

Horizon 4 on 4 Coed Sand Volleyball Rules and Format

Based on USA Volleyball (USAV)

Teams

- 4 players per side. Teams must have at least 1 female on the court at all times.
- Court Size is standard doubles sand court (26.2' x 52.5'). The net is 7' 4", the height of standard women's beach volleyball.

Scoring & Match Play

- Format: Rally scoring (point on every serve).
- Games will be one single game to 25 points, win by 2. (If play gets far behind schedule, games may be adjusted to 21 points.)
- Switching Sides: Teams switch sides when a team reaches 13 points.

Rotation & Position

- No fixed front/back row positions. Players can move anywhere after the serve.
- Rotation is required for serving order only.

Playing the Ball

- Contacts: Up to 3 contacts per side.
- Blocking: Counts as one of the 3 touches. Any player may block.
- Tips/Dinks: Dinks can be knuckles, closed fist, firm hand or Open-hand
- Lift/Carry: Ball must be contacted cleanly; prolonged lifts are illegal.

Net & Boundary Rules

- Net Contact: Touching the net during play is a fault (except incidental hair or clothing).
- Crossing the Net: Players may reach over only after the opponent has completed an attack.
- Lines: Ball touching any part of the boundary line is in.

Other:

- Substitutions: If a team has a 5th player, subs are allowed at the serve.
- Timeouts: One per team per game. (30 seconds).
- Sportsmanship: Players call their own faults (honor system).