

LAKEVILLE PARKS AND RECREATION DEPARTMENT  
SAND VOLLEYBALL RULES

Updated 10.3.2024

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**LEAGUE CONTACTS:**

**Weather Hotline:** 952-985-4690, option #2, updates posted after 4:30 p.m.

**Twitter weather updates:** [@LakevilleParks](#)

**Lakeville Parks and Recreation:** 952-985-4600 (M-F, 8-4:30 p.m.)

**League webpage:** Includes links to rules, standings, etc. [Volleyball webpage](#)

**League Director:** Kacie Robinson, 985-985-4616, [krobinson@lakevillemn.gov](mailto:krobinson@lakevillemn.gov)

**LOCATION INFO:**

**COURT RESERVATIONS** have been secured for City of Lakeville Sand Volleyball Leagues. If someone is using the court during scheduled league times kindly tell them that the court is reserved for the Parks and Recreation League. There is a QR code on the poles (brown rectangle sticker) that allows them to scan it and see the schedule for each night of the week. If they refuse to leave the court, call the Police Department at 952-985-4800. They will send over a Community Service Officer.

**COURT NUMBERS** are 1-5, with Court 1 closest to the parking lot and Court 5 closest to the lake.

**NET HEIGHT** is measured from the center of the net. Keep in mind that the sand is an irregular surface; when in doubt, choose the higher net height for the safety of all players in the league. The standard height is 7 ft. 11-5/8 inches. Standard net height is used for all Co-Rec and Men's Leagues. Women's leagues will use a height of 7 ft. 4-1/8 in.

**PARK RULES** - Glass Bottles are *not* allowed in Lakeville Parks!!

**SAND SAFETY** – Check the sand for foreign objects before play. Unfortunately, dangerous objects have been found in the sand; for your safety, we suggest wearing shoes in the sand. Please contact the Parks & Recreation Department to report excessive amounts of dangerous material.

**EMERGENCY & FIRST AID:**

**FOR EMERGENCIES** - call 9-1-1.

**CUT/WOUNDS** must be covered before play can be resumed. If there is blood on the person or equipment, it must be cleaned up before any play may be resumed. A time-out may be used for such injuries.

**TEAMS:**

**ROSTERS** are to be completed by each person before playing. Players must be 18 years of age or older and may play on only one team in each league. Team rosters include a liability waiver. Rosters will be completed online; information will be sent to team managers approximately one week before the season starts. It is the team managers' responsibility to make sure all team members and substitutes complete the waiver before playing. Additions to rosters will be allowed through the regular season, at which time rosters will be frozen.

**DRAFT LIST:** If your team needs players, there are often players who are eager to play. The Draft List may be used to pick up players permanently or on a week-by-week basis. The draft list is constantly evolving. Please contact the office for the most updated version.

**PLAYOFFS:** Only team members listed on the roster will be eligible for the playoffs. Substitutes are required to play two nights to be eligible for the playoffs. Final rosters will be available for all teams to view during the playoffs if previously requested.

### **6's TEAMS**

Max 16 players rostered

Min 4 players to start.

If playing with 4, no more than 2 men on the court in Co-Rec leagues.

If playing with 5 or 6, no more than 3 men on the court in Co-Rec leagues.

### **4's TEAMS**

Max 6 players rostered

Min 2 players to start

No more than 2 men on the court at the same time in Co-Rec leagues.

### **2's TEAMS**

Max 4 players rostered

Minimum 2 players to start

Mixed: 2 players of any sex may be on the court.

Co-Rec: One male and one female must be on the court.

**FORFEITS** will occur when a team is not able to begin a game with the minimum number of players listed above on the court. A team with fewer than four/two players present from their roster will be allowed a five-minute grace period for the first game only. After five minutes, the team will lose one point per minute from the scheduled game start time. (Example: if a team is short players for 8 minutes and is then ready to play, they will begin the match with a score of 8-0 in favor of their opponents.) After 15 minutes, the match is forfeited. Any team that forfeits three matches will be dropped from the league with no refund of fees.

If a team manager knows in advance that their team must forfeit, please contact the opposing team(s) directly and also the league director.

## **GAMEPLAY:**

**GAME BALLS – TEAMS MUST SUPPLY A VOLLEYBALL.**

**CHOICE OF SIDE OR SERVICE** will be determined by captains who will call the toss of a coin or a quick round of rock, paper, scissors. Rotate playing areas and serve after each game.

## **SERVING ORDER AND POSITIONS**

Alternate players may rotate into the service position only. Late players may rotate in immediately after the point is finished.

- 6's Co-Rec leagues shall alternate male and female servers whenever possible. Upon receiving possession of service, rotate one position in a clockwise direction.
- 6's Men's or Women's leagues will rotate one position in a clockwise direction upon receiving possession of service.
- 4's Co-Rec leagues shall alternate male and female servers whenever possible. Serving rotation must remain constant; however, players may line up in any rotation before the serve.
- 2's only: Doubles serving rotation must remain constant; however, players may line up in any rotation before the serve.

