

ARTICLE 29
Sand Volleyball

29.1 GENERAL INFORMATION

29.1.1 The CAA shall adopt the current edition of the NCAA Volleyball Rules and Regulations. These rules shall govern unless noted below.

29.1.2 Any discrepancies will be ruled upon by the league director and/or Competition Committee.

29.2 COACHING

29.2.1 Coaches who are not certified, the team will forfeit all games coached.

29.3 HOME TEAM RESPONSIBILITIES

29.3.1 The home team is responsible for providing the following for ALL home games:

29.3.1.1 Scoreboard Operator. (optional)

29.3.1.2 Scorebook keeper should track of all pairs / flights and enter all the results and record

29.3.1.3 Scorekeeper must be an adult, over eighteen. Preferably a coach

29.3.1.4 Any home team that cannot provide qualified individuals to perform these activities, must allow the away team to be the official scorekeeper or per agreement of both teams, allow acceptable individuals to perform these activities.

29.3.1.5 Officials – teams outside of the Phoenix Metropolitan area and as identified by the CAA Director are responsible for assigning their own game official(s).

29.3.2 Enter forfeit results as 2-0 (21-0 score for each game) Per NFHS forfeit rules.

29.3.3 Enter game scores within 24 hours upon completion of the match. Failure to do so will result in a \$25.00 fine.

29.4 EQUIPMENT, FIELD AND UNIFORM GUIDELINES

29.4.1 OFFICIAL BALL. Wilson is the preferred official game ball and should be used if possible. If neither team has a Wilson ball, then a ball meeting NFHS standard shall be used.

29.4.2 UNIFORMS. Top Uniforms must include the school name or mascot. Numbers must be on the FRONT and BACK. Shorts need to match. No Jewelry allowed

29.4.3 The height of a volleyball net is 7 feet 4 inches for sand matches.

29.5 SCORING/GAMES

29.5.1 Varsity Sand volleyball matches will follow all NFHS and NCAA standards.

29.5.1.1 Best out of 3 formats - Sets 1 and 2: Play to 21 wins by 2 with a cap of 25

29.5.1.2 Set 3: Play to 15, win by 2. Teams will switch every 7 points in sets 1 and 2 and at every 5 points in set 3.

29.5.1.3 Two (2) one-minute timeouts are permitted each set.

29.5.2 Sand volleyball pairs shall compete with other teams' pairs of the same skill rank. 1 vs 1, 2 vs 2 etc...

29.5.3 Once a player has been labeled as a #1 as of the roster deadline they cannot go back down and play as a #2, #3 or #4

29.6 GAME TIME AND LATE ARRIVAL

29.6.2.1 10 minute grace period from posted game time.

29.6.2.2 Teams should arrive at venue at least 30 minutes prior to scheduled start time to warm up and stretch

29.7 SPORTSMANSHIP AND EJECTION: Refer to Article 12

29.8 POSTSEASON INFORMATION

29.8.1 Tournament brackets for teams and pairs will be created according to standings from power rankings. (Article 6.9)

29.8.2 Game time is forfeit time.

29.8.3 Wilson is the official league game ball and will be used for all CAA tournament games.

29.8.4 The CAA State Championship Match (Final) will NOT have a Hard Cap. Team must win the game by 2 points.

29.9 JUNIOR HIGH (JH) SAND VOLLEYBALL – BEACH 4s RULES

29.9.1 Governing Rules

29.9.1.1 Junior High Sand Volleyball (Beach 4s) shall follow CAA-adopted Sand Volleyball rules as outlined in Article 29, with the following modifications and clarifications specific to Junior High competition.

29.9.1.2 Any situation not specifically covered shall be ruled upon by the CAA Director and/or Competition Committee.

29.9.2 MATCH FORMAT AND SCORING

29.9.2.1 Matches shall use rally scoring (a point awarded on every serve).

29.9.2.2 Matches shall be played best two (2) out of three (3) sets.

- Sets 1 and 2: Played to 21 points, win by two (2).
- Set 3 (if necessary): Played to 15 points, win by two (2).

29.9.2.3 The CAA may approve modified scoring (e.g., games to 15) for tournaments, weather, or scheduling considerations.

29.9.3 SIDE SELECTION AND SIDE CHANGES

29.9.3.1 A coin toss shall determine choice of side or serve/receive prior to the match.

29.9.3.2 There shall be no side changes during a set.

29.9.3.3 Teams shall change sides after each completed set.

29.9.3.4 Prior to a third set, a new coin toss shall determine side or serve/receive.

29.9.4 TEAM CONTRACTS AND HITS

29.9.4.1 Each team is allowed a maximum of three (3) hits to return the ball over the net.

29.9.4.2 A block does not count as one of the three hits.

29.9.4.3 The first contact following a block may be made by any player, including the blocker.

29.9.5 SERVING RULES

29.9.5.1 Teams must rotate servers in a consistent serving order throughout each set.

29.9.5.2 Players may not block or attack a serve.

29.9.5.3 Net/let serves are legal and shall remain in play.

29.9.6 PLAYER POSITION AND MOVEMENT

29.9.6.1 There are no positional faults in Junior High Sand Volleyball.

29.9.6.2 Players may be positioned anywhere on the court at the time of serve.

29.9.6.3 There are no front-row or back-row restrictions.

29.9.7 BALL CONTACT AND PLAYING THE BALL

29.9.7.1 The ball may be contacted with any part of the body, including feet, legs, or head.

29.9.7.2 Open-hand tipping is illegal.

29.9.7.3 Tips or roll shots must be executed using a closed fist, knuckles, or rigid hand (commonly referred to as a “pokey” or “cobra”).

29.9.7.4 Carrying or lifting the ball is a fault and shall be judged at the discretion of the official.

29.9.8 SERVING AND RECEIVING

29.9.8.1 On serve receive, open-hand reception and double contact are permitted, provided the ball is not carried or lifted.

29.9.8.2 A player may not lift or carry the ball on the first contact.

29.9.8.3 During setting, no double contact fault shall be called provided the ball remains on the same side of the net.

29.9.8.4 Sets that cross the plane of the net on the second or third contact shall be judged by the official based on control, spin, and ball rotation.

29.9.9 NET AND LINE RULES

29.9.9.1 Any contact with the net during play is a fault.

29.9.9.2 A ball contacting any portion of the boundary line shall be ruled IN.

29.9.10 SPORTSMANSHIP AND ENFORCEMENT

29.9.10.1 All Junior High Sand Volleyball contests shall follow CAA sportsmanship and ejection standards as outlined in Article 12.

29.9.10.2 Officials are empowered to apply judgment consistent with Junior High skill level while maintaining player safety and competitive integrity.