



SAND VOLLEYBALL 6s RULES: DC METRO

Amended August 2014

Thanks to all of you for deciding to play NAKID Social Sports. NAKID is a SOCIAL league - everyone is here to meet people, make friends and have lots of fun. The sports that we provide are an ancillary piece; they're fun and sometimes competitive, but no one playing here is out to be a recreational sports superstar. We're not playing kids games, but the games that we play are not the end-all-be-all of existence, either.

We understand that games can become exciting and intense, which can be a great element for a game; however, any verbal or physical abuse of other players, referees and umpires, spectators or facility employees and customers will not be tolerated, and will result in immediate ejection from the game. Repeat offenders may be banned from the league without refunds.

I. Player Registration and Eligibility

1. All players must be registered and paid in full to play NAKID.
2. All players must be 21 or older, have health insurance, and has signed our online waiver (during registration).
3. Players may only play for the team(s) for which they have registered.
4. Players will not hold NAKID, our facilities or our sponsors responsible in any way for any injuries that occur during game play or at any NAKID events.
5. No refunds will be provided.
6. Any team caught using players not registered with the league will be disbanded and the players will be moved to other teams at the discretion of management (captains are responsible for making sure all team members are registered with NAKID).

II. Rosters

1. NAKID volleyball rosters shall consist of no less than 10 players and no more than 14 players.
2. Rosters are flexible meaning:

- a. Players can be traded as long as the captains and players agree to the trade, the league is notified, AND the roster size is the same for both teams after the trade as it was before the trade. Shirts will need to be traded amongst players. The trade deadline is two weeks prior to the end of the regular season.
 - b. Once a team trades a player or players, that team cannot acquire that player again at any point during the season or playoffs.
 - c. If a registered and paid player fails to show up or contact his captain for a period of three (3) consecutive games, that player may be removed from the roster and replaced at the captain's request.
 - i. The new player will have to register and pay a prorated amount in order to play.
 - d. Rosters shall be created to ensure that the requirement of two (2) males and one (1) female, or two (2) females and one (1) male, will be able to play at any time on the court.
3. NAKID reserves the right at any time to add free agent players to any team, so long as the team roster is under the maximum number of players.

III. Game Gear

1. All players must wear their issued team shirt while playing.
 - a. Players may alter shirts in any way, as long as the NAKID logo and the sponsor logo(s) can be seen
 - b. Player must have a valid ID and the captain must vouch for the player being on the team.
 - c. If a player has not been issued a shirt yet, that player may wear a similar shirt to the team provided it is not a shirt from another league.
2. A referee approved ball must be used for all game play.
 - a. Captains will agree on one ball to be used for the duration of the game.

IV. Referees

1. Referees and ONLY referees may officially call; calls made by other people are not valid.
2. Captains are the only team members who may argue calls.
3. All rulings not specifically covered in the rules are up to the discretion of the referee.
4. The rules will be updated as needed.
5. NAKID will try to provide a qualified ref for every volleyball court. If NAKID is unable to provide a ref for your designated court the teams playing will self-officiate their game.
Self-officiating means:
 - a. One (1) player from each team will stand at the net (not on the court), enforce the rules as described and keep score.
 - b. Players can rotate to the ref position so everyone still has an opportunity to play.
 - c. Any play or call disputed by a captain will be ruled as a replay and no points will be

- awarded.
- d. At the end of the game the score will be reported to the host or head ref.

V. Sportsmanship

1. NAKID volleyball is a sport, just like any other, and at times people competition will get heated. This is expected and understood; however, abusive treatment to referees, other players, or spectators will not be tolerated.
2. Directing profanity at a referee or other team is considered an ejectable offense.
3. Accusing a referee of cheating is considered an ejectable offense.
4. Any action, regarded by the referees, as poor sportsmanship or dangerous is considered an ejectable offense.
5. It is the referees'/management's discretion for the consequence for unsportsmanlike behavior, which may include,
 - a. Warning
 - b. Team loses a player in the round/match/game/series being played
 - c. Player is ejected for the rest of the night
 - d. Player is banned from NAKID and can no longer play in any of their leagues
6. All other disciplinary action is at the discretion of the league and will be dealt with on an as-needed basis.
7. Conduct that is viewed as detrimental to the league or its players may lead to dismissal from the league.

VI. Players on the Team

1. Team has 6 players on the court. 3 must be male and 3 female.
 - a. As stated previously teams can play with a minimum of 3 players as long as there is a one player swing (2 males, 1 female) or (2 females, 1 male).
2. A team may have an on-court gender imbalance of 1, meaning:
 - a. If a team has only 1 male (or female), then that team cannot play more than 2 females (or males) in that game.
 - b. If a team cannot field 3 players with a 1 player wing, they must forfeit their game.
 - c. If both captains agree, the player rule can be waved (Ex: 5 females and 1 male or 4 males and 2 females). This needs to be decided while the initial meeting with the ref happens.

