



WLF CO-ED BEACH VOLLEYBALL LEAGUE RULES & LEAGUE POLICIES

TEAM ROSTERS:

There is no maximum number of players allowed on a team's roster provided all players have signed the Team Roster and Waiver Form. It is the responsibility of all team captains to ensure players are in compliance with this policy. Teams have up until the third week of the season to make changes to their roster. After the third week, rosters will be frozen. Roster changes that require additional T-Shirts will be subject to availability. All roster changes must be communicated to and approved by the league office.

WAIVERS:

To be eligible to participate in the league, each player must sign the team waiver form. Waivers can be downloaded by clicking [here](#). Captains are required to turn in completed waiver forms to an WLF LEAGUE Coordinator prior to their first game. Players not present for their team's first game must still submit a signed waiver form prior to participating. Players that register individually agree to the waiver policy electronically, so there is no need to submit a separate waiver form.

PLAYER RESTRICTIONS:

All WLF LEAGUE participants must be 21 years of age or older prior to their first scheduled game. Players that have participated in Division 1 Collegiate or Professional sports must be a minimum of two years removed from participation to be eligible to play in a similar WLF LEAGUE sport. Players may only be on one roster for any given sport on a given night, regardless of if multiple divisions are offered. Violation of this rule may result in game forfeiture by both teams. The WLF LEAGUE reserves the right to request a photo ID from any player at any time for any reason. Roster checks will be performed by an WLF LEAGUE Gameday Coordinator at the request of the challenging team. Only individual players may be challenged. Entire teams may not be challenged. The challenging team must provide legitimate reasons for submitting a roster check request. Challenging teams must report their intention to initiate a roster check to an WLF LEAGUE Official as soon as possible to ensure the preservation of playing time. Teams lose the ability to challenge a player's eligibility after the first set, except in the case of a late-arriving player.

DYNASTY RULE:

Everyone loves a little competition, but one team dominating a league season after season can spoil the fun for everybody. If a team retaining more than 5 players has won three championships in consecutive seasons for which they have been registered, the WLF LEAGUE will have the option to, in its discretion, request that team to form two or more separate teams to promote parity in the league or withdraw their registration. That team will then have the opportunity to form two separate teams with each subsequent roster approved by the WLF LEAGUE.

SPORTSMANSHIP:

We are all adults, and the WLF LEAGUE expects all participants to act like it. Unsportsmanlike behavior may result in that player being ejected from the game. An ejection may result in further suspension from participation in current and/or future WLF LEAGUE sports and events. Ejected players are required to leave the playing area immediately. Refusal to leave the playing area may result in a team forfeit and/or further suspension.

OVERLY COMPETITIVE PLAYERS:

All WLF LEAGUE sports are intended to be recreational. Any player who is deemed to be excessively competitive and/or overly aggressive may be removed from competition at the discretion of an WLF LEAGUE staff member.



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UNIFORMS:

WLF LEAGUE Tank Tops are your team's uniforms. All players must wear the appropriate color uniform with the current WLF LEAGUE front logo to participate. Past season's uniforms are not permitted, even if they are the correct color. Any player not wearing the appropriate uniform will be sidelined for that game. The WLF LEAGUE Tank must be worn on the outside of any jacket or sweatshirt worn during play.

UNIFORM ALTERATIONS:

Players are permitted to modify their uniforms, provided they do not cover up or obscure any of the logos printed on the shirts or add additional (non-official) business logos to shirts.

FORFEITS:

If a team is short the minimum number of players to play a regulation game, the game will be ruled a forfeit. Should Captains decide to play a "real" (for league record) game they can should both Captains agree prior to game start. Should the non-forfeiting team take the WIN they can choose to continue play as a "practice game" (this decision is made by only the Captains discussion).

DIVISION PREFERENCE:

Whenever possible, the WLF LEAGUE will separate divisions based on playing experience and/or ability. In the event multiple divisions are not possible, all players will be placed into a single division.

Division placement for all teams will be at the sole discretion of the WLF LEAGUE.

Any team that wins a super social championship will automatically be placed in the social division for the next season in which they participate. Top finishers from the previous season may also be moved up at the discretion of the WLF LEAGUE.

Any player, or team based on the majority of their players, that is determined to be in the incorrect division may, at any point during the season, be asked to switch divisions at the discretion of the WLF LEAGUE.

COURT LOCATION:

Public beach access of Grayton Beach, Santa Rosa Beach, FL located behind The Red Bar restaurant 70 Hotz Ave, Santa Rosa Beach, FL 32459. Look for the Whole Life Fitness Feather Flag!!

PLAYOFFS:

Whenever possible, the WLF LEAGUE will hold a single-elimination playoff tournament after the regular season has concluded. The number of teams to advance to this playoff tournament will vary from season to season based on team records and available venue space. The playoff tournament may be held on a day and time other than the normal day and time of regular season games.

