



VSL Sand Volleyball Rules

Captains: Please read these rules in full and make sure all team members understand the rules and expectations before participating.

Venue	The Sandy Pickle — 5683 Village Glen Dr, Dallas, TX 75206
Match Length	50-minute time blocks
Match Format	Best 2 out of 3 sets
Scoring	Sets 1–2: 21, win by 2, cap 25 Set 3: 15, win by 2, cap 18

Divisions & Team Requirements

Coed 6v6 Recreational

- 6 players on the court.
- A minimum of 2 female players must be on the court at all times.
- Teams must have a minimum of 3 female players on their official roster.

Recreational is designed for newer, casual, and social players who want a fun and approachable volleyball experience. Players may still be learning consistent serving, passing, setting, rotations, positioning, and other fundamentals. Rallies may be shorter and teams are not expected to run advanced offensive systems. Experienced players are welcome to participate, but the overall style of play should remain recreational and sportsmanship-focused rather than highly competitive. If your team consistently serves aggressively, controls the first pass, runs organized attacks, and is looking for a faster level of competition, the Intermediate division will likely be a better fit.

Coed 4v4 Intermediate

- 4 players on the court.
- A minimum of 2 female players must be on the court at all times.

Intermediate is intended for players who have a solid understanding of volleyball and can consistently execute the basic skills of the game. Players should generally be comfortable serving over the net, passing with control, setting teammates, attacking the ball, communicating, and maintaining positioning during a rally. Teams may use more intentional offensive concepts such as setting up attacks and defensive coverage, but players do not need advanced or collegiate-level experience. This division is a good fit for experienced recreational players, former high school players, or anyone who wants a more competitive pace without the expectations of the Advanced division.

Coed 4v4 Advanced

- 4 players on the court.
- A minimum of 2 female players must be on the court at all times.

Advanced is designed for highly experienced players who are comfortable with a fast, competitive style of sand volleyball. Players in this division should consistently demonstrate strong ball control, accurate passing and setting, aggressive and strategic serving, effective attacking, blocking, court awareness, and communication. Teams should be able to run organized offensive and defensive systems and sustain longer, higher-level rallies with fewer unforced errors. This division is best suited for players with significant competitive volleyball experience, including high-level club, varsity, collegiate, or comparable adult competition. Players who are still developing consistent fundamentals should choose Intermediate or Recreational play instead.

Teams that cannot meet the minimum on-court gender requirement may not begin or continue play unless otherwise approved by VSL Staff.

Event Information

- All matches will be played at The Sandy Pickle.
- Address: 5683 Village Glen Dr, Dallas, TX 75206.
- Matches are scheduled in 50-minute time blocks.
- Matches are self-officiated and self-scored.
- Teams are responsible for submitting their final scores following each match.
- Volleyballs will be provided. Teams may use their own ball if both teams agree prior to the match.

Match Format

- Matches are played best 2 out of 3 sets.
- Sets 1 and 2 are played to 21 points, win by 2, with a hard cap of 25 points.
- If a third set is necessary, it is played to 15 points, win by 2, with a hard cap of 18 points.
- Rally scoring will be used for all sets. A point is awarded on every rally regardless of which team served.
- Each team is allowed one timeout per set.
- Teams will switch sides after each completed set.
- The team that serves first in Set 1 will receive first in Set 2.
- If a third set is necessary, teams will determine first serve/side selection again.

Point Caps

The point cap is a hard stopping point regardless of whether a team is leading by two.

- If Sets 1 or 2 reach 24–24, the next point wins the set, 25–24.
- If Set 3 reaches 17–17, the next point wins the set, 18–17.

Starting the Match

Before the match begins, teams will determine which team receives first choice. The team receiving first choice may choose to serve first or choose which side of the court to begin on. The opposing team receives the remaining choice.

50-Minute Time Limit

Regular-season matches may not exceed the scheduled 50-minute time block.

- If time expires while a set is still in progress, the team leading when time expires will be awarded that set.
- If the score is tied when time expires, teams will play one final rally to determine the winner of the set.
- Teams should begin promptly and keep play moving to ensure the full match can be completed within the allotted time.

