

**Indoor Sand Volleyball Rules  
and Guidelines 2025**  
(V.11- 2/3/25)



Effectivity Date: 2/3/2025  
Page 1 of 5

**Teams: Fall, Holiday, Winter, Spring ONLY**

**\*NOTE – We are allowing 4 guys to play with 1 girl on the 6s leagues.  
In regards to regular 6s leagues still need 1 girl for 3 guys.**

Sunday 4s Int Co-ed (2 Male 2 Female)  
Sunday 6s Upper Rec Co-ed (4 Male 2 Female)  
Sunday 6s Lower Rec Co-ed (4 Male 2 Female)

Monday 2s Mens  
Monday 6s Upper Rec Co-ed (4 Male 2 Female)  
Monday 6s Lower Rec Co-ed (4 Male 2 Female)

Tuesday 6s Upper Rec Co-ed (4 Male 2 Female)  
Tuesday 6s Lower Rec Co-ed (4 Male 2 Female)

Wednesday 6s Power Int Co-ed (4 Male 2 Female)  
Wednesday 6s Power Rec Co-ed (4 Male 2 Female)

Thursday 6s Power Int Co-ed (4 Male 2 Female)  
Thursday 6s Power Rec Co-ed (4 Male 2 Female)

**Registration**

- Team Captain or a Team Representative should sign-up their roster on-line
  - Website – <http://downerssandclub.com/leagues-registration/>
  - Subs may only be on one team's roster unless otherwise approved.
  - You may use a sub within the league on the same night of play, however both teams should agree to this ahead of time. The other (opposing) team has the right to reject. This must be approved prior to play.
  - Subs from the Higher Level League on the same night are NOT allowed to sub down. However a sub from the Lower Level League on the same night is ALLOWED to sub up. This must be approved prior to play.
- Team fees are due by the 1st week of play.

**Schedule**

- Volleyball League are scheduled Monday, Tuesday, Wednesday, Thursday with matches at 6:30 PM, 7:30 PM, 8:30 PM and 9:30 PM **whereas Sundays are 4:30 PM, 5:30 PM, 6:30 PM, 7:30 PM, 8:30 PM, 9:30 PM.** You may schedule a make-up match in case your team is unable to play for a specific schedule and only if the other team agrees to it and **if it is able to be rescheduled** with Downers Sand Club (through Jim Weyrick) **at least 1-2 weeks** before the desired make-up schedule.

**Indoor Sand Volleyball Rules  
and Guidelines 2025**  
(V.11- 2/3/25)



Effectivity Date: 2/3/2025  
Page 2 of 5

- An 8-team - league will run for 7 weeks regular season followed by 2 weeks of playoffs . All teams will make it to the playoffs for the 1<sup>st</sup> round.
- If the league has less than 8 teams, the format will be determined – minimum of 8 games per team.
- If a team misses two weeks without informing the league with at least 24 hours in advance that team will be removed from the league.

