



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2026 Adult Sand Volleyball Rules

1. Matches are 3 games; win by two, scored to 21. Cap for all three games is 25. All games are rally scoring. All three games are played.
2. All matches should be self officiated, which means call your own nets, lifts, bad sets, double hits, etc. Please do not make the other team call it on you. If there is any disagreement on the call please replay the point. If necessary the league manager will ref the remainder of the match if teams cannot come to an agreement.
3. All net contact (top, middle, or bottom) must be called strictly. This is as much a safety concern as a rules concern. If there is any disagreement then replay the point.
4. You may go under the net, only if you do NOT make contact with the opposing team or interfere with the play of the ball of the opponent.
5. Serves cannot be blocked or attacked.
6. Net serves are legal due to rally scoring.
7. Double contact is allowed only on the first ball over on a hard driven or attacked ball and must be all in one motion. Ex. A spike or serve is considered a driven ball.
8. You may not attack the ball on the opposing team's side of the net. The ball must break the plane of the net before you can make contact with the ball. Exception: On a team's third hit, after the ball has contacted the opposing team's attacker, you may make contact with the ball but only after contact from the opposing team has been made.
9. You may NOT overhand set/pass the ball to the opposing team. Bump sets are legal.
10. You may NOT open hand receive any ball but a hard driven or attacked ball. You may NOT open hand receive a serve.
11. NO Open hand dinks, tips, etc. You must have a closed fist or use your knuckles to tip a ball over. An open hand roll shot is legal.
12. A block is your first hit; you may set a ball after a block.
13. Teams must have one (1) female for every three (2) males on the court. You must have at least two players to start a match and one must be a female.
14. Please refrain from using profanities.
15. You may use any part of your body to contact the ball. (Feet are allowed)

STANDINGS:

The updated standings will be posted weekly, displaying each team's rank within its skill level.

WAIVERS:

In order to participate in the league, each participant must sign the team waiver. Waivers are provided and must be completed and handed in no later than the first night of play. Players not present the first week of play will still be required to sign a waiver with our staff before participating. These waivers will also serve as your final roster.

LEAGUE CANCELLATION/RAINOUT:

Leagues may be cancelled due to existing weather conditions, dangerous or unplayable field conditions, facility constraints, scheduling conflicts, etc. YMCA staff makes every effort to play all scheduled games, thus we will not cancel games unless absolutely necessary. Therefore, if you are calling concerning a decision on a cancellation, remember we will not have an answer until close to the start of the league.

If the league is cancelled, YMCA staff will text/email the captain of each team prior to game time.

Updated 03/10/2026