

2018 Forest Hills Lanes Sand Volleyball Rules

Most Important Rule: Please remember this is a CO-REC Sand Volleyball League with FUN and Sportsmanship as the main goal. Try your best and be competitive, but always keep in mind, this is NOT THE OLYMPICS.

1. All teams must fill out team roster and sign waivers to play (including subs) by first week of season.
2. All players and subs must be on team roster to play.
3. If a player is not on a team roster and plays, that team will lose all points for that week.
4. Games are to **start on time**, if partial team is present they must play as a partial team or forfeit.
5. All scorecards must be filled out completely and turned in to **Volleyball Score Box** (located at inside entryway leading out to deck) to receive points for that week.
6. Keep unnecessary play off courts in between games to keep games on time.
7. If contesting a team roster, play match as normal, no official points will be awarded until rosters are verified.
8. A player is only allowed to be on **one** team roster per league night.
9. Rally scoring to 21 points, all 3 games must be played in a match, **if less than 15 minutes remain before 3rd game then the score only goes to 15**. Each win for each game in the match will count as a standing point.
10. No player can block a serve, a return hit following a serve must be a bump. You may also set to your own team off a serve.
11. Stay out of the net and call your own fouls, you are on the honor system. Volley to see who serves 1st, after that it's game on.
12. Hits from below the waist in a throwing or catching manner are considered illegal and will count as an opposing team point.
13. If your team tangles in the rope, please fix it before the next serve. Please use common sense.
14. You can serve from anywhere behind the end line. Foot faults are to be called when you step over the line. (served balls that graze net and go over are in play)
15. **At least 2 females must be on the court at all time, unless there is only 1 female present to play, in which case the team may play without forfeit if the team is made up of 3 males and 1 female. If the missing female player should show up during the game, both vacant**

spots maybe filled at the end of the point being played. If the ball is hit 3 times before being returned, 1 of the hits must be executed by a female. A maximum of 3 hits are allowed per side.

16. If a team is unable to show up and play a scheduled match it will be declared a forfeit. (MAKE UP MATCHES ARE NOT ALLOWED)

17. If teams have a problem they cannot both agree on, then replay the point or volley in question.

18. No obvious palming or throwing of the ball is allowed.

19. You must have shoes and a shirt on to enter Forest Hills Lanes.

20. Please help keep volley area clean and throw away your garbage.

21 Keep all glass inside.

22. No children will be allowed in the sand near the courts before, during or after the games.

23. If renting a ball you must turn in collateral. (keys, I.D. etc.) When ball is returned collateral will be given back. Bowling Center counter has balls for rent.

24. Points will be updated in a timely manner, if any problems please contact Forest Hills Lanes or the next week inform the counter person and leave a note and sign your name.

25. All players must be at least 18 years of age.

26. No outside food or beverage is allowed. All alcoholic beverages consumed must be purchased on site. If any alcoholic beverages are brought in from outside you will be asked to leave immediately. Second occurrence and you will be banned from Forest Hills Lanes and Shooters North. This rule will be taken very seriously, as a business may lose its liquor license if outside beverages are allowed to be brought on to business property.

27. Play rain or shine. We will cancel games because of lighting or unplayable conditions. Cancellations or postponements will be posted on the Forest Hills Lanes Facebook page by 5:00pm. No make-ups for cancelled games.

28. Standings will be based on percentage of wins as some games get played and some get cancelled on a given night.

29. Management has the final say.

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