



## **SAND & GRASS VOLLEYBALL PLAYING RULES**

The following rules are derived from USA Volleyball. Certain rules have been modified by LiveLifeFun.

### **GAME/MATCH**

1. Each match consists of 3 sets of rally scoring to 21. First team to 21 wins (not win by 2).
2. Game time is forfeit time. A 5-min grace period may be applied if the opposing Captain agrees.
3. There is 1 timeout per set. Timeouts are 30 seconds or less.

### **ROSTERS, PLAYERS, SUBSTITUTIONS**

1. Coed 4's – Team Rosters must have a minimum of 2 females. Teams consist of 4 players on the court at one time.
2. Teams must have a minimum of 3 players on the court for the entire game to avoid a forfeit. No more than 2 males on the court at any time (1 female is always required).
3. There are no female touch rules.
4. Teams may substitute only during their side-out. Any substitute entering the game will be for the server only.
5. Any subs must be LiveLifeFun Atlanta members that have signed the waiver prior to playing.
6. **PLAYOFFS:** Only players listed on the official team roster will be eligible for end of season tournament play. All roster protests must be made prior to the beginning of the playoff match.

### **GAME PLAY**

1. Under the net violations will not be called unless a player interferes with an opponent's ability to play the ball.
2. All faults such as lifts and hands will be called the same regardless of the level of play. Beach digs will be allowed as long as they are not a lift. Service foot faults will be called in all levels.
3. A player can serve anywhere along the back line. Captains cannot call timeout during service.
4. Any service that hits the net and continues over will not be considered a fault and will be live.
5. A team must maintain the same serving order in each game.
6. Blocking of serves is now allowed. Legal blocks do not count as contact towards the 3 hit limit.

### **GENERAL**

1. Players must register online and sign a waiver prior to playing each season.
2. No jewelry is allowed to be worn during games.
3. LiveLifeFun reserves the right to amend all of these rules, if necessary, for safe and fair play.
4. **Absolutely NO ALCOHOL ALLOWED.** This includes parking lots.
5. Please park in designated/legal parking areas only.
6. No pets are allowed.