

**BENTONVILLE PARKS AND RECREATION**  
**SUMMER SAND VOLLEYBALL**  
**RULES AND REGULATIONS**



### **6v6 Rec League**

1. Each match will be best 2 out of 3.
2. Games are to 25, except the 3rd will be to 15.
3. No excessive lifts/carries in which a player doesn't strike the ball, but instead guides or catch-and-releases the ball.
4. No foot faults on serving in which a player faults by stepping over the in-bounds line.
5. No contact with the net by a player at any time. Players must stay clear of the net and not allow their momentum to carry them into the net. This is a safety precaution.
6. Each team must have minimum of 5 players, 4 which must be rostered for league-play (this is to account for pickups during league-play), and all rostered players for the playoffs.
7. A player must have participated at least twice during the regular play to qualify as a rostered player in the playoff. A player can only be rostered for one team during the season.
8. A team with only 5 players, must play with a ghost player, meaning they will lose a serve at each rotation for the missing player.
9. A female must make contact with the ball if more than 1 contact is required to return the ball over the net.
10. At least two females must be on the court at all times, no exceptions.
11. Games must start on time. If your team is late one point will be awarded to the opposing team for each minute delay. After 15 minutes the game is forfeited and the time/points penalty begins for the second game.
12. **All participants must be 18 years or older to play**

### **4v4 Competitive League**

1. Each match will be the best of three games 21-21-15 capped at 25.
2. You are responsible for marking your own score each night. If you do not mark your score then you will not get credit for the match!
3. If your team is short players, you may pick up a max of only one (1) player for it to count as a match. All players picked up must be approved by the opposing team.
4. If a girl is not available you can play with 3 guys.
5. A girl does not have to touch the ball.
6. No open hand/flat palmed dinks over the net. The ball must have a forward rotation for it to count. The only way you can return the ball over the net without spin is to knuckle/poke it.
7. No open hand passes. In order to legally receive a ball from your opponent, your hands must be together. The only ball you can receive open handed from your opponent is a hard driven ball. We define a hard driven ball as having a straight down trajectory (no arch) from the opponents hitting it to your receiving it.
8. Setting: Other than a hard driven ball, the only time you can legally have your hands apart and make contact with the ball is on your set. The ball, for this league, is allowed to rotate 2 times forward and 1 time sideways before it is hit by your player. Over sets are not allowed unless your body is square to the intended target and over sets can have zero spin at all (I know that is confusing, so please ask for a demo the next time you're out)
9. **All participants must be 18 years or older to play**

### **Weather Policy**

\*\*\* Since we do play an outdoor sport, occasionally weather will be a factor. Our policy has always been that as long as it is not lightning or we do not have a major storm coming into the area, then we will always play. If it is raining, especially as the summer temperatures rise, then we will play through it. If you do not feel comfortable doing so then please don't, just let a team member know and we will see you next week! Please visit <http://www.statusme.com/statme/register.jsp> to register for text or email status updates to be notified when we close our courts due to weather or other unforeseen circumstances.