VII. Matches

1. Matches will be best two of three games.
2. A game (except the deciding, third set) is won by the team which first scores 25 points with a minimum lead of two points. In the case of a 24-24 tie, play is continued until a two-point lead is achieved (26-24; 27-25; ...).

3. In the case of a 1-1 tie, the deciding set (the 3rd) is played to 15 points with a minimum lead of 2 points.
4. A point is applied after each rally.
5. A rally is the sequence of playing actions from the moment of the service hit by the server until the ball is out of play.
6. If the serving team wins a rally, they scores a point and continue to serve.
7. If the receiving team wins a rally, they score a point and serve next.
8. Every team is guaranteed 2 games per night unless a tiebreaking third game is needed.

VIII. Forfeits and Time

1. Games will start at their designated times (6:30, 7:15, and 8pm)
2. If a team does not have enough players to start the game at their designated time, they will be given a 5 minute grace period. At the end of the 5 minutes, the first game will be marked as a loss/forfeit. The team will then be given an additional 5 minutes to field a team for game 2. If they are still unable to field a team, the game will be marked as a loss/forfeit. This is to maintain the integrity of the scheduled games.

IX. Contact With The Ball

1. Each team is allowed to have maximum of three touches before hitting the ball over the net.
 - a. EXCEPTION: block does not count as a touch. More than 3 touches, the other team scores a point and it serves next.
2. Same player can not hit the ball twice in a row
 - a. EXCEPTION: a block doesn't count a touch. If someone hits twice in a row the other team scores a point and it serves next.
3. When multiple teammates touch the ball simultaneously, it is counted as one hit.
4. When two opponents touch the ball simultaneously over the net and the ball remains in play, the team receiving the ball is entitled to another three hits.
5. Within the playing area, a player is not permitted to take support from a teammate or any structure/object in order to hit the ball. However, a player who is about to commit a fault (touch the net or cross the center line, etc.) may be stopped or held back by a teammate.

X. Characteristics of the Hit

1. The ball may touch any part of the body.
2. The ball must be hit, not caught and/or thrown. It can rebound in any direction.
3. The ball may touch various parts of the body, provided that the contacts take place

simultaneously.

4. Exceptions:
 - a. While blocking, consecutive contacts may be made by one or more blocker(s), provided that the contacts occur during one action.
 - b. At the first hit of the team, the ball may contact various parts of the body consecutively, provided that the contacts occur during one action.

XI. Positions

1. At the moment the ball is hit by the server, each team must be positioned within its own court in rotational order (exception: the server).
2. After the serve, players may move around the court as needed.
 - a. Reminder: Front row players are the only players that can legally block and jump to attack the ball.
3. A rotational fault is committed when the service is not made according to the rotational order.
 - a. The result of a rotational fault will be point and serve awarded to the opposing team.

XII. Attack Hit

1. A player is not allowed spike or block the opponent's service. If they do the other team scores a point and serves again.
2. A player may complete an attack/hit at any height, provided that the contact with the ball has been made within the player's own playing space.
 - a. Only front row players can jump and attack the ball within 10ft of the net.
 - b. Back row players can jump from beyond 10ft from the net and attack the ball at the net. But if they are attacking the ball from closer than 10ft they must have at least 1 foot on the ground. If this rule is broken a back row attack will be called, a point and the serve will be awarded to the opposing team. This rule will be enforced at the refs discretion.
 - c. Exception: If a team is playing with 3 players the back row attack rule does not apply.

XIII. Contacting the Ball

1. Players are NOT allowed to catch, hold, or throw the ball. The ball must "bounce" off the forearm or hand(s) to be considered a clean hit. No carries, catches, or throws are allowed. If they do, the other team scores a point and serves next.

2. Attacking a ball which is coming over the net is ILLEGAL IF it has NOT yet broken the plane of the net. A player is ALLOWED to swing or block the ball when it breaks the plane of the net. The plane of the net is an invisible line running directly up from the net.
3. DOUBLE CONTACT: a player hits the ball twice in succession or the ball contacts various parts of his/her body in succession. If they do the other team scores a point and serves next. (A double contact is legal within reason with the first contact of serve receive)

XIII. In or Out?

1. Referee calls the ball "IN",
 - a. if any part of it hits the lines. (Imagine the ball is painted. If the ball left a mark that touches the lines, the ball is judged IN)
2. Ball is ruled OUT,
 - a. If the ball lands outside the boundary lines (without touching the opponent)
 - b. If the ball hits cables, anything outside the boundary
3. The ball must cross the net completely inside of the antennas; if the ball touches an antenna, it is out. If antennas are not used, then the ball must cross the net within the boundaries of the court, or it will be out.