**Game Rules - \* UPDATE to RULES in RED**

- Punctuality is a must. **Please arrive early to stretch so games can finish in a timely matter.** Each team will be given a 4-minute warm-up
- If a team is more than 15 minutes late they will have to forfeit the 1<sup>st</sup> game and take the loss for the night. If a team is more than 30 minutes late they will forfeit the 2<sup>nd</sup> game. If team is 45 minutes late they will forfeit all 3 games.
- To start each game captains may do 1 of the following:
  - A) Rock, paper, scissors and winner decides side or serve on game 1 / then game 2 reverse
  - B) Game 3 you can either rock, paper, scissors to decide or do same as 1<sup>st</sup> game.
- The volleyball manager ensures the enforcement of matches schedule. Issues and other concerns should be reported to Jim Weyrick (email: downerssandclub@gmail.com mobile#: 708-497-9689)
- All games are self-refereed. Unresolved disagreement results in a replay
- A serve that touches the net and continues over is in play.
- NO LIFTING is allowed with the ball, this is a VIOLATION.
- NO CONTACT with the net, this is a VIOLATION. This includes any part of your body while the ball in play.
- The ball may be played with any part of the body.
- NO ATTACKING or BLOCKING serves is allowed.
- NO DOUBLE HITS are allowed, except on serves and/or hard driven hits.
- Play is from pole to pole.
- Attacking a ball that has not crossed over the 'plain' of the net is not allowed
- Any part of the ball touching the rope is in..
- Players do not have to rotate on first serve.
- The ball must be contacted cleanly and not doubled, held, lifted, pushed or carried.
- A player is allowed to go under the net as long as there is no interference with the other team (no contact). If contact is made under the net this is a VIOLATION.
- There is 1 re-toss allowed on the serve.
- DSC League Balls will be used during matches unless both teams agree to use a different one. If teams can't agree on a ball to use they MUST use the DSC League Ball provided.
- A player may go under the net as long as they are not interfering with the play and don't touch a player from the opposing side. If you make contact with a player or interfere with a play this is side out. If players make contact and no one can determine who made contact first, then re-do the point.
- When receiving a serve if the ball hits your arm then bounces into your chest this is a form of a double hit and is ILLEGAL at all levels.
- Now when receiving a serve and the balls hits your arm, but roles up into your chest that is a single hit and is LEGAL at all levels, because the movement was simultaneous.

**Indoor Sand Volleyball Rules  
and Guidelines 2025**  
(V.11- 2/3/25)



Effectivity Date: 2/3/2025  
Page 3 of 5

- ONLY ACTIVE Volleyball players re allowed on the court to play. If you have extra players they must stay at your table to rotate in or stand by the volleyball entrance to the court waiting to go in.
- ONLY Volleyball players on the court are ALLOWED to coach, call balls in or out. If you are not playing please refrain from doing this as this is illegal to do so.

#### **Rules Unique to Recreational Leagues**

- For Recreational leagues, Players can set the serve, but **CANNOT BLOCK** or **ATTACK** it.
- Open hand tips only allowed in Recreational leagues.
- Players are NOT allowed to cross the net in attempting to block or attack a ball. This can be known as roofing. If the ball crosses the plane of the net than its fair game to attack on the 3<sup>rd</sup> hit. **You can never cross the net on the 2<sup>nd</sup> hit when a setter is trying to set a teammate.**
- **When playing in a 6s league here at Downers Sand Club. Players in the front row are NOT allowed to rotate to the back and vice versa with back players. They are NOT allowed to rotate to the front row.**
- **If you only have 4 or 5 players in a 6s league you must play by 6s rules. That means, you must rotate and anyone serving MUST stay in the back row.**

#### **Rules Unique to 2s Men or Women**

- The block does not count as a touch except 2's/Advanced co-ed 4's.
- For 2's, Hands must be clean – 1.5 rotations forward/backwards, no sidespin. Setting motion must be fluid, cannot go down then up.

#### **Rules Unique to 4's Coed**

- (INT/ADV LEAGUES ONLY): **If ball is set over, player must be square to where the ball travels before contact.**
- Must rotate servers, but can start anywhere on the court.
- Everyone is eligible to attack front row.
- The block does not count as a touch except 2's/Advanced co-ed 4's.
- (INT/ADV LEAGUES ONLY): Hands are called like indoor rules, no side-spin, give warning if necessary but not stringent like 2's. Hands can happen on Hard Driven balls when the motion of the persons arm hitting the ball follows thru from top to bottom.
- For advanced/intermediate leagues. No setting serves or freeballs.

