WARNINGS AND SANCTIONS

**UNIFORMS**
- Men 7'11/4" (2.43m)
- Women/Mixed 7'4 1/4" (2.24m)
- Boys' and Girls' Age Divisions: U19 and U17, as well as **both** Boys' and Girls' U15 (14&Under)
- Toss Down 6' 11/4" (2.12m): **Both** Boys' and Girls' Age Division U13 (12&Under)
- Tens & Under 6' 6" (1.98m): **Both** Boys' and Girls' Age Division U11 (10&Under)

**Other Specifications**
- Net: 26' to 28' (8-8.5m) long. Antennas are required. Posts and referee stands (which are suggested) should be padded.
- Ball: light-colored, 9-10 oz. (260-280g) weight, with approx. 26" (66.66cm) circumference, at 2.5 to 3.2 psi (1.75-2.25kg/cm²)
- Court: 26'3" x 52'6" (8.0 x 16.0 m) The short diagonal measures 37" (11.31m) The court includes its lines: their outside edges are the court boundary.
- Lines should be 2" wide and include **adjustable buckles** in all four sides. When possible, the free zone around the court should be marked with banners, etc.

**TIME OUTS**
- **New** coin toss, and confirms "who will serve first for this set" (No TTO in 3rd set)
- **1st** Delay Warning
- **2nd** Delay Warning: enable both sides to set their service; decide on the server. (only) share unlimited access to the entire court (Coaches may be on sideline, but not involved in drills)
- Beach volleyball is played as Match Play, best-of-three sets with advantage, followed by Delay Warning scoring; win by two.
- Scoring may be modified by Tournament Directors for specific events, (ex: "one set to 28," or "two sets only to 21, without deciding set.").
- All matches should utilize the etiquette of pre-match and post-match handshakes at the net between opponents. (and with officials, at end of match)
- Unless a referee is present to whistle the start and end of each rally, the players are encouraged to "call the score" before resuming play.
- **NCAA:** No more than 3 coaches
- Referee may call time out for their team. (Set is over)
- Shout "time out", and confirms "who will serve first for the team in this set" (No TTO in 3rd set)
- **Decision 3rd SET:** New coin toss; by R1 and confirms "who will serve first for the team in this set" (No TTO in 3rd set)

**SPRINT OF THE GAME**
- Teams play without outside intervention or assistance of any type.
- Spectators, including parents and club-mates, are encouraged to cheer, but may not assist at any time (ex: "calling shots" is prohibited).
- Coaches, when present, may cheer the exceptional play, but may only instruct during timeouts, side-changes, and between sets.

**TEAMS (Players & Coaches)**
- Two Players - no substitutes. The Captain represents the team and the referee. (Exception: Coach-TO in Ages 18 & Under
- **Number of Coaches allowed:**
  - **USAV:** A coach and no more than one assistant coach.
  - **NCAA:** No more than 3 coaches
- Coaches may only participate on-court drills prior to the coin toss and official warm-up. During warmup they may advise but not drill, from sideline.
- During play, coaches observe from the player area. Instruction only takes place during timeouts, between sets, and (non-disruptively) during side-changes.
- Coaches may not attempt to influence or question the official’s judgment at any time.

**UNIFORMS:** ed note: Uniform regulations are sport guidelines. Referees should encourage compliance but not prohibit play for uniform concerns.
- **USAV:** Team uniform tops may or may not be required. When tops with numbers are used, matching uniforms are encouraged. Numbers 1-99 allowed.
- **NEW: USAV:** Bikinis /briefs not allowed for Juniors. Players tops must cover midriff. For shorts/spandex, 1” inseam rule is in effect.
- **NCAA:** Tank tops must cover full length of torso. Minimum 1” inseam required for shorts/spandex. **PARTNERS** must dress identically, incl cold weather gear.
- **NCAA:** Uniform numbers should not use digits 0-9, or leading zeroes. Numbers should be visible from coin toss, through match.
- **BOTH USAV and NCAA:** Cold weather gear may be allowed both under and over uniform (Guideline: "below 60 degrees").

