

**SAND VOLLEYBALL RULES**

1. **NO GLASS BOTTLES OR CONTAINERS ARE ALLOWED IN THE PARK!!!**  
All players are responsible for keeping the facility clean and undamaged. Please pick up any trash and all of your belongings before you leave. Also report any vandalism you see to the City Recreation Coordinator or to the City Police.
2. All matches will be governed by the Minnesota Sports Federation Volleyball Rules except for a few local rules.
  - A) You may not block, spike or “attack” the serve
  - B) You must call ALL of your illegal hits
  - C) You **CAN SET A SERVE!**
  - D) **The four or five-person MSF rules will not apply to sand**
3. All games will use the “Rally Point” format. The match will consist of the best 3 of 5 games. A volley to serve can be used to determine who serves first with alternating serves through the first 4 games (the visiting team will make the call on the coin toss). If there is a 5<sup>th</sup> game, another coin toss will be done (the home team will make the call on the coin toss). *The home team is listed first on the schedule.*  
**\*Games 1-4 will be played to 21 points with a 23 point cap (a team must win by 2 points unless the cap is reached).**  
**\*Game 5 will be played to 15 points with a 17 point cap (a team must win by 2 points unless the cap is reached).**
4. The server must call out the score before EVERY serve
5. Regarding the position on the court for Co-Rec Leagues: men and women must be aligned in every other position at the time of the serve. If there are two or more hits on a side, one hit must be made by a woman.
6. All players must sign the score sheet after the match. Managers, you are responsible for completing the score sheet correctly after each match. **IF THE NAMES ARE NOT WRITTEN LEGIBLY, THEY WILL NOT BE COUNTED.**  
**\*\*A player must have played in 2 regular season matches to be eligible to play in the post-season tournament**
7. Players must be 15 years old by the first scheduled match or going into 9<sup>th</sup> grade the upcoming school year.
8. Every attempt will be made to ensure schedule time is game time. If you are not ready to play five minutes after game time, you forfeit your first game, after ten minutes you forfeit your second game, and after 15 minutes you forfeit the match. You must have at least four people on the court in order to begin the match.  
  
The following are acceptable numbers: 2 women and 2 men, 3 women and one man, 3 women and 2 men, 3 women and 3 men, **4 women and 2 men, or 4 women and 1 man, or 5 women and 1 man, or 4, 5, or 6 women.** *A maximum of 3 men will be allowed on the court at one time with no more than 6 players on the court at one time—you can not have more men than women on the court.* ANY VARIATIONS TO THIS HAS TO BE APPROVED BY THE OPPOSING TEAM AND THE LEAGUE DIRECTOR AND BE USED IF ONLY ABSOLUTELY NECESSARY.
9. There is a three-minute time limit between games. Once one game ends, you have three minutes or less to begin the next game.

10. EXEMPLARY SPORTSMANSHIP IS EXPECTED. Managers are expected to keep their team in order and to resolve any conflict quickly. Undue arguing over a call may result in a player being suspended from league play and/or fined \$25. You must make sure all of you team members know what a legal hits is and you must be quick to call any illegal hits made during the match.
11. Unlimited substitution is allowed per game.
12. Regulations for players participating in multiple leagues
  - A. Teams are only allowed 1 player from a higher division to play on their team (for example: a 'B' league team can only have 1 'A' league player participant on their team/ a 'C' league team can only have 1 'B' league player participant on their team). No 'A' league regular player can play on the 'C' league. **Players need to play twice in a division before they are classified as that.** You may have more than 1 player from a higher division on your roster, but at no time can more than 1 of those players be on the court at the same time.
  - B. Jump serving or 'round house' serving is not allowed in 'B' or 'C' leagues.
13. If you are unable to field a team for a scheduled match, you must forfeit that match. Managers are responsible for calling the manager of your opponent and the Redwood Area Community Center (507-616-7444) if you are unable to field a team. Notification of a forfeit must be made by 4:30 p.m. on game day. If notification is not made by that time, it will result in a \$25 fine, which has to be paid before you can play your next game. Make-up games will only be scheduled if the league is called off due to poor weather conditions. Please listen to KLGR for weather related announcements or you may also call the Redwood Area Community Center for additional information.
14. NO children may be inside the border of the courts at any time during league play. Also, children may NOT play in the area around the water fountain.
15. The league champion, runner up, and playoff seeds will be determined by the regular season win/loss records for each team. In the case of a tie, the champion, runner up, and/or higher playoff seed will be determined based on head to head competition between the tied teams. If a tie still exists, the tie will be broke by determining the team who won the most games during head-to-head competition. If a tie still exists, the tie will be broke by determining the team who scored the most points during head-to-head competition. If there continues to be a tie, the tie will be broke by using the previous stated criteria with head-to-head competition versus the highest remaining seed. The final step will continue until the tie is broke.

Note: The home team during playoffs is determined in the following manner:

  - The highest seed is the home team throughout the winner's bracket of playoffs
  - In the losers bracket, the home team is determined by flipping a coin

(updated: 4-24-26)