

Sand Volleyball Rules

These rules are designed to promote fun and fair play in a social league setting. Every player signing up for the league should have an understanding of the rules and scoring of the sport. Of course, some rules may vary depending on the specific league or competition you are playing in.

Player Eligibility:

- All players must be at least 18 years of age and have active health insurance.
- All players must agree to the Apex Sports Club Waiver in the Terms and Conditions when signing up.
- All players must be signed up on a team and paid the League/Event fees.
- By signing up, you agree to the rules as stated below.

Team Rosters & Free Agents:

- Apex Sports Club is a social league. To help individuals as well as teams fill up rosters, we have the option of individuals signing up as free agents. Free agents may be added to any team. The teams who do not meet the league requirements and/or have the least amount of players will be first considered for an additional free agent member. Because of this and our policy of no subs during playoffs, it is recommended to add additional players to your roster to go beyond the minimum requirements though this does not guarantee you will not receive a free agent.
- Teams may add more players than the minimum requirement.
- If a team member cannot make it to one of their scheduled games and a team cannot field the minimum required number of players, they may use subs from another team within the league or other Apex Sports leagues. This is only allowed during the regular season only. Subs are not allowed during the playoffs.

- Teams in 2v2 leagues must have at least 1 of their rostered players present to be able to play. Teams in 4v4 leagues must have at least 2 of their rostered players present to be able to play. They can then request subs from other teams. Teams in 6v6 leagues must have at least 3 of their rostered players present to play with subs. If a team does not meet these requirements they will be forced to forfeit.
- If a team can field the court with their roster, no subs from other teams or leagues are allowed. For example, if a team in a 4v4 league has 3 males and 1 female ready to play, they would not be allowed to use a sub from another team as a fifth player to try to better their team for that week.
- Teams may play a 'legal game' with less than the required minimum number of players with the opposing team's consent but this rule only applies during the season and is not applicable during playoffs. A 'legal game' is defined for each league in the sections below.

General League Rules:

- All players are expected to respect the equipment and facilities that are provided.
- No referee will be provided, games should be self scored.
- All equipment will be provided on site, including a game ball.
- Each team will play one match. Each match consists of the best of 2 out of 3 games. Depending on the season, some teams may have a bye week and/or week with a double-header match up.
- Each team will have an even number of home and away games. The home team will have the choice of serving first or choosing a side for the first game of the match up.
- Teams will switch sides for the second game. The team that did not serve to start the first game shall serve to start the second game. The third game, if necessary, will resort to the side and who served first at the start of the first game.

- Teams have until 5 minutes past the designated start time to field the minimum number of players. If a team is unable to reach the minimum number of players, the game will be deemed a forfeit. Following a game 1 forfeit, teams will then have 15 minutes past the original designated start time to field the minimum number of players for game 2, otherwise this game will be forfeited as well.
- If you are subbing for another team in a game that is running behind, your registered team's scheduled game is still required to start on time. You may choose to not start on time with your team but if the 'legal game' requirements are not met, this could result in a forfeit. Without further delay, it is up to the team for which you were subbing to promptly find a replacement sub, if necessary.
- Leagues are typically run with a 6-week regular season followed by a 1- or 2-week single-elimination playoff tournament. This may vary under certain circumstances.
- Playoffs are determined after the regular season has concluded and are based on regular season standings. All teams will make playoffs unless otherwise noted.

Game Play:

- The game begins with a serve from behind the end line of the court.
- Overhand and underhand serves are allowed. Jump serves may be allowed depending on the league specific rules - these rules will be posted on the league sign-up page.
- The ball must be hit over the net, in between the net antennas, and into the opponent's court to start play.
- A point is awarded to the team that wins a rally.
- If the ball hits the net on a serve and goes over, it is considered in play.
- The serve can be returned with a pass or a set. The serve cannot be blocked or attacked at any time.
- The ball is considered in if it lands on any part of the boundary lines.

