

LIFE'S A BEACH

INFORMATION AND RULES

Thank you for playing with us. We hope you will enjoy many hours of fun, exercise, entertainment and competition. The following information and rules are guidelines for play at Life's A Beach.

1. Our number one focus is to provide a fun and relaxed environment within the context of a sport competition. If you are detracting from that environment in any way, we reserve the right to temporarily or permanently bar you.
2. All players and guests of Life's A Beach enter our complex at their own risk. Adults are 100% responsible for minors and guests they bring to our complex.
3. You must be 18 to play volleyball at Life's A Beach. Exceptions to this rule may be granted by management in its sole discretion.
4. All teams should arrive prior to game time and check in at the volleyball desk. We rearrange matches or identify replacement teams promptly at start time to ensure teams receive a full hour of play. Any team arriving after start of play risks forfeiting one or more games. Please notify us in advance if you intend to be late or absent.
5. We reserve the right to cancel or delay matches in the event of inclement weather. Generally, that means overhead lightning, cold temperatures, rain, or excessive wind. It is common for us to play if only one of these factors is present. Often, weather affecting one part of the city does not affect us, and vice versa. We try to keep the website and voicemail greeting updated as conditions change. You are free not to play if you are not comfortable in the existing conditions.
6. Games are self-refereed. All teams should call their own violations. Any dispute should result in the point being replayed. If disputes persist, please notify the volleyball coordinators. We endeavor to provide fun and clean competition. Any and all physical or verbal abuse, intimidation, audible cursing, fighting or other physical contact are prohibited and risks suspension or permanent expulsion.
7. Each match consists of 3 games to 21, rally scoring. If you lose the first two games, you should still play the 3rd game. Each team can hit the ball a maximum of 3 times before sending it over the net. A block above the net does not count as a hit.
8. 6 person leagues - each team must have at least as many females as males. A team may have as many players on the roster as they desire, but no more than 6 people on the court at one time. There is no minimum number of players required to

be on the court. However, any team may report to staff that an opponent had fewer females than males, in which case the opponent forfeits its games, even if the opponent initially informed the short-handed team that they did not object to the shortage.

9. In 6-person leagues, a female must hit the ball before it goes over the net, except on serves and except a male can return a ball if no other player on his team hits the ball (note that a block does not constitute a hit).

10. In 6-person leagues, the server must serve one underhanded serve after each series of 3 consecutive overhand serves.

11. In 6-person leagues, any hit above the net by a back-row player must occur behind the 10-foot (3 meter) line unless the ball starts on an upward trajectory. A back-row player cannot block an opponent's attack at the net (regardless of what I told someone last year!).

12. In 6-person leagues, all players must be in service order on the court when the ball is served. After the serve, players may move to any position (but players starting in the back row must adhere to Rule 10).

13. 4-person and doubles leagues consist of any combination men and women. Rules 8, 9, 10, 11 and 12 above do not apply.

14. Any serve that touches the net when it goes over is valid and playable unless it lands out of bounds.

15. No throws, catches, lifts or carries are allowed, except slight lifts or carries are allowed in Band C leagues. A slight double hit by hands or fingers is allowed in defending a spiked (hard hit) ball, and counts as only one hit.

16. Any part of the body can contact the ball except no intentional kicking is allowed. Unintentional contact with the ball by a player's body (including legs or feet) remains playable but constitutes a hit.

17. Any touching of the net is a violation, with one exception: if the force of the ball into the net pushes the net into a blocker with established arm position, the net touching is not a violation. There are no other exceptions, even where the touching does not impact the play.

18. No player may reach over and beyond the net except (a) with a block or attempted block where the block does not interfere with the opponent's play or contact the ball before the attack, (b) on a follow-through of an attack swing if the

ball is hit above the net or on the player's own side. A ball above the net is fair game for all players, even if most of the ball is on one side or the other.

19. A player can enter the other team's area so long as there is no interference with the other team's play. Contact under the net is acceptable so long as there is no interference with the other team's play.

20. No person in the front row can receive and return a serve over the net with a hit above the shoulders unless the ball is completely below the plane of the net when it is hit. Blocks of serves are prohibited.

21. In 4 person and doubles leagues, any attack hit with the fingers using an "open-hand tip" or "dink" is a violation.

22. In 4 person and doubles leagues, any overhand pass that has a trajectory not perpendicular to the net and to the player's shoulders goes over the net.