Scoring

A team scores a point when:

- The ball legally contacts the opponent's court.
- The opposing team hits the ball out of bounds.
- The opposing team commits a serving, net, contact, or other playing fault.
- The opposing team fails to legally return the ball over the net.

The team that wins the previous rally will serve the next ball.

Serving

- The server must serve from behind the end line and between the sidelines.
- The server has 5 seconds to put the ball into play.
- The server may not step on or across the end line before contacting the ball.
- A serve that contacts the net and continues over is considered dead and results in a point for the receiving team.
- The team winning the rally earns the next serve.

Ball In / Ball Out

Ball In

A ball is considered in when any portion of the ball contacts the playing court, including a boundary line.

Ball Out

A ball is considered out when:

- No portion of the ball contacts the boundary line or playing area.
- It contacts a wall, fence, light pole, or other obstruction outside the playing area.
- It contacts a person who is not participating in the play.
- It contacts an object above a non-playing area.
- It contacts the antenna, net outside the antenna, or net post.

If the ball contacts a light pole, fence, or another inanimate object outside normal playable court equipment, the play is dead.

Playing the Ball

- A team is allowed a maximum of three contacts to return the ball over the net.
- Contact with any part of the body is legal and counts as a team contact.
- A player may not contact the ball twice consecutively.
- A double hit occurs when the same player contacts the ball twice in succession.
- A carry/lift occurs when the ball is caught, held, thrown, or comes to rest during contact rather than being cleanly hit.
- Players may not contact the ball while it is completely on the opponent's side of the net.
- Players may not cross completely underneath the net into the opponent's playing area in a manner that interferes with play.

- Players may not touch the net during play. An exception is made when the ball causes the net to move into a player.

Self-Officiating

No referees will be provided for Sand Volleyball. Players are expected to honestly and respectfully call lines and boundaries, net violations, double contacts, carries/lifts, and other playing violations.

If teams cannot agree on the legality of a play, the rally will be replayed with no point awarded. Players are expected to prioritize fair play and sportsmanship when making calls.

Substitutions

- Substitutes may enter the game in the serving position only.
- There is no limit to the number of times an eligible substitute may enter during the regular season.
- If a registered/paid roster player arrives after the match has started, that player takes priority over a substitute.
- All players and substitutes must meet VSL eligibility requirements.
- Substitutions may not be used to circumvent the minimum female-player requirements for the team's division.

Use of an ineligible player may result in a side-out, player disqualification, match forfeiture, or additional league discipline, depending on the circumstances.

Forfeits

Teams are expected to be ready to play at their scheduled game time.

- A 10-minute grace period will be provided if a team does not have enough eligible players to begin the match.
- Teams must satisfy their division's minimum female-player requirement in order to begin play.
- If a team is still unable to field an eligible lineup after the 10-minute grace period, the match will be declared a forfeit and the opposing team will receive the match victory.
- If a team begins a match and later concedes or refuses to continue, all previously completed set results will remain official.
- Repeated forfeits may result in additional league action.

Sportsmanship & Code of Conduct

VSL offers recreational sports leagues intended to provide a fun, competitive, and respectful environment. Unsportsmanlike conduct will not be tolerated.

Unsportsmanlike conduct includes, but is not limited to:

- Abusive, threatening, or insulting language toward another player, spectator, or VSL staff member.
- Excessive arguing over calls.
- Intentionally creating confrontations.
- Threatening or aggressive behavior.
- Fighting or attempting to fight.
- Repeatedly disregarding league rules or sportsmanship expectations.

Players displaying inappropriate behavior may receive a verbal warning. Continued behavior may result in removal from the match and/or suspension from future league games.

Depending on the severity of the incident, VSL Staff may issue an immediate ejection, multi-game suspension, or season-long suspension without a prior warning.

All disciplinary decisions are subject to review by VSL Staff.

General Expectations

VSL Sand Volleyball is a self-officiated league. Players should understand that close or disputed plays will occasionally occur.

When there is uncertainty, replay the point and move on.

Respect your opponents, make honest calls, keep matches moving, and help maintain a fun environment for everyone participating.