player to contact the net between the antennas during the action of playing the ball or blocking. Exceptions are:

- Incidental contact of the net by a player's hair.
- If a player's hat, visor, or glasses fall off during play and then contacts the net.
- When a ball is driven into the net and causes the net to touch a player, no fault is committed.

14. SERVICE

14.1 DEFINITION

The service (or serve) is the act of putting the ball into play by the serving player in the service zone, which is the area behind the end line and between the extension of the sidelines.

14.2 SERVICE ORDER

- If the serving team wins the rally or a replay takes place, the player who served the previous rally serves again. If the serving team loses the rally, the next server on the receiving team serves the ball.
- If a player is discovered serving out of order, after the ball is dead, that player continues to serve with no loss of points. The opposing team remains in their service order, but the offending team will reverse their original order of service to ensure that no player will serve three consecutive terms of service.

14.3 AUTHORIZATION OF SERVICE

It is the responsibility of the server to assure that both teams are ready for service. A player on the receiving team may signal that the team is not ready; the most common ways to signal this are to hold up one hand or to turn away from the server until ready.

14.4 EXECUTION OF SERVICE

- The server may move freely behind the end line. At the moment of the service or take-off for service, the server must not touch the ground outside the service zone. The player's foot may not go under a boundary line. If the end line is moved by the server it is a fault. After the service contact, the player may land on the court or outside the service zone.
- The server contacts the ball with one hand, fist or arm while the ball is held, or after it is released by the server.

14.5 SERVICE ATTEMPT

The server may only have one attempt to serve the ball, which includes the toss or release of the ball.

14.6 SCREENING

The server's teammate must not prevent the opponents, through screening, from seeing the server or the path of the ball. On an opponent's request, a player must move sideways, bend over or bend down.

14.7 It is a fault to double contact the reception of a serve.

14.8 **If during reception of a serve, a player attempts to receive serve in an open-handed setting motion, it is a fault and the serving team wins the point.**

15. **ATTACK-HIT**

15.1 DEFINITION

All actions to purposely direct the ball towards the opponent's playing area, except in the act of serving and blocking, are considered to be attack-hits.

15.2 ATTACK-HIT FAULTS

It is a fault when a player completes an attack-hit above the plane of the net on the opponent's service.

16. **BLOCK**

16.1 DEFINITION

Blocking is the action of a player close to the net to deflect the attacked ball coming from the opponent by reaching above the height of the net.

16.2 HITS BY THE BLOCKER

The first hit after the block may be executed by any player, including the player who touched the ball at the block.

16.3 BLOCK WITHIN THE OPPONENT'S SPACE

- In blocking, the player may place his hands and arms beyond the net provided that action does not interfere with the opponent's play. The player is not permitted to touch the ball beyond the net until the opponent has made an attack-hit.
- A player may only block an "Attack-Hit" (any ball that is purposely directed to the opponent's side). It is a fault for a blocker to reach over the net and touch a ball that is being set by a player on the other team.
- **It is a fault for a blocker to stuff a ball with one or two hands, such as: breaking the wrists, carrying, redirecting, or pushing the ball.**

16.4 BLOCKING CONTACT

- **A blocking contact is counted as a team hit. The blocking team will have two hits after a blocking contact.**
- Consecutive, quick and continuous contacts may occur, provided that these contacts are made during one blocking action.

17. **TIME-OUTS**

- A time-out is a regular game interruption. It lasts for 1 minute.
- **Each team is entitled to one time-out per game.**
- **There is a Technical Time-out after the 21st point of games 1 and 2. (In the event of a third game, there is no Technical Time-out.)**
- Requests for time-out by both teams may follow one another.
- Injury time-out is up to 5 minutes.

18. EXCEPTIONAL GAME INTERRUPTIONS

18.1 INJURY

If an injury occurs as the result of a fault or does not affect the outcome of the rally, the rally counts. Otherwise, the rally is immediately canceled and replayed. An injured player is given an injury time-out of up to five minutes. An injury time-out does not count as the team's one time-out per game.

18.2 EXTERNAL INTERFERENCE

If external interference does not affect the outcome of play, the rally counts. Otherwise, the rally is immediately canceled and replayed. A shouted warning (such as "Ball on!") is sufficient to affect the outcome of play, provided that a player had a chance to make a legal play of the ball.

19. COURT SWITCHES

In games 1 and 2, teams switch sides each time the total number of points is a multiple of 7. In game 3, teams switch sides when the total is a multiple of 5.

20. OFFICIATING

20.1 SELF-OFFICIATING

There are no referees, players self-officiate. They make all determinations that a referee would make, including faults by themselves and their opponents — keeping sportsmanship in mind at all times.

20.2 SCORING

- Players keep the official score.
- **Before each rally, the server must call out the score.**
- If a player thinks the score is incorrect, he can immediately say so, before the serve.
- If players realize the score is wrong, it can be corrected, at any time, even after one or more rallies.

20.3 DISPUTE RESOLUTION

- When there is disagreement on any determination (score, rules, or determination of what took place in a rally), quickly discuss and try to come to agreement.
- **If the determination of what took place in a rally is in dispute and the players cannot come to agreement, then the rally is replayed.** *(Note: If there are extensive disagreements arising during a match, to the point where multiple points are being replayed due to disagreements which can't be quickly worked out, players from both teams should request that a coach from each school come to watch their court for a period of time.)*

20.4 HONOR SYSTEM

Each player is expected to exhibit good sportsmanship and acknowledge and call out any fault committed by himself.