XV. Blocking

1. Blocking is the action of players close to the net to intercept the ball coming from the opponents by reaching higher than the top of the net, regardless of the height of the ball contact. At the moment of contact with the ball, part of the body must be higher than the top of the net. A block is not considered one of their three touches.
2. Consecutive (quick and continuous) contacts with the ball may occur by one or more blockers, provided that the contacts are made during one action.
3. In blocking, the player may place his/her hands and arms beyond the net, provided that this action does not interfere with the opponents' play. Thus, it is not permitted to block the ball beyond the net until an opponent has executed an attack hit. If they do, the other team scores a point and it serves next.
4. A block contact is not counted as a team hit. Consequently, after a block contact, a team is entitled to three hits to return the ball.
5. The first hit after the block may be executed by any player, including the one who touched the ball during the block.
6. As previously stated, to block an opponent's service is illegal. If done, the other team scores a point and serves next.

XVI. The Serve

1. The service is the act of putting the ball into play, by the back right player, placed in the

service zone. The service zone is anywhere behind the back line, inside the side boundary lines.

2. At the moment of the service hit, or takeoff for a jump service, the server must not touch the court (the end line included). After the hit, he/she may step or land inside the court. If they do, the other team scores a point and serves next.
3. Ball may be served underhand or overhand.
4. The ball shall be hit with one hand or any part of the arm. If it's not, the other team scores a point and serves next.
5. The ball must be clearly visible to opponents before serve.
6. The players of the serving team must not prevent their opponent, through individual or collective screening, from seeing the server or the flight path of the ball. If they do, the other team scores a point and it serves next.
7. Served ball may touch the net and drop to the other side for point.
8. If the serve touches a player of the serving team or fails to cross the vertical plane of the net completely through the legal playing area, or goes "out". The other team scores a point and serves next.

XVII. Rotation

1. Teams are required to rotate through servers, and every player must serve. The service order may not change once any player begins his/her second serve. Every player must serve n times before another player may serve $n+1$ times.
2. Rotational order is determined by the team's starting lineup, and controlled with the service order, throughout the set.
3. When the receiving team has gained the right to serve, its players rotate one position clockwise: the player in position 2 rotates to position 1 to serve, the player in position 1 rotates to position 6 (back middle), etc.
4. A rotational fault is committed when the SERVICE is not made according to the rotational order. It leads to the following consequences:
 - a. The non-offending team is given a point, service goes to the opponent, and the players' rotational order is rectified.
5. Teams may rotate players in/out upon regaining possession of the ball. Only the player that would be serving may rotate out, and the player rotating in must serve for that possession.

XVIII. Player at the Net

1. In blocking, a blocker may touch the ball beyond the net, provided that he/she does not interfere with the opponents' play before or during the latter's attack hit.
2. After an attack hit, a player is permitted to pass his/her hand beyond the net, provided that the contact has been made within his/her own playing space.
3. Players are permitted to penetrate into the opponent's' space under the net, provided that

this does not interfere with the opponents' play. Only a player's foot (feet) is allowed to make contact with the ground in the opponent's playing space, provided that some part of the penetrating foot (feet) remains either in contact with, or directly above, the center line.

- a. If a player's foot (feet) penetrates completely into the opponent's court, then the other team scores a point and serves next.
 - b. If a player interferes with the opponent's play while penetrating into the opponent's space under the net, then the other team scores a point and serves next.
 - i. EXCEPTION: If a player's foot or any part of their body goes under the net inadvertently and the play is not ruled dangerous or potentially interference, play will continue.
4. Players may touch the post, ropes, or any other object outside the boundary lines, provided that it does not interfere with play.
 5. A player may not touch the net. If they do, the other team scores a point and it serves next.
 - a. EXCEPTION: If a player touches the net inadvertently and the play is not ruled dangerous or potentially interference, play will continue.
 6. When the ball is driven into the net and causes it to touch an opponent, no fault is committed.
 7. A player touches the ball or an opponent in the opponents' space before or during the
 8. opponents' attack hit. If they do, the other team scores a point and serves next.

XIX. Playoffs

1. The team with the better record in each game shall be the home team.
2. Playoffs shall be single elimination.
3. All teams make the playoffs when possible.
4. If all teams have played the same number of games, seeding will be determined by WLT ranking, with other factors determining any tie breakers. If some teams have played a different total number of games, seeding will be based on percentage win, with WLT ranking, and other factors, determining any tie breakers.

XX. Banning Players/Teams

1. Banning of players/teams will be at the discretion of management.