**MATCHES** have a firm 60-minute time limit.

- 6's doubleheader (DH) leagues: Two matches consisting of three games will be scheduled each night.
- 6's single-game leagues: One match of three games will be scheduled each night.
- 2's and 4's: One match of three games will be scheduled each night.

## SCORING

- 6's is rally scoring each game to 25 points with a two-point advantage.
- 2's and 4's is rally scoring to 21 points.

There is a firm 60-minute time limit for each match. **If there is not enough time to complete a third game, whichever team is ahead when time is reached will be deemed the winner. There are no time-outs, except for injury.**

**REPORTING SCORES** is the responsibility of the team manager. If the team manager is not present, designate one player to report scores for the evening. To report scores, scan the score reporting QR code on the court poles or go to <https://linktr.ee/lakevilleadultathletics>.



**LEAGUE STANDINGS** will be sent out every other week. It is the team manager's responsibility to check win/loss records for accuracy when standings are sent out. Standings will be determined by winning percentage. In the event of a tie for first place, standings will be determined by 1. Winning percentage (wins vs. losses), 2. Head-to-head winner, 3. Total Games won vs. lost. Teams not reporting scores, or missing scores may be automatically dropped to the bottom of the standings after the conclusion of the regular season.

**PROTESTS.** A team having a complaint concerning the league should contact the League Director as soon as possible.

## THE PLAY:

### A. THE SERVICE

1. The server must stand with both feet behind the service line (back line).
2. The server must call out the score before each serve, calling his own team's score first.
3. For 6s only: At the instant the ball is contacted for the serve, the back-line players must be behind their corresponding front-line player. It is a fault if a back-line player is the same distance from the net as the corresponding front-line player. A player whose position is center in either line must not be as close to the sideline as the respective right or left player of the same line at the instant the ball is contacted for serve. It is

a fault if a center player is as close to the sideline as the respective right or left player of that same line. After the serve, players are free to move to different positions.

4. The ball may touch the net while crossing it on the service.
5. Points are awarded to either team when the opposing team faults (fails to return the ball legally).
6. All serves can be returned by a legal set, bump, an “over the shoulder” hit, or a one-arm/closed fist hit.
  - o 2’s only: No setting the serve.

## B. HITTING THE BALL

1. Any ball that lands within or on a boundary line is in bounds.
2. Each team is allowed three successive contacts before returning the ball to the opponent's court.
  - a. The ball may not be hit two consecutive times by the same person. A block is not counted as a hit; the person attempting the block is eligible to hit the ball again.
  - b. **Recreational (Wed.) League only:** If more than one touch in a Co-Rec League, a female must have a touch on either the 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> touch. Contact of the ball during blocking does not count as a touch in 6’s.  
**(Semi-Competitive Co-Rec: The above rule does not apply to your league; this rule was removed beginning spring of 2025.)**
3. Playing the ball: The ball may be hit by any part of the body above and including the waist. All shots below the waist should be hit with a closed fist.
4. If the ball strikes any part of the body, it is a legal hit, and the ball is in play.
  - 2’s only: No open-handed dinks. Tips or a “dink” must be with a closed fist or a set with shoulders square to the ball.
5. The ball may be spiked with a one- or two-handed overhead batting motion. (The accepted method of spiking is with an open hand without breaking the wrist.)
6. 2’s only: It is not permitted to set a "free" ball unless it is a clean set. A free ball is any contact that contains an arch in its trajectory.

A. HITTING THE BALL EXCESSIVELY HARD (For 6’s Semi-Competitive and Recreational teams only):  
If a team feels a player on the opposing team is hitting the ball excessively hard, they should first tell that player and team. (Both teams should try to compromise.) If that player continues to hit excessively, the affected team must call the Parks & Recreation Department, 952-985-4616, the next day and file a complaint. The team manager will be notified.

6. A "hook" or pushing type of spike is a "carry" and is a violation.

## C. HELD BALL

When the ball visibly comes to rest momentarily in the hands or arms of a player, it is considered to have been held. The ball must be hit in such a manner that it rebounds cleanly after contact with a player. Scooping, lifting, pushing, or carrying the ball shall be considered a form of holding. A ball clearly hit with one or both hands from a position below the ball is considered a good play. Do not use an open hand when hitting the ball from below waist level. Call your own carries - especially obvious ones. Your opponent may also call carries on your team.

