



The Sweetest Sports Program in Louisiana!

- Players must be added to the roster online before 4:30 PM on the day of the match.
- **A player may be allowed to play on any night in any league. Players can also play in different leagues on the same night. Example, a player can play on a doubles team and a quads team. A player WILL NOT be able to play on 2 quads teams in the same league. (Gold/Gold, Silver/Silver).**
- Players who are caught playing on multiple teams in the same league will be suspended from league and each game he/she played in for second team will be ruled a forfeit. Team captain of second team will also be suspended from league.
- Adding a player to the roster at match time will not be allowed.

Minimum number of players allowed to begin a match:

- SIXES can play with 4 players but will have a maximum of 2 males.
Example: 2M/2F or 1M/3F
- QUADS can play with 2 players but will not be allowed to have more males than females on the court. Example: 1M/1F or 2F
- DOUBLES cannot start with one player.

Players on the roster can sub in throughout the match.

- In Coed play, at least half of the players (1M/1F for doubles, 2M/2F for quads, 3M/3F for sixes) on the court must be female at all times. If a team is playing with **one player short**, more males than females is allowed, excluding doubles. If a quads team is playing with 3 players, 2M/1F is allowed. If a sixes team is playing with 5 players, 3M/2F is allowed. If a 3-touch play occurs, the female must touch the ball once in the play.
- Teams may not play with less than the appropriate number of players allowed if enough players are available.
- Women are allowed to play in men's leagues but men are not allowed in women's leagues. Coed teams are allowed to have more women than men.

FORMAT:

QUADS & 6S

- League matches will be best 2 out of 3 sets, first 2 sets to 25, 3rd set 15.
- Two Minutes between sets is allowed.
- First two sets cap at 30, third set caps at 20. (1st team to cap wins if no team leads by 2)
- Teams must win all sets by 2 until the cap is hit.
- Teams are allowed one time out per set of 30 seconds.
- Players should not leave the court during time outs.
- Subs will be made during the serve (right back position). Male for male and female for female. An unlimited number of serves is allowed.



- At coin flip, the winner has a choice of serve or side.
- If the winner picks serve, the other team may choose which side to start on. Teams will switch sides between the first and second sets.
- If the match goes to the third set, there will be another coin flip with the same choices.
- Teams will switch sides when one team reaches 8 points in a 3rd set.

DOUBLES

- League matches will be 2 out of 3, 2 sets to 21 and 3rd set is 15.
- First two sets cap at 25, third set caps at 19. (1st team to cap wins if no team leads by 2)
- Subs will be made during the serve. An unlimited number of serves is allowed.
- Teams will have one technical time out when the score of both teams equals 21.
- Teams are allowed one additional time out per set of 30 seconds.
- Players should not leave the court during time outs.
- At coin flip, the winner has a choice of serve or side.
- If the winner picks serve, the other team may choose which side to start on.
- If the winner picks serve, the other team may choose which side to start on. Teams will switch sides between the first and second sets.
- If the match goes to the third set, there will be another coin flip with the same choices.
- Teams will switch sides when one team reaches 8 points in a 3rd set.

SERVE

- Server must serve from anywhere behind the end line and between the extensions of the sidelines.
- The ball may be served underhand or overhand.
- In recreational (SIXES) league you are limited to three overhand serves, after which one underhand serve must precede three more overhand serves.
- A let serve **IS** allowed and is playable
 - A let serve is a ball that touches the net and continues over the net to the opponent's court.
- First game service is determined by a coin flip
- Players must maintain service rotation.
- A player cannot step on or over the service line before contact with the ball.
- A re-toss is only allowable when deemed necessary by officials due to weather conditions.

SERVE RECEPTION

- No blocking or attacking a serve.
- Hands must be touching when receiving a serve overhead.
- Players may not set the ball or contact the ball with any finger action when receiving the serve.



ROTATION

- Recreational sixes will rotate in a clockwise manner with 3 players in the back row and 3 players in the front row.
- Teams have the choice for substitutions, if any, each set of a match.
 - i) Available subs must rotate into the service position each time a new player comes up to serve. Subs will rotate into the server's position, male for male and female for female.
 - ii) No subs will rotate into the set, but will come in and take a players spot and play the entire next set.

