



2 on 2 Sand Volleyball League Rules

Schedules are located on Team Sideline website.

Rules are located on Team Sideline website under Downloads tab

(Link is on NLCPD website)

Rules Revised: May 1, 2025

General

1. Schedules are posted online. Go to www.newlenoxparks.org and then click the Team Sideline Link on the middle tab of the home page.
2. A New Lenox Community Park District staff member will be supervising both courts. Teams will be responsible for keeping the score for their game.
 - **Teams are responsible for making their own calls for each game. There is not an official referee.**
3. Every team will have a designated captain; they will be the liaison between the players on the roster and the Park District. Only the captain should communicate concerns and requests to the Park District.
 - Confirm all contact information with the Park District
 - Complete the roster form properly
 - Inform players of league rules and schedule
 - Sign score sheet (after each match) to assure accuracy of score
 - Responsible for the conduct of the team's spectators and participants

Roster and Eligibility

4. **Rosters are due at the first match. All rosters will be kept on file and can be updated or referenced before each match. The roster needs to be filled out completely and signed by each participant before participating.**
5. Roster may consist of a maximum of 4 players or a minimum of 2 players. **No changes to the roster will be allowed after the third week of matches, except in the case of an injury.** The replacement player should be of similar ability to the injured player. Any change(s) will require approval from the Recreation Supervisor.
6. Any combination of male and female players is acceptable for the 2 on 2 league. Only 2 players per team are allowed to be playing on the court during the game.
7. All players must have a valid I.D at all times to verify their identity.
8. All players must be at least 18. Anyone listed on a high school, collegiate, or professional volleyball team roster is ineligible to play in the Park District league.
9. Any team found using an ineligible player will forfeit the match in league standings.

Match

10. A coin toss will determine side and service for Game #1. The other team will serve Game #2 and teams will switch sides. A new coin toss shall determine side and service in Game #3.
11. Teams are allowed a three-minute warm-up prior to start of the match. Captains may opt to decline warm-up and instead begin the match immediately; both captains must agree.
12. Match time is forfeit time. If a team does not have an eligible combination of players to begin the match, Game #1 will be forfeited. The opposing team does not have the right to waive this rule. If the team can field an eligible combination of players within fifteen minutes of start time, Games #2 and #3 will be played; otherwise, the entire match will be forfeited. A team that has two or more forfeits will not be eligible to participate in the playoffs and subject to future penalties.
13. Each match will consist of three games with a time limit of 60 minutes. The first team to rally twenty-one points with a two-point advantage will win the game (all games are capped at twenty-five). If time expires during the second game of the match, the team winning will be declared the winner of that game. To determine the winner of the third game, the Park District staff will toss a coin to determine service, and the first team to score will be declared winner (sudden death).
14. Each team is allowed two 30-second timeouts per match. Time outs will only be granted after a rally has ended, and they will not be permitted the last five minutes of the time limit.
15. Teams may rotate players into the game as long as the rotation is followed consistently throughout the game.
16. A team will receive one point for each game won in a match. The team that wins at least two out of three games will receive an additional point for the match (total possible points per match is four.)

Service and Playing the Ball

17. A game ball will be provided by the Park District. However, if both captains agree, teams may opt to use their own regulation volleyball during the match. Either way, the game ball must be approved.
18. After every side-out, the new serving team must rotate one position clockwise.
19. While playing the ball, the ball may contact any part of the body. Ball contact with the body (even an open palm) is not automatically an illegal hit; if neither prolonged nor double-contacted, it may, in fact, be legal – staff's discretion.

Awards and Playoffs

20. Cash prizes will be awarded to winners of the regular season and playoffs. Prize amounts will be determined by the number of participating teams.
21. Playoffs are single-match elimination. All teams will qualify for playoffs pending any penalties enforced on a team.
22. Post-season play is a best-of-three game match. There is no time limit on games during playoffs. If a team wins the first and second games of the match, game three will not be played.

Standings

23. Total points will determine league standings. In the case of ties (two or more teams), the following will be used to determine league standings:
- Head-to-Head
 - Head-to-Head Differential
 - Total Points Against
 - Total Points Differential

Staff

24. No protests will be considered.

Player-Team Conduct

25. **Misconduct, profanity and verbal abuse will not be tolerated and may lead to suspension.**
26. Any player ejected from a game subjects himself or herself to further suspension based on severity of the infraction and the decision of the Recreation Supervisor.
27. All decisions of the Recreation Supervisor will be final.
28. Alcohol is prohibited at the Lion's Den Park District facility (including parking lots) and smoking on the court is prohibited.

Rainouts

29. Cancellations will be posted on the Team Sideline website.
30. In case of multiple rainouts, rescheduled games can be made up on an alternative day.