#### D. BLOCKING

1. Reaching over the net: A player may follow through over the net, provided he first contacts the ball on his side of the net. Players in the act of blocking may reach across the net but may not contact the ball until an opponent has hit the ball to return it. The blocker must not contact the ball on the opponent's side of the court until after the completion of the opponent's action, which directs the ball toward the other side. If the ball is traveling toward the net and no offensive player is near enough to play it, the blocker(s) may reach over the net and block it after the first or second touch. However, if one of the offensive players is near and about ready to make a play, it is not legal for the blocker to make contact until the offensive player has had an opportunity to play the ball.
2. Blocking or spiking a served ball is not permitted.
3. Blocking may be legally accomplished by any of the players who are in the front line at the time of service. (Co-Rec 6's only).

E. BALL PLAYED BY TEAMMATES. When two players of the same team contact the ball simultaneously, this is considered as two team contacts and neither of the players may make the next play on the ball. (EXCEPTION: Blocking).

1. Only players positioned in the front row at the time of service may spike the ball; no player may come up from the back row to spike.

F. CROSSING THE CENTER LINE. Players may cross the centerline below the net or outside the lines, before, during, or after a legal play of the ball, provided this does not interfere with the opponent's play.

1. Outside of Court: A player may go outside the court while the ball is in play. Players may not play the ball across the extension of the center line.

#### G. FAULTS

1. If a team fails to return the ball with three or fewer hits before the ball touches the floor within the boundaries, a fault occurs. Additional faults occur when:
  - a. An illegal hit occurs.
  - b. A player touches the net with any part of their body. It is not a fault if the net is driven into the player from a driven ball.

2. The penalty for a fault is a point for the opposing team.
3. Each team is responsible for calling their own faults.
4. If there is a question on whether a fault has occurred, the point should be replayed.

## NET INSTRUCTION

Net heights are marked with blue arrows. The pin goes above the rolling mechanism. Please adjust both sides of the net simultaneously.

### Co-Rec, Semi-Competitive AND Recreational, Net Height

7 ft. 11-5/8 in.

Pin goes in letter M\*



### Men's Doubles Net Height

7 ft. 11-5/8 in.

Pin goes in letter M\*



### Women's Recreational Net Height

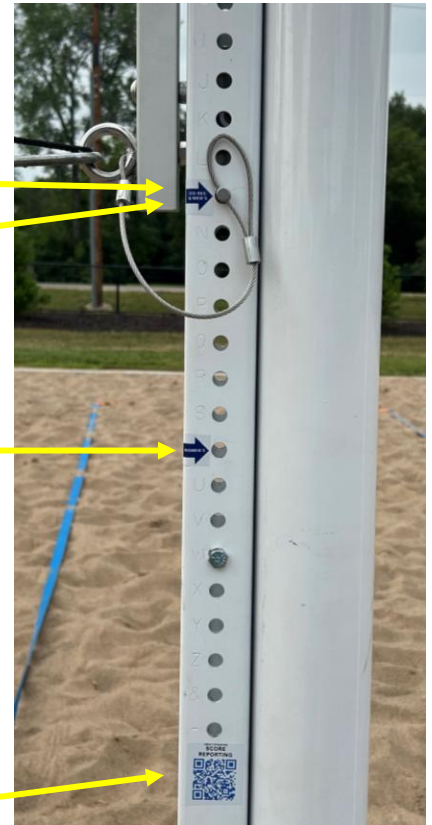
7 ft. 4-1/8 in.

Pin goes in letter T\*



\*Court 4 left pole, when looking at the road, has a pole that is set higher than the rest. On this one pole, you will use holes O and V.

\*Sand is an irregular surface; adjustments may need to be made. When in doubt, choose the higher net height for the safety of all players in the league.



## SCORE REPORTING

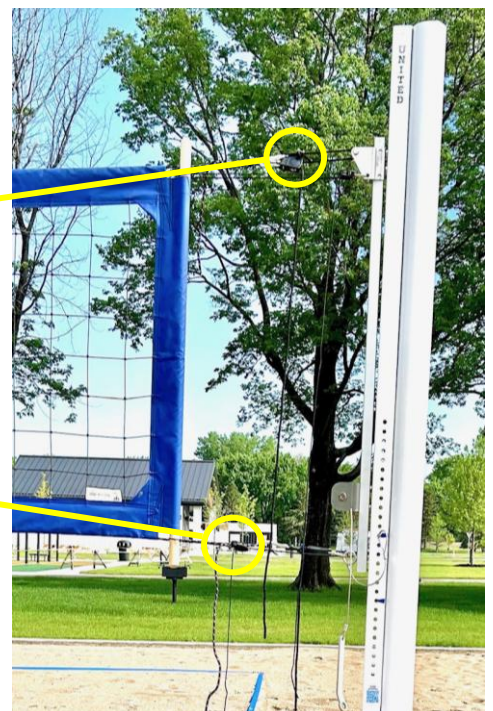
All teams must report the number of games they won (0-3) after play concludes.

There is a QR code located on each pole below the net height markers.

## TIGHTEN NETS

Pull the skinny black cord (pictured right) to

Tighten the nets.



## COURT MAP