GAME RESCHEDULING POLICY:

In the event of inclement weather or any other event that causes games to be postponed, the WLF LEAGUE will make every effort to reschedule all games. In the event of multiple cancellations, the WLF LEAGUE reserves the option to shorten the regular season and/or the play-off schedule. Make-up games may be scheduled on days other than the regularly scheduled days of the week. Neither refunds nor pro-rated refunds will be given if the season is shortened due to inclement weather or due to actions taken by the venue.



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GAMEPLAY RULES

PLAYING AREA:

Court boundaries are league provided, at 59.5' long x 29.5' wide.

BALL "IN":

The ball is "in" when it touches the sand of the playing court including the boundary lines.

BALL "OUT":

A ball is "out" when:

- the part of the ball which contacts the sand is completely outside the boundary lines.
- it travels into the playing area of an adjacent court.
- it touches an object, enclosure, or tree outside the court or a person out of play.
- it touches the rope, post, or net outside of the antenna or the antenna itself.
- it crosses the vertical plane of the net either partially or totally outside of the antenna.
- it crosses completely the lower space under the net.
- it touches an object, enclosure, or tree above the team's playing area and crosses the plane of the net into the opponent's court.
- it touches an object, enclosure, or tree above the opponent's playing area after crossing the plane of the net.

EQUIPMENT:

The WLF LEAGUE will provide one volleyball for each court. An alternate game ball may be used if agreed to by both team captains.

PLAYING ROSTER:

If one team is short the minimum number of players by game time, that team will automatically forfeit the first set only. If that team is still short the minimum number of players 15 minutes after the originally scheduled game time, the match will be ruled a forfeit.

ROTATION:

When a team has gained the right to serve, its players shall rotate one position clockwise.

Substitutions can only be made during a rotation and to replace the player next to serve, except in the case of an injury. Substitutions to replace injured players are permitted at any time.

Players in the fours division may play in any formation provided the correct serving rotation is maintained.

FORMAT:

Matches are best of three. Teams will switch serve and side after the first set.

Prior to the first set, both captains will meet with the official to discuss ground rules and decide serve and side with a game of rock, paper, scissors. The winning captain will choose serve or side to begin the first set and, if needed, the deciding third set. The other captain will have the remaining option.

A set, with the exception of the deciding third set, is won by the team which first scores 21 points with a minimum lead of two points or the team which first scores 25 points.

In the case of a 1-1 tie, the deciding third set is won by the team which first scores 15 points with a minimum lead of two points or the team which first scores 17 points.

Rally scoring rules shall apply to all sets. A point is scored by successfully grounding the ball on the opponent's court, when the opponent commits a fault, or when the opponent receives a penalty.

TIME OUTS:

Each team is entitled to a single one-minute time-out per set. Time-outs do not carry over.



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TEAM HITS:

The team is entitled to a maximum of three hits (in addition to blocking) for returning the ball.

A player may not hit the ball two times consecutively.

The ball may touch any part of the body.

The ball must be hit, not caught and/or thrown.

BLOCKING:

A block does not count as a hit.

The first hit after the block may be executed by any player, including one who touched the ball during the block.

PLAY AT THE NET:

The ball may touch the net, including the service.

A blocker may touch the ball beyond the net, provided that this does not interfere with the play before or during the opponent's attack hit.

Contact with the net is permitted provided it does not interfere with the play.

Contact with the opponent's court with a foot is permitted, provided it is not excessive or does not interfere with the play.

When the ball is driven into the net and causes it to touch an opponent, no fault is committed.

SERVICE:

Jump serves are not permitted.

If the serving team wins a rally, it scores a point and continues to serve. If the receiving team wins a rally, it scores a point and gains the right to serve.

Blocking the opponent's service is not permitted.

At the moment of service, the server may not step on or across the endline. A reasonable allowance may be given, at the official's discretion, on courts with tight spaces.

FAULTS:

Hit Out: A player hits or blocks the ball out.

Catch – The ball is caught and/or thrown or does not rebound from hit.

Double Contact – A player hits the ball twice or the ball contacts various parts of the player's body in succession.

Four Hits – A team hits the ball four times before returning it.

Back Row Attack – A back-row player completes an attack hit or block from the front row area.

Service Attack – A player completes an attack hit on the opponent's service in the front row area.

Service Fault – A player improperly executes the service.

Net Interference – A player contacts the net and interferes with the play. A player places a hand near the net in the path of a ball to intentionally deflect the natural rebound of a ball that has been passed into the net by the opponent.

Interference Beyond the Net – A player contacts the ball beyond the net prior to an opponent's attack hit.

Penetration Under the Net – A player enters the opponent's playing space under the net and interferes with the play.

Illegal Rotation

Illegal Substitution

Unsportsmanlike Conduct

Any rules not specifically mentioned here follow USAV guidelines on adult beach volleyball play.

PLAYOFF TIEBREAKERS:

1. Head to Head

2. Point differential +/-

3. Strength of Schedule

4. Points/Sets Against