

# *Cabo culture Indoor Sports*

## *Beach Volleyball Rules*

### *General Overview*

Beach Volleyball is a team sport played by teams of 2, 4, or 6 players with all teams playing in an organised weekly competition. The ball is played by hitting it with your any part of your body. The object of the game is to send the ball regularly over the net to try and ground it in the opponent's court, and, to prevent it from being grounded in your own court. A team is allowed only three hits to return the ball. The rally continues until the ball hits the ground, goes out, or until the ball is not returned within three hits.

### *Players' Responsibilities*

Players must know the rules of the game and abide by them. They must accept the umpire's decisions with sportsmanlike conduct and not dispute them. They must behave at all times in a respectful and courteous manner towards the Co-ordinator, umpires, opponents, team-mates, and spectators. Players also must not deliberately delay the game.

### *Team Captains*

One player shall be designated as the team captain. Prior to all matches, the captain will collect the team's game fees; mark off which players are playing, and represent the team for the toss. Only the captain may ask for clarification on the umpire's decisions. The captain is responsible for the conduct of the team's players.

### *Game Duration*

All matches played consist of 3 sets of 12 minutes duration. At the conclusion of each set, players are allowed a one minute break then change ends for the next set.

### *The Toss*

Prior to the start of each match, the umpire will conduct a toss. The winner has the right to choose between two options. a) Serve or receive. b) Choice of end. The loser takes the remaining choice. The team that serves first in the first set will also serve first in the final set.

### *Scoring*

A point shall be awarded after every serve or rally. When the serving team wins the rally, they score a point and the same player continues to serve until they lose a rally. Players must rotate the serving sequence. The team that wins 2 sets is declared the winner. If, after 2 sets, both teams have won a set each, & at full time the scores are level in third set, a golden point will be played to determine the winner.

## ***Seasons***

Your team will be required to play a 20-25 week season plus one week of finals depending on team numbers

## **Competition Points**

Competition points towards the premiership ladder will be awarded as follows:

- 2 pts for a win
- 1 pt for each set
- 0 pts for a loss
- 5 pts for a bye
- 5 pts for a win on forfeit
- 5 pts for a loss on forfeit

If the team's Registration Fee is not paid by week 8, then one (1) point will be deducted each week until fees are paid.

Grading games will be played for the first five (5) weeks to determine which grade your team will play the season's fixtures in.

## ***Mixed Competition***

Teams consisting of 4 or 6 players must have at least 2 females on court at all times. Teams with less than the required females receive penalties as follows:

4's Competition	2 males + 2 females	=	No penalty
	2 males + 1 female	=	-5 first set only
	3 males + 1 female	=	-5 pts per set

N.B:- A minimum of 2 players are required to commence the game.

6's Competition	4 males + 2 females	No penalty
	3 males + 1 female	No penalty
	4 males + 1 female	-5 first set only
	5 males + 1 female	-5 pts per set

N.B:- A minimum of 4 players are required to commence the game.

## ***Serving***

The serving player must wait for the umpire's whistle before serving the ball and must serve the ball within 5 seconds of that whistle. The ball must be hit cleanly with one hand or any part of the arm after being tossed or released and before it touches the ground. The ball must pass over the net and between the posts, without touching the posts. The ball can touch the net. The serve may be hit from anywhere along the baseline and from within the sidelines.

The serving player must not touch any boundary lines or the court surface during their serve. All players on both teams must be within the court perimeter when the serve is taken. The serving player only gets one chance to serve the ball correctly, otherwise the service is given to the receiving team.

### ***Team Hits***

Each team is entitled to a maximum of three hits to return the ball over the net. The ball may be touched by any part of the body. No setting off a serve. A player may not touch the ball twice consecutively (unless the first touch was a block). The ball must be hit cleanly and not visibly come to rest on contact or be held. This includes lifting, carrying and throwing.

The ball may touch two or more parts of a player's body only if the contact is simultaneous. When two team mates contact the ball simultaneously, it is counted as two of their three permitted hits. In Mixed 4's, when the team uses three hits, a female must be included. i.e. cannot be three hits by males.

### ***Ball at the Net***

When the ball is hit into the opponent's court, the ball must pass over the net and between the posts. The ball may touch the net or the net ropes between the posts, but it may not touch the posts. A ball hit into the net may be retrieved and played over the net within the team's limit of three hits.

### ***Player at the Net***

No part of a player's body or clothing may touch the net or the net ropes but may touch the posts. A player may enter under the net and into their opponent's court provided that they do not interfere with their opponent's play or range of motion.

### ***Attack Hit***

An attack hit is the action to direct the ball into the opponent's court. Any part of the body may be used. If an open hand is used, their must be a swinging arm. No tipping or dumping permitted unless blocking. A ball is in-bounds if it lands within or on the boundary lines. In the case where a set is the attack hit in a 2's match, the ball must travel in a perpendicular direction to the player's shoulders. i.e. no side-setting over the net.

### ***Blocking***

Blocking is the action of a player to prevent an opponent's attack hit from crossing the net. A player is not permitted to block the serve. A block contact is counted as a team hit and the blocking team will have a maximum of two more hits to return the ball over the net. A blocking player may touch the ball over the net or reach in the opponent's court only if the opponent is attempting an attack hit. The first hit after the block may be executed by any player including the blocker.

### ***Interference***

Players are allowed to chase the ball onto the adjacent court. Interference will then be called on that court if play is disrupted. Umpires will use their discretion so play on until you here the whistle.

### ***Game Fees***

Game fees are to be paid in full regardless of how many players play. You are reminded that it is a team fee, not a player fee. Fees should be paid at least 10 minutes prior to the scheduled start time for your match. Teams with outstanding fees are not eligible for any finals matches.

### ***Registration Fees***

All teams should have paid their registration fees prior to round 3 of the competition. Failure to do so will result in the team losing one (1) competition point until fees are paid.

### ***Forfeits***

Nobody likes the idea of a forfeit. If you are experiencing difficulties organising a team for any match, ring the centre and we will try and assist you. We can help find players or possibly reschedule the game. Notification of problems must be given at least 48 hours prior to the scheduled starting time, otherwise the game may not be rescheduled. Should any team forfeit a match, they may be withdrawn from the competition. Forfeiting teams will automatically lose 5 premiership points and be charged a fee equal to *both team's game fees*. Remember, ring the centre with as much notice as possible so that alternatives can be worked out and unpleasant situations avoided.

### ***Finals***

All players must have played one-third of the season's games to be eligible to play in any finals fixtures. Player qualifications are kept on record so that you can ensure a player's eligibility.

### ***Uniforms***

Teams are required to have matching shirts by round 5 of the competition. Shirts must match in colour and screen printing (if applicable). Small logos or coloured collars may be accepted if shirts only match in colour. Swimwear may be worn but must conform with this rule. Singlets and shirts may be combined if logo is matching. A penalty of 3 points will be applied at the end of the first set for each shirt not matching i.e. -3(1 shirt); -6(2 shirts); -9(3 shirts)

### ***Rain***

Due to this sport being outdoors and at the mercy of the weather, any game called off due to rain will be rescheduled at the next available date for both teams. Dates and times will be worked out by both teams and centre management. Should you be unsure as to whether games are on, please ring the centre to verify or show up anyway. **DON'T JUST NOT TURN UP!!!**

We hope that you and your team enjoy your seasons with us and should you ever have any problems or queries, don't hesitate to contact us. We're here for your enjoyment.