



Pride Sports USA - 4v4 AA Volleyball Official Rules
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2023 4v4 Sand Volleyball Rules ("AA" Division)

FIVB rules apply unless stated otherwise in this document.

MINIMUM REQUIREMENTS

- Teams must have a minimum of 3 rostered players on the court. • Less than 3 will be considered a forfeit. (0-3 Loss)

ROSTERS

- Only players listed on your roster are allowed to play in any regular season or playoff game. If a team wants to pick up a non-rostered player, they must be registered as a sub on the league website.
- During playoffs, a sub must have played a minimum of two separate nights during the regular season with that team to be eligible for play.
- Players must be a minimum of 20 years of age by the date of the first regular season game.
- A team must have a minimum of 5 players on their roster with no maximum. *
- All rosters are final after the second week of play.
- Teams may have a rotation of players during the game if your team has more than 5 players show to play (See below on how to rotate)

SUBS

We do allow subs but subs must sign up as a sub at PrideSportsSubs.com before stepping onto the court. They must sign up for each week they want to play. Subs must play in at least 2 weeks of games with the same team if they want to play as a sub for that team in playoffs.

UNIFORMS

- Players may cut the sleeves off. The logo may not be cut into.
- Any broken rules on uniforms will result in a \$25 uniform replacement fee.

STARTING GAMES & SCORING

- A team earns the right to choose to serve/receive **OR** side for the start of the first game by winning rock, paper, scissors. The team losing the contest will get to choose from whichever option remains between serve/receive **OR** side.
- For the second game, teams will switch sides and the opposing team will then serve first. (regardless of the first game's result.)
- If a third game is necessary, captains will again rock, paper, scissors for the right to choose to serve/receive **OR** side.
- Matches are made up of best 2 out of 3 games.
- Teams will play 2 games to 21, win by 2, with a cap at 25 using "Rally Scoring" scoring. All Rally Scoring means that every time a point is finished, one team will be awarded a point, whether they served or not.
- If a third game is necessary, the game will be played to 15, win by 2, with a cap at 17. If the game does NOT reach a minimum of 10, the game will not count towards the win/loss record.
- Teams may have a rotation of players during the game if your team has more than 5 players show to play. (See below on how to rotate)
- Serves that hit the net and go over the net to the opponent's side will be "live" and are good serves provided the opposing team plays them or they land in bounds.
- A ball which lands on the boundary line shall be considered in.

SERVICE

- The server may not step on or over the end line until the ball has been contacted. The width of the service area is from sideline to sideline. The depth of the service area is limited by the sand.
- The serve may not be blocked or spiked.

ROTATION

- Serving must occur in same or consistent order/rotation.
- Team members do not need to rotate position on the court.

- Rotating players - Team can choose to keep the same 4 players in the whole game and switch players after each game or players can switch mid game. (See map below on how to rotate)

PLAYING THE BALL

- Ball may be played off the net during a volley and on a serve.
- **THREE CONTACTS** - Each team is allowed a maximum of 3 successive contacts of the ball to return the ball to the opponent's area.
- One player may not hit the ball twice in succession.

Exception: In the action of blocking an attacking ball, the touch, or contact resulting from the block attempt does not constitute one of the three successive contacts. The first contact by any team member can send the ball back over the net to the opponents by any legal means.

- **CHARACTERISTICS OF THE CONTACT** - The ball can contact any number of body parts down to, and including the foot, providing such contacts are simultaneous and the ball rebounds immediately and cleanly after such contact.

- **HELD BALL** - The ball must be contacted cleanly and not held, lifted, pushed, caught, carried, or thrown. The ball cannot roll or come to rest on any part of a player's body. It can rebound in any direction.

- **HAND SETS** - A contact of the ball using the fingers of one or two hands to direct the ball toward a teammate is a set. The ball must come into contact with both hands simultaneously and leave both hands simultaneously to avoid a double hit call. A player may set the ball over the net in front or behind them only in the direction in which their shoulders are squarely facing either forward or back set.

Note: Rotation of the ball after the set may indicate a held ball or multiple contacts during the set but in itself is not a fault. The General Rule is less than 2.5 rotations OR being able to read the name brand on the ball.

Please call your "bad hands", double hits, and holds! A "deep dish" set is not a held or thrown ball.

- **ATTACKING THE BALL OVER THE OPPONENTS COURT** - A player is not allowed to attack the ball on the opposite side of the net if the ball has not yet broken the vertical plane of the net. If the ball is hit above the spiker's side of the net and then the follow-through causes the spiker's hand and arm to cross the net without contacting an opponent or the net, the action does not constitute a fault.

- **MULTIPLE CONTACTS** - Multiple contacts of the ball by a player(s) participating in a block shall be legal provided it is during one attempt to intercept the ball. Multiple contacts of the ball during a block shall be counted as a single contact, even though the ball may make multiple contacts with one or more players of the block.

- **PARTICIPATION AFTER A BLOCK** - Any player participating in a block shall have the right to make the next contact, such contact counting as the first of three hits allowed the team.
- **BLOCKING A SERVE** - Blocking or attacking a serve is prohibited.

PLAY AT THE NET

- **PLAYER CONTACT WITH THE NET** - No part of the body may touch the net at any time unless a ball or person driven into the net causes the contact. Player contact with the net in a manner not directly relating to or affecting the course of play is not a violation. Contact with hair or part of the uniform will not be considered a fault.

SIMULTANEOUS CONTACT BY OPPONENTS - If opponents contact the net simultaneously, it shall constitute a double fault and the point shall be played over.

- **INTERFERENCE** - Beach volleyball allows any and all parts of the body to cross the center line as long as there is no interference with the opposing player