**MATCH FORMAT** "Ten Minute" Pre-Match Protocol: **NCAA:** coin toss at -10, then warm-up. **USAV:** coin toss at -7. (Juniors may vary)
- Winner of the coin toss chooses team to serve, or receive.
- The other captain chooses from remaining options. Both captains state service order for the set.
- After the coin toss, the four players (only) share unlimited access to the entire court (Coaches may be on sideline, but not involved in drills)
- Beach volleyball is played as Match Play, best-of-three sets played to 21, 21, (15). Rally scoring; win by two.
  - Scoring may be modified by Tournament Directors for specific events, (ex: "one set to 28," or "two sets only to 21, without deciding set.").
  - All matches should utilize the etiquette of pre-match and post-match handshakes at the net between opponents. (and with officials, at end of match)
- Unless a referee is present to whistle the start and end of each rally, the players are encouraged to "call the score" before serving.
- **Service Order:** Players alternate terms of service. **Officials actively prevent wrong-server faults and may "call out" the correct server when necessary.
- **Positional Faults:** Players (other than server) should not be on court at moment of service (any position on court). Server must initiate from playable area.
- **Court Switch:** After 7 points of play in sets 1 and 2, the teams should switch sides. This is not a time out or water break; players switch, then resume play.
  - Coaches may offer brief instruction during the court switch, but must not delay the match.
- **Screening**: Serving team must take positions so that the receiving team is able to serve. (No TTO in 3rd set)
  - Fair playing: receiving team should use the "raised hand" signal to indicate a potential screen. **Serving** team should adjust position, without delay.
- **Delay:** The time between rallies should not exceed 12 seconds. In locations without banners or ball-retrievers, this guideline may be extended.
  - Violations result in Verbal Warning, followed by Delay Warning (yellow), with subsequent occurrences leading to Delay Penalty (red).
- **Time Outs:** Each team may call one set. Timeouts last 30 seconds **NCAA:** (10 sec) but teams are granted an extra 30 seconds to move from/to court.
  - Thus USAV timeouts are max 60 sec total, while NCAA timeouts may take 2 minutes total. Early resumption allowed. (Ref whistles when 15 sec. remain)
  - Teams are reminded that timeouts should be taken near court. (No running off to tents) Shade and water should be provided at team bench areas.
  - Coaches in age groups U19 (18 & Under) may call time out for their team. **NCAA:** Coaches may suggest a time out to their captain.
- **Technical Timeout** (TTO) after the 21st point of sets 1 and 2. (No TTO in 3rd set) (Events may opt to add or reduce number of TTOs.)

**Set Intervals: 2020 APPROVED:** **USAV** The interval between sets is 2 minutes. **NCAA:** Set interval is 2 minutes
- Referee offers "first choice for set 2" to the captain of the team that lost the first coin-toss, and confirms "who will serve first for the team in this set" (No TTO in 3rd set)
- Then offers the other captain the remaining choice and confirms "who will serve first for the team in this set"
- **Deciding 3rd SET:** New coin toss; by R1 same choices. Play to 15, win by 2, switch sides every 5 points. **No TTO in 3rd set**

**DISPUTES:**
- A captain may occasionally approach the referees to request an explanation of rule. (exception: judgment calls)
- The referee(s) should be approachable and must offer an explanation based upon the rules, without prolonged discussion.
- The Captain may lodge a Protest if referees misapply or fail to apply Rules. Coaches may suggest "protest" to Captain. (Coach may Protest in U-19)
- **COACHES** are not allowed to dispute calls, or to interact with match officials at all. Concerns should be addressed to the event Head Referee if necessary.

**WARNINGS AND SANCTIONS**
- All Misconduct and all Delay warnings or Sanctions remain in effect through the entire MATCH
- Delay by a player or coach should result in a verbal warning. Subsequent Delay results in Team Delay Warning (Yellow card on wrist).
  - Any further delay by any member of that team, throughout the match, results in Delay Penalty. Multiple Delay Penalties may be assessed within a match.
- Misconduct by any player or coach should be reviewed when possible through verbal warning(s).
  - Referees may offer one Formal Warning (Yellow card per MATCH to a TEAM (player or coach) guilty of misconduct.
  - Subsequent misconduct by ANY player or coach on that team in that MATCH must be sanctioned by PENALTY (Red Card: point and serve to opponent)
- **Rude Conduct** is immediately sanctioned by Penalty (Red Card). It is not necessary that a Misconduct Warning (Yellow Card) have been issued previously.
  - Players may receive a maximum of TWO Penalties per player per SET. Further misconduct results in EXPULSION for the SET (Set is DEFAULTED)
  - Youth: Players may receive a maximum of ONE Penalty per SET. Further misconduct results in EXPULSION for the MATCH (Match is DEFAULTED)
- Physical aggression at any time, or repeated misconduct beyond the limits above, results in DISQUALIFICATION (Red and Yellow Cards held apart)
  - Disqualification of a Player results in that team defaulting the match. Disqualification of a Coach does not involve a penalty point or further consequence.
Blocks and play above the net:
- Players must contact the ball within their own playing space (follow-through into the opponents playing space after contact is legal).
- It is always illegal to attack a ball that is completely in the opponents’ space.
- Blockers may contact a ball in the opponents’ space after the attack hit, or if in the referee’s judgment the attackers are not attempting to play the ball.
- "Joust" (simultaneous contact above the net) between opponents is legal. Any player may make the next play, as their team’s 1st contact.
- The block contact counts as first team contact; either player may make the 2nd team contact.
- A player may block a ball in any direction.
- "Directional" or “snap” blocks are legal unless the ball is caught or thrown. If the blocker clearly catches or throws the ball, the fault must be whistled. ▶ As a guideline: the ball may be blocked quickly in one direction, with one motion.