GAME PLAY

- A ball is considered in if when landing on the ground it hits any portion of the line.
- A ball is considered out if it makes contact with anything outside of the boundaries lines.
- The net posts shall act as antennas on balls traveling from one side of the net to the other. If a ball passes outside of the post or hits the post it is considered out of play.
- Each team will have up to three contacts to return the ball to the opponents.
- Blocking or a block touch does not constitute a team contact and any player including the one who had the block touch can play the next ball.
- When hand setting, the ball cannot rotate more than twice in the official's judgement.
- If two or more teammates contact the ball at the same time, it is considered one contact.
- A player may touch the ball with any part of the body.
- When returning the ball over the net using a setting motion, the ball must be set in the direction the player is facing or directly backward; never laterally.
- The ball must be contacted cleanly and not be held, lifted, pushed, caught, or thrown.
- The ball cannot roll up or down the arm or come to rest on any part of the player's body.
- No open hand tipping is allowed.
- A player may not hit the ball twice in succession - unless the first touch is a block.
- In coed play, if three hits are used one hit must be by a female.
- A ball may be played out of the net.
- Players may not touch the net at any time during a rally. When a ball is driven into the net causing the net to contact a player no fault is committed.
- In sixes, back row players cannot block or hit the ball in the front row at the net.
- In quads and doubles, all players can block and hit at the net the entire match.
- A player may not go into another court to make a play on a ball.



Fighting, taunting or unsportsmanlike conduct will not be tolerated. All such behavior will result in automatic ejection from the match and suspension from the league for the players involved.

Although we want everyone to enjoy themselves, we want a fun/competitive atmosphere. While playing we ask to uphold a respectable attitude towards the game of beach volleyball as well as the other team. Please do not make a mockery of the game, and have fun!

PLAYOFFS:

- All teams in each league will be invited to participate in the league playoffs.
- Playoffs are held as a single elimination bracket seeded based on league standings.
- Standings are based off: Overall Record, Head to Head, Set Differential, Point Dif.
- All playoffs will be held only on the night that the league is played.
- Only players on league roster are allowed to participate in playoffs.
- Players must have been in at least one regular season game to participate in playoffs.
- Rosters are frozen on last day of league matches.

BASIC VIOLATIONS:

Will result in a side out or point

- Four hits
- Reaching over the net if it interferes with the opponents play or attack
- Stepping on, over, or foot under the line on a serve
- Failure to serve the ball over the net successfully
- Hitting the ball illegally (carrying, palming, throwing, etc.)
- Touching the net with any part of the body while ball is in play unless the net is pushed into you
- Stepping or reaching under the net if it interferes with opposing players
- Failure to serve in correct order
- Back row players blocking or attacking in front of the 10 ft. line, 6's only
- Going into another court to make a play on a ball
- The ball rotating twice on a hand set with backward or sidespin

WEATHER CONDITIONS:



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- In the case of a rainout, team players and captains will receive an e-mail usually 2 hours before the first match is scheduled to begin notifying the team that matches have been postponed due to weather. Rain out matches will be rescheduled online by YSC.
- In the case of a rain delay during league play, officials, security, and the YSC supervisor will make decisions regarding stoppage of play.
- The ThorGuard Lightning detection system will be used as the primary source of lightning detection. When the system is activated, all play will cease and no players or guests will be allowed on the courts.
- During a lightning delay, participants will be asked to wait in their vehicle. Waiting under the cabana is a last option only if a vehicle is not available.

FOOD AND DRINK POLICY

- Bon Temps Concessions will be open during all league matches. Food, snacks, ice cream, candy and drinks will be available just to name a few!
- Alcohol will be available for purchase and can be brought onto the courts during matches.
- **Outside alcoholic beverages and glass containers are not allowed.**
- Spectators are welcome to come and watch the matches or just hang out!

UNIFORM & ATTIRE POLICY:

- Teams are not required to have matching uniforms.
- NO revealing attire permitted.
- Sports bras, spandex, tank tops, etc. are permitted.

PETS:

- Pets are not allowed inside of the beach volleyball facility.
- Pets are only allowed on the walking trail and must be on a leash at all times.
- Service animals are welcome with proper identification.