



MVP 4x4 Sand Volleyball Rules

Rule #1: HAVE FUN!

(Don't talk about fight club)

Team

1. The team ROSTER minimum is 5 players with a gender minimum of 2.
2. The maximum number of players allowed on the court is 4 with a gender minimum of 2 and a maximum of 2.
3. It is the responsibility of the captains and team to coordinate their roster accordingly.
4. Players arriving late may join a game in progress by being put in the out-of-bounds rotation.

The Two Most Important Rules

1. Have fun!
2. We have a zero arguing policy. This is meant to be fun, please be respectful.

Officials

1. Each game will be assigned a moderator/score keeper
2. The moderator is responsible for:
 - A. Witnessing the Rock, Paper Scissor
 - B. Calling net faults



- C. Calling lifts/carries
 - D. Keeping score
3. The moderator reserves the right to:
- A. Enforce the rules
 - B. Over rule a player call (players ONLY call the lines). Be honest, be respectful, have fun.
 - C. Switch the scoring from side-out to rally
 - D. Call a game at any point (time/light constraints)

Scoring - Side Out

1. One point shall only be awarded when a point is won by the serving team.
2. The first team to score 15 points by a margin of 2 or more shall win the game.
3. The first team to score 21 points by any margin shall win the game. For example: If a team reaches 15 but the opposing team has 14, the game will continue until a team wins by 2 or reaches 21. If a team reaches 21 regardless if the opposing team has 20, that team wins.

Rally

In the event a match is at risk of running late, the moderator can switch the match from side out scoring to rally. The winning score for rally is 21; however the moderator reserves the right to call the game at any point due to time constraints.

Game Play

1. Each game will consist of 3 matches.
2. The winner of the coin toss/rock, paper, scissor will choose to either serve first or which side they want to start on.



3. Teams will switch sides after each match
4. Each match won shall count as 1 point in the league standings.
5. Each match will be judged by the players using the honor system, excluding net related faults.
 - A. If a team feels it to be necessary, they can request the moderator to line judge.

Service

1. Rock/Paper/Scissors will determine the first serve of the first game. The losing team of each match will be given the first serve of the corresponding match.
2. A serve must be hit from behind the boundary line.
3. Served balls that contact the net on the way over are considered live and must be played.
4. Served balls are dead, and a side-out to the opposing team when:
 - A. The ball contacts a serving team's player prior to crossing the net.
 - B. The ball fails to cross the top of the net.
 - C. The ball lands out of bounds.

Returns

1. Any part of the body may be used to hit the ball, including feet.
2. Serves may not be attacked or blocked. For example: A player at the net may not jump up and spike a served ball. **Returning the ball with their feet down is allowed.**
3. The ball must be returned with no more than three hits.
4. A player may not hit the ball twice in a row.
5. No part of a player's body is permitted to touch the net or break the plane of the net. It is the duty of the moderator *only* to enforce this rule.



Side Out

1. If a team commits an error or foul, a side out shall be called. Errors include:
 - a) Ball lands out of bounds.
 - b) Ball fails to pass over the net on a serve.
 - c) Carrying the ball
 - i. A player cannot call a carry. The captain can request the moderator to keep an eye on carries.
 - d) Team contact with the ball more than three times.
 - e) A player hits the ball twice in a row.
2. Faults include:
 - a) A player making contact with the net during the serve, unless the net is pushed into the player.
 - b) Blocking a serve (can't leave your feet to return the ball over the net)
 - c) Making contact with the net while attempting to play the ball.
Exceptions: Incidental contact by a player not actively attempting to play the ball is NOT a fault. Contact with the net as a result of movement of the net is NOT a fault.
 - d) Placing a foot completely over the center line.
 - e) Illegal rotation or substitution