Attacks and Tips:
- "Open hand tipping" is prohibited. Referees use “illegal attack” (Diagram 9, Signal 21).
- Knockles may be used to “poke” the ball, provided that the ball rebounds (is not caught or thrown).
- Fingertips (including thumb) may be used to “poke” the ball only if those fingertips in contact with the ball are “rigid and together.”
- Attacks with finger action (setting over the net) must be made perpendicular to the shoulders - either directly forward or backward.

Net Contact: It is a fault to contact any part of the net between (and including) the antennas, during the action of playing the ball.
- The action of playing the ball includes (but is not limited to) takeoff, hit (or attempt), and landing safely, ready for a new action.

Play Under the Net, and Interference:
- Players may contact any part of the ball until it has passed completely through the plane below the net.
- There is no centerline. Players may contact any part of the opponents’ court as long as they do not interfere with the opponents’ next play.
- Interference is a FAULT that results in a point, not a replay.
- Players may contact any part of the opponents’ court as long as they do not interfere with the opponents’ next play.
- A player who interferes with an opponents’ ability to make their next play must be called for the fault.
- Note that this is sometimes a delayed call (the referee must wait to see if the opponents are truly hampered in their next action).
- Incidental contact between opponents does not constitute interference (bump knees, briefly step on toes, etc.).
- Interference can occur without physical contact (ex: fallen player under net prevents defender covering short).
- Point under the net with your index finger, and say "interference." (This call will generally require explanation.)

Pursuit: Is legal in beach volleyball. Only balls which pass “over or outside” an antenna are eligible to be pursued.
- A player may pursue the ball by any route, including under the net and/or through the opponents’ court.
- Opponents may not interfere with legal pursuit.
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- The ball must be played back on 2nd team contact “over or outside” the same antenna.
- Opponents may not interfere with legal pursuit.
- Third team contact must send the ball legally through the crossing space (between the antennas).

Ball Marks: The ball is "IN" if it lands inside the court, or touches a boundary line. Corner "tie-downs" are not considered boundary lines.
- If the referee is in doubt of a line call, they should immediately initiate a “ball mark protocol”. Players may not insist that a ball mark be reviewed.
- Players cannot: alter the ball mark (or court boundaries), cross under the net to review a mark, or attempt to influence the decision of the officials.
- The line-judge(s) may assist as the FIRST referee inspects the ball mark.
- The referee must be careful to inspect the correct ball mark, considering ball trajectory, the effect of raised lines, and possible “splash” of soft sand.
- If the referee determines that the line was moved significantly during the rally in question, they should fix the line before judging the result.

Ball Handling / Hand Setting: There are two types of ball handling faults: "Catch Balls" and "Double Contact".
- The ball must be played with one quick motion.
- Balls that significantly move downwards while in the hands, or visibly come to rest, are “Catch Ball” faults (aka: “deep dish,” “held-ball,” or “lift”).
- Clearly distinct and separate contacts of the ball constitute a “Double-Hit.”
- Spin is not a fault … but spin may be an indication that a “double-contact” fault has occurred.

Simultaneous Contact by Teammates: If teammates touch the ball simultaneously it counts as 2 team contacts. Either player may make the 3rd contact.

Defense:
- It is LEGAL for ANY first-team contact WITHOUT finger action to strike two or more parts of a player during a single attempt to play the ball. Including:
  - Any style of contact: hands or fists together or apart, heels of hands together or apart, tomahawk, etc. (see finger-action below).
  - All plays without finger action, even if the ball is observed to have been clearly double-contacted.
- First-team-contact WITH finger action should be judged just as any setting contact:
  - The referee should call a double-hit if the player uses finger action and the ball contact is a clear double.
- EXCEPTION: If the double contact was in defense of a “hard-driven attack” then the referee should allow play to continue.
  - In judging an attack as "hard-driven," the referee must consider the following:
    - Speed and trajectory of the ball, as well as the distance between the attacker and defender.
    - The referee must judge the player’s action: “reactive” (double allowed) or “intentional” handset (double-contact called).

Serve Receive: In serve receive, a double contact is allowed. If finger action is used, the referee will judge the contact as a set.
- It is legal to use techniques such as: hands or fists together or apart, heels of hands together or apart, tomahawk, etc.
- REMINDER: It is legal to receive serve “open handed with finger action”, but strict hand-setting judgment must be applied to the contact.

Outdoor Safety:
- Players
  - Stay hydrated. Use sunscreen, as well as clothing and headgear that protects from sun exposure.
  - Be prepared for cold or wet weather as well as for heat and sun! Play usually continues through wind or rain.

Outdoor Safety: Tournament directors
- Be familiar with “best practices” regarding lightning safety. NCAA: Host Trainer is Lightning Safety Officer
- In the event of high heat index, consider extending timeouts to 2 minutes, and/or adding Technical Time-Outs