



VILLAGE OF HOLMEN

PARK & RECREATION DEPARTMENT

2026 Adult Co-Ed Sand Volleyball League Rules

1. The games will be played following new rules, including rally scoring, setting the serve, and let serves. You will ref yourselves.
2. Any combination of players can take the ball over. A girl does not have to touch it before the ball goes over the net.
3. League play will consist of 3 games to 21 points with a cap of 23. Playoffs will be best 2 of 3 with no cap, win by 2.
4. Team captains are responsible for reporting scores to supervisor. Score sheets will be in the binder. 1 point awarded per game won.
5. No officials will be used. You will call your own game. There are no protests allowed. If there are ANY questions, replay the point!
6. Single elimination playoffs. Playoff Tie Breakers: 1) Head to Head 2) Record Against Common opponent 3) Flip a Coin
7. GHOST RULE IS IN EFFECT
 - a. Ghost rule applies only when a team is playing short a female player.
 - b. Two penalties apply when playing with a ghost
 - i. The team forfeits the serve and a side/out point when it is the Ghost's turn to serve.
 - ii. The team must play with only two designated front row players when the Ghost is rotated to the front row.
8. Roster limit of 12 players. All subs must sign the waiver/roster.
9. Playoff players must have competed in 2 or more regular season matches.
10. The server shall serve from anywhere along the end line.
11. Double contact is legal on the first hit over. This includes serve receive and first hit over on a volley.
12. Digging with any part of the body, anywhere, anytime is legal.
13. The back row can spike the ball provided they take off from behind the ten-foot line.
14. A block doesn't count in the three hits. A person can block the ball and immediately hit it again. No back-row player is allowed to come up and block in the front row.
15. No blocking the serve.
16. Unsportsmanlike conduct will not be tolerated. Please just play and have fun! NO ARGUMENTS OR COMPLAINING ABOUT THE RULES!