

# NC High School Beach Volleyball Rules

12/22 rev –Based on USAV Beach Rules - <https://usavolleyball.org/resources-for-officials/beach-referees/>

Note: Adaptations to the HS Beach league are highlighted in red.

## Court Setup:

- Size: “Short Court” - **16 m x 8 m (52’6” x 26’3”)** Playing surface consists of sand.
- Court boundaries are denoted using rope or webbing. No centerline exists
- Net Height: Female 7’4-1/8”, Male 7’11-5/8
- Official Ball is the Wilson AVP Game Ball pumped to 2.5 to 3.2 psi
- Antennas are encouraged, but not mandatory, and positioned on the net directly above the sidelines. If no antennas, then net standards typically serve as the “in bounds” area for crossing the ball over the net.

## Team:

- Each team consists of 2 players
- Either player can call timeouts when desired (limit 1 per team per set)
- Uniforms consist of comfortable tops that cover the trunk area and shorts. **Players should wear similar style tops used for representing their school’s club but identical matching uniforms are not necessary. Player numbers are not required. It is OK to wear hats, visors, or sunglasses to help with sun in the eyes.**
- Competition is played on sand either barefoot or wearing sandsocks/cotton socks. Shoes are prohibited.
- No jewelry of any kind can be worn during competition.
- Up to two coaches are allowed to offer instruction **between sets, during timeouts, and quickly as players are walking to switch sides only** and can suggest or even call a timeout for a team. Coaches are not to influence the calls made by the referee and to only cheer/offer encouragement during other points of time during the match.

## Referee:

- Players will referee all matches.
- A match can be run with one referee, but two referees with one referee at each pole is encouraged.
- Players are encouraged to call their own faults.
- If there is uncertainty about a call, please seek the tournament director at which time a decision will be made to stick with the call made by the referee or to replay the point. **Coaches can serve as an advisor if a rule interpretation is requested and a designated tournament director is not present or available.**

## Scoring/Timeouts:

- Match starts with coin-toss/rock-paper-scissors
  - Winner determines whether to serve or receive first, or pick a side. Loser gets to decide option not decided upon by winner.
- The serving team will be given the first 3 minutes to hit, then the receivers, and then 3 minutes of combined serving.
- All sets will use rally scoring
- Typically best 2 out of 3 sets. First 2 sets to 21. Third set, if necessary, to 15. (Subject to variation by tournament director due to space/time concerns.)
- If playing to 21, teams switch sides every 7 points. If playing to 15, teams switch every 5 points. Win by 2. (Tournament director may enforce a cap, such as first team to 25 for games to 21, etc. if space/time concerns exist.)
- 1 one-minute timeout per team per set is allowed.
- The time between Sets is 2 minutes.
- **In head-to-head duels, up to 3 pairs will compete (seeded 1,2,3 from strongest available to weakest) with the squad that wins a majority of the matches winning the head-to-head. If a squad cannot be fully fielded, lower seeded players/pairs fill up the higher seeded pairs as necessarily leaving potential forfeitures at the lower seeded pairings. Club representatives can adapt based on the circumstances at hand and subject to everyone’s agreement.**
- **In head-to-head duels, club representatives are permitted to move individual players or pairs up or down 1 seeding between competitions in order to account for resource availabilities and/or performance of play seen on a given day.**

## Serving/Rotation:

- You may serve from anywhere behind the end-line
- Players alternate who serves each time the team wins a side-out

- Referees should make every attempt to ensure the service order is correct. When corrections are made, there is no loss of points already scored. The service order is corrected and play continues.
- **Players DO NOT need to rotate.**
- **Only 1 ball toss per serve attempt.**
- A foot fault occurs when the foot touches on or over the back line before the ball is struck for service. Sand can move the line and no foot fault will be called.

### **Blocking:**

- **A block counts as one of the maximum 3 contacts allowed before the ball must go over the net**
- After a block, either player on a team can make the next contact
- You cannot obstruct your opponent by blocking the ball across the net prior to the opponent making contact.
- A joust – when opponents block the ball simultaneously above the net – does not count as a team contact.

### **Ball Contact :**

- Any first ball can be double contacted as long as no finger action is involved and it's part of a single attempt to play the ball. The ball must rebound cleanly off the two body parts.
- Hand setting is legal as long as the ball comes out "clean" without being lifted. As a rule of thumb to help judge the call: The ball should have no more than 2 rotations and the hands cannot drop below the shoulders.
- **Setting the serve is technically allowed but not encouraged. It must be strictly called (is it a double or lift?) if attempted. Otherwise, hands or fists together or apart are permitted on serve-receive.**
- A hard driven ball can be dug with finger action and doubled if the attack occurred above the plane of the net and the ball has no upward trajectory.
- **Hand setting over the net is technically allowed. If the intent is there, the player must be square either forward or backward to the direction of the set. An accidental set over the net in a clear attempt to set their partner is also permitted.**
- No open hand tips. Pokes, fists, cobras (firm fingers pointed together) are permitted alternatives.
- A ball contacting the line is in bounds. Ball marks can be used to determine if the ball is in bounds. Ball marks are not as reliable to determine if a ball is out of bounds. If you see the line move, the ball is in.
- Lines that are moved **substantially during play** can be readjusted after the play to determine whether a ball is in or out.

### **Net Play:**

- Touching any part of the net while the ball is in play is a fault. Hair touching the net is not a fault.
- Players can touch the net posts.
- You are allowed to reach or step below the net to play a ball as long as you do not interfere with your opponent.
- You may pursue a ball outside the net posts as long as it travels back to your side of the court outside of the antenna before your third contact goes over the net.

### **Injuries:**

- Any serious injury will cause play to stop immediately
- 5 minutes are given for medical treatment at which time a decision must be made to either continue play or forfeit the remainder of the match