

## LAZY CHAMELEON SAND VOLLEY BALL AND REGULATIONS

### LEAGUES

A team consists of 6 players. You must start with at least 4 players, with at least one of each gender on the court at all times. When playing with 5 or 6 players you may have up to 4 men on the court but never 5 men, so 4 men and 1 woman or when playing with 6, 4 men and 2 women are legal line ups. Matches are self officiated and honor calls on one's own team will be required for fair play.

Each team will "call" the games. Good sportsmanship is expected.

### GAMES:

All matches will consist of 3 games with 50 minutes allowed for each match. 21 points wins the match. Teams must win by 2 points with a 25-point cap. Teams must win by a 2 point margin unless official time limit for that game has expired at which time the team leading by at least 1 point will be declared the winner. It is each team's responsibility to report their game results EVERY week at the main bar.

### TIME LIMIT:

Teams will be given a 5 minute grace period if they do not have enough players to begin the match. If after 5 minutes the team does not have the minimum number of players to begin the match, they will forfeit the first game and have up to 20 minutes after the scheduled starting time to get the minimum number of players or all three games will be forfeited. Teams are given one 30 second time out per game.

### ROSTERS:

Co Rec 6's will allow 10 names on their rosters. Roster changes can be made to rosters up to the fourth week of league play.

### HOUSE RULES

Each member of the team shall serve in turn.(rotating clockwise)

Teams will play rock paper scissors with the winner deciding on serve, serve receive or which side to start on. The team who starts serving game one serving will also serve first in game three, with their opponent serving first in game 2.

### SERVING

Each member of the team shall serve in turn.(rotating clockwise)

The ball is playable if it hits the net and goes over on a serve.

Blocking a serve is illegal.

Serves may be overhand or underhand.

Server may not step on or over the boundary line until after the serve has been hit.

### PLAYING

If a player touches the ball or the ball touches a player, he/she is considered as having played the ball(exception: a block is not considered a hit) Each team may hit the ball 3 times before the ball is hit to the opposing team.

Players are not permitted to scoop, hold or lift the ball. Players may NOT touch the net.

Players are not permitted to spike the ball on the serve. Players are not allowed to come from back to front to spike.

It is legal to contact the ball with any part of the body above the knee as long as the ball rebounds immediately and does not "lie" against the body. Kicking is not permitted.

It is permissible to run out of bounds and play a ball before it contacts an object out of bounds. Once it hits an object out of bounds it is a dead ball.

When a ball touches a boundary line, it is considered good. A double contact is allowed when making your first hit only (double contact – ball hitting two body parts on one attempt to play the ball). A ball touching the body more than once in succession is considered a double hit on the 2<sup>nd</sup> or 3<sup>rd</sup> contact. A block is not considered a first hit, you will still have 3 contact after the block touches the ball.

A ball touching the body more than once in succession is considered a double hit and is illegal except when blocking or on a hard driven spike.

A ball hit into the net by a team may still be kept in play provided the net isn't touched by the player or it is not the third hit.

If 2 players contact the ball simultaneously, it counts as one hit and either player may play the next hit.

A spiker must contact the ball on his/her side but may in the course of the follow through cross over, but not touch the net. A player may never cross the plain of the net while blocking. A player may cross the plain of the net while blocking.

Substitutions may be made during the game into the server position only. Males must sub for males and the same for women.

Players may cross the centerline below the net during play provided that this does not interfere with the opponent's play.

All team names should be fun and good sports. The Lazy Chameleon has the right to ask any team to change names should we deem as inappropriate. The Lazy Volleyball Coordinator has the authority to make final decisions regarding anything questionable and/or not covered by the rules and regulations.

Players must be 21 years of age or older to participate during league play. Glass is not permitted anywhere on the sand courts. Outside food/alcohol is prohibited. If a team cannot make the game, it is their responsibility to contact the opposing team to reschedule. Rescheduled games will be conducted on Saturday or Sunday afternoons. Games will never be cancelled prior to game time due to weather. They may be cancelled or rescheduled at game time due to severe weather.

Team members are expected to police themselves regarding play rules. They are welcome to bring any attention to our coordinator for issues or violations. Players are expected to behave and conduct themselves in proper sportsmanship conduct.

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