#### **Scoring**

- Teams are responsible for reporting their scores to the league director or Jim Weyrick for each game.
- Standings and results of the games will be posted weekly on the DSC website – For example <http://downerssandclub.com/dsc-spring-2019-volleyball-leagues-standing-and-schedule/>

**Indoor Sand Volleyball Rules  
and Guidelines 2025**  
(V.11- 2/3/25)



Effectivity Date: 2/3/2025  
Page 4 of 5

- Teams play 3 games to 21, win by 2, cap @ 23, rally scoring. Once staff calls last serve, the score at end of that point will determine winner. If after that point there is a tie, one point will be played to determine the winner.
  - **If the 3<sup>rd</sup> game starts with only 15 minute left or less timeouts will NOT be allowed to be used.**
- **To be fair to ALL teams. The 3<sup>rd</sup> game will be given 1 min warning when your hour is up and then at 1 minute after last serve will be called. Whatever the final score is will be taken unless game tied and then the next point wins.**
- Standings will be determined by wins. Head-to-head, then point difference if needed.
- Playoffs are best of 3, 21 cap 23 for all rounds except championship. If you go to a 3<sup>rd</sup> game the scoring will be 15 cap at 17. Championship will be best of 3, 21 win by 2 no cap and no time limit.
- **If a team doesn't lose in playoffs until the championship match there will be 1 Golden Game to 25 to determine the title winner.**

#### House Rules

- Any team member(s) behaving in an unsportsmanlike manner, acting aggressively, using obscene or hateful language will be given a verbal warning. The next time this happens they will be asked to leave for the night and miss next week of play. After review of the situation, further action can be taken potentially resulting in the player and/or team being suspended, removed from the league for the season or permanently banned, with no refund.
- NO physical violence is allowed at all here at #DSC. The offender will be removed from the premises immediately and a suspension and/or ban will happen after review of the situation with all parties involved.
- Only players should be on the court during league play. Rotating players need to be outside the netting.
- No children allowed on courts unless parent with them supervising. It is for their safety.
- No outside food or beverage allowed (includes water bottles). We will provide water, and please enjoy a cold beverage from the bar.
- Please keep all food/beverages off of the courts.
- Any team member(s) found fighting, purchasing alcohol for minors, allowing a minor to consume alcohol or bringing outside alcohol into the courts will be removed from the league immediately and if warranted, authorities notified.
- Any team member(s) or team guest(s) that is a minor and attempts to purchase alcohol will be removed from the league immediately, banned from the premises, and if warranted, authorities notified.
- Any minors that are team members or guests are not allowed to share a table that has alcohol.
- Any team member(s) consuming alcohol in the parking lot at any time will not be allowed back on the premises for the first offense, and removed permanently from the league on second offense.
- Respect the other players, teams, and DSC's staff. DSC and their staff reserves the right to refuse service to anyone as well as request their removal from the premises for any language, actions or behavior deemed inappropriate.
- Please report any concerns/issues to Jim Weyrick (email: [downerssandclub@gmail.com](mailto:downerssandclub@gmail.com) , mobile No: (708) 497-9689)

**Indoor Sand Volleyball Rules  
and Guidelines 2025**  
(V.11- 2/3/25)



Effectivity Date: 2/3/2025  
Page 5 of 5

**Sub Rules**

- **Subs for the Rec Leagues MUST be of similar REC level. For example anyone that plays 2s, Int or Advanced level is NOT allowed to sub for rec teams. The captain of the opposing team has the right to refuse this sub because of the higher level skill or if they are NOT a rostered player for your team.**
- **Subs for the 2s, Int or Adv Leagues can be someone that plays in rec or can be someone of similar skill level , but can't be someone from Open , Semi-pro or Professional level. The captain of the opposing team has the right to refuse this sub because of the higher level skill.**
- **Subs for Playoffs must be someone that doesn't play that night. You need someone of similar skill level. i.e. if you play Mondays Rec you can get someone that doesn't play Mondays and that is Rec level. If you play INT, 2s or Adv leagues here you can NOT sub for rec teams. The captain of the opposing team has the right to refuse this sub because of higher level skill or if they are NOT a rostered player for your team.**
- **Players for match In order for your match to be legal there are a minimum # of players per league type.  
4s – 1 person / 6s – 2 people**