High School Coed Sand
League Rules

The Head Coach is responsible for actions by his/her players and for informing them of all rules. Coaches and players are responsible for knowing and following the game rules. Coaches, please go over these rules with the parents to prevent them from questioning calls made by the referee. Any questioning of a call or ruling must be made by the coach, NOT a parent, player, or spectator. For all other rules not covered in these specific Blue Valley Rec rules, we will be using the KSHSAA rules.

I. General Rules
   1. Each team must have a parent registered as “Head Coach” for the team. The head coach must sit on the bench at all games. Any parent (of a player on the team) may substitute as head coach.
   2. Only uniformed players and three coaches (head coach + two) will be allowed to sit on the bench during games.
   3. Non-parent coaches must register, with the league, prior to the start of the game.
   4. Any player who is not on the team roster is illegal and any game that he or she plays in will be forfeited.
      a. A player may not be on more than one team roster.
      b. A player may be added to a team roster at any point during the season.
         i. New players MUST be added to the team roster BEFORE they are allowed to play.
      c. Substitute Players – may be used under the following previsions;
         i. The substitute player(s) must be registered in the BVRC sand volleyball program on another team.
         ii. Substitute players must be one grade level below the team they are subbing for.
         iii. A team may use up to 2 substitute players per match.
         iv. Substitutes must be declared to the official and the opponent prior to the start of the match.
   5. No loitering in the parking lot. No alcohol will be allowed on the premises.
   6. Music via radios, stereos, cell phones, etc… is not allowed on or around the sand courts.
   7. Participants must accept referees’ decisions with sportsmanlike conduct and without dispute.
      a. In case of doubt, a rule clarification may be requested through the coach only.
   8. One volunteer is required from each team to either line judge or score keep for the match.
   9. All matches will be 6 on 6, unless a team does not have 6 players at the match.
      a. Teams must have at least 4 players to start the match in order not to forfeit.
   10. If either team is short players, or does not have a head coach, at the scheduled game time, a 5-minute grace period will be given.
       a. After the 5-minute grace period, a forfeit will be declared.
b. Games will begin no earlier than the scheduled game time unless both teams request for the match to begin early.

11. Game Balls will be provided.

II. Team names and Uniforms
1. Team names must be from the following list:
   a. Any Blue Valley School team name.
   b. Any Private school team name.
   c. Any Blue Valley School or Private school mascot.
2. Appropriate clothing must be worn.
   a. No swim suits tops are allowed. Sleeveless shirts that show excessive skin or sports bras are not allowed.
   b. Please use your judgment on appearance that is acceptable and will represent the youth player, team, and Blue Valley Recreation in an appropriate manner.
   c. Only league approved names will be allowed on uniforms.
3. Numbers are not required.
4. No pictures or symbols will be allowed on uniforms.
5. Teams will not be allowed to wear inappropriate uniforms and they will forfeit the match.

III. Serving
1. Service Limitations-
   a. A single player will only be allowed to serve up to 5 consecutive points.
      i. After 5 successful serves, the serve will be given to the next player in the rotation on the same team.
2. Let serves are allowed. A Let serve is a serve that hits the net, but still goes over the net inside the boundaries of the opponent’s court.
3. The first serve of the first and third sets will be decided by a coin toss. One coach and captain from each team will meet the referee prior to the first set to do the coin toss.
   a. The team that wins the coin toss will have the choice to serve or to receive or to pick the side.
   b. Whichever team does not serve first for the first set, will serve first for the second set.
4. Players must wait for the whistle from the referee to serve.
5. Players may not block or attack the serve from the front row.
6. The server may serve anywhere along the service line.
7. In the case of a bad toss during service, the serving player may either catch the ball or let the ball hit the ground.
   a. After a service tossing error, the referee must authorize the service again.
   b. One service tossing error is permitted per (each player’s) 5 serves.

IV. Playing Court and Equipment
1. Everyone will play with the full-sized boundaries.
2. Net Height will be 7’11 5/8”.
3. Coaches and players on the bench must stay at least 5 feet back from the court boundaries.
4. Volleyball – Regulation outdoor volleyball
5. No jewelry made of metal, ceramic or rock will be allowed.
   a. Players who refuse to remove jewelry will not be allowed to play.
   b. No tape or band aids over jewelry is allowed.
c. Regular sized bobby pins and small alligator clips are allowed for hair control.

V. **Game Play**

1. No pregame lining up or shaking hands is required, however after the match is over, all players and coaches will line up and shake hands.

2. All sets will be rally-scored, meaning a point will be awarded to one team after each play.
   a. Set #1 and #2 will be to 25 points with a cap of 27 and set #3 will be played to 15 with a cap of 17.
   b. **SET #3** – Teams will switch sides of the court when one team scores their 8\textsuperscript{th} point.
      i. To adjust for any wind or light disadvantage, both teams will play on both sides of the court during set #3.
   c. The teams will play all three sets of a match during league games no matter what the outcome is of the first two.
   d. League standings will be based off of sets and not matches.

3. Each team is entitled to a maximum of 3 hits to return the ball to the opponents.
   a. Hits include intentional hits by a player as well as unintentional contact with the ball.

4. Equal playing time for all legal registered players attending the games is required. After serving the ball and two side outs, when the team gets the service back, the middle back position is rotated out and a new player rotates in.
   a. All bench player(s) must play unless of an injury. Only registered player(s) may be on the bench.

5. It is a fault to touch any part of the net except for incidental contact by a player’s hair and insignificant contact by a player not involved in the action of playing the ball.

6. Interaction and communication with officials is encouraged by the head coach only. Judgment calls can not be discussed.
   a. Lifts are prolonged contact or if the ball visibly comes to rest. Lifts will be called in upper grades, but will remain a judgment call.

7. Players must rotate before each serve except for the first serve for each team, at the beginning of each set.
   a. The receiving team has the option to rotate or not before their first serve.
   b. After each rotation, the player that served last will be substituted out in the middle back position.
   c. Exception: players may be substituted for at any time in case of an injury.

8. **Time Outs**—Each team will have the option of one 30-second time out per set.
   a. Time-outs do not carry over to the next set.