- Sometimes the ball is close to being in or out of bounds. Teams are to come to an agreement on the play. If an agreement cannot be determined between the two teams on which team is awarded the point during a play, the point should be replayed.
- If the ball hits an antenna or does not cross the plane of the net between the antennas, the ball is considered out of play.
- If the ball hits the net outside of the antennas the ball is considered out of bounds.
- A team is allowed to touch the ball up to three times before it must be sent back over the net. A block does not count as one of the team's three touches.
- A player may not hit the ball twice in a row, except in the case of a block.
- A player cannot reach over the net to block until it is the opposing team's third hit.
- A player may not touch any part of the net during play or come into contact from the other side of the net. If this occurs, the player is to call the play dead upon themselves and award the other team the point and serve.
- There may be instances where other players or balls from other courts encroach the court in play. This instance may or may not directly interfere with play but if this is to occur, this becomes a safety concern and the point in play should be stopped immediately and restarted.
- All players must rotate positions clockwise when the possession of the ball changes to their side.
- Depending on a team's roster numbers, a male that is rotated out, may have to be skipped and remain out if a team's female player were to be subbed out and the team would not meet the minimum requirements of female players on the court. See 'Team Rosters & Free Agents' rules above.
- Players may switch positions from the start of play and only after the ball is served. They must switch back to their original spots at the end of the point.
- A player from the back is allowed to come up to attack at the net.

- There should be no intentional contact between players, such as pushing or shoving, and no arguing or excessive complaining to the league host or other players.
- Apex Sports Club has the right to remove a player at any time.

Rules for 2v2 leagues

- A team will meet the minimum roster requirements when they have at least two players
- A 'legal game' in a 2v2 league consists of a minimum of 2 players on the court at all times
- Best 2 out of 3 sets.
- All 3 sets are played to 11, win by 2, cap at 15.
- No open hand receives unless it's a hard driven hit.
- No open hand tips or dinks are allowed. Attacks using the fingers must be hard driven.
- Maximum of 3 team contacts. A block counts as the first contact.
- Sets that visibly spin due to uneven contact may be called a double contact. In order to set the ball over the net on purpose, you need to have your shoulders squared and it needs to be clean.
- No lifts
- Call your own mistakes and net touches, please be honest!

Rules for 4v4 leagues

- A team will meet the minimum roster requirements when they have at least four players (at least 1 female).
- Best 2 out of 3 sets.
- A 'legal game' in a 4v4 league consists of a minimum of 3 players (min. 1 female) on the court at all times.

- Games 1 and 2 are played to 21 points with a cap at 25. Any team must win by at least two points or first to 25. Game 3, if necessary, will be played to 15 with a cap of 18 points. You do not have to serve to win.
- Players may switch positions after the ball is served. Teams may also switch from diamond to square formation, however every team is to start in the diamond formation before the ball is served.

Rules for 6v6 leagues

- A team will meet the minimum roster requirements when they have at least six players (at least 2 females).
- Best 2 out of 3 sets.
- A 'legal game' in a 6v6 league consists of a minimum of 4 players (min. 1 female) on the court at all times. A team may play with 5 or 6 players only if they have a minimum of 2 females on the court at all times.
- Games 1 and 2 are played to 21 points with a cap at 25. Any team must win by at least two points or first to 25. Game 3, if necessary, will be played to 15 with a cap of 18 points. You do not have to serve to win.
- Only the front three players may switch positions to be a hitter or setter. The back three players must remain where they are.

Hosts & Sportsmanship:

- Volleyball is a self-regulated game that relies on the Honor System. Teams and players are responsible for calling their own faults during play. If a fault occurs, you are expected to call it as such.
- League hosts have the authority to eject anyone before, during and immediately after any match if they feel it is warranted.

- All decisions made by hosts are final.

Skill Levels:

- Apex Sports Club is a SOCIAL sports league unless stated on the leagues when certain sports have a “social” side and a “competitive” side. In which each will have their own set of rules.
- We want everyone to have a good time while staying active and meeting new people.

Weather Cancellations:

- The safety of our players is our top priority.
- We understand that many of you look forward to these games and may be disappointed by the cancellation. We apologize for any inconvenience this may cause. However, we want to ensure that our players can enjoy the games in a safe and comfortable environment.
- All players will be notified via email if games are canceled.
- If 1 cancellation occurs the season will get pushed by 1 week.
- If a second cancellation happens in a season Apex will try to find another week to play those games but it is not guaranteed.

Miscellaneous:

- After the league registration date is closed, Apex Sports Club management may go in to finalize teams and delete players with unpaid fees.
- We have a no refund policy, however we understand that some things are out of your control. If your situation has changed before the season progresses, please reach out to us at apexsportsphx@gmail.com