



CITY OF LARAMIE
PARKS & RECREATION DEPARTMENT
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Sand Volleyball Rules 2020

1. The U.S. Outdoor Volleyball Rulebook for Volleyball governs all play, with the exceptions of what is stated in this handout.
2. All games are played at Undine Park, 5th and Ord or Washington Park, 18th and Rainbow, Sand Courts.
3. This is a 4-person coed league. Games will be scheduled Mondays thru Thursdays throughout the season.
4. It is the Captains responsibility to ensure that all individual players sign the Roster and Liability Waiver prior to playing. Players must be at least 16 years old by the day of the first games to play. Any individual under 18 must have a parent sign the waiver. On the court teams will consist of two (2) females and two (2) male players. Teams will be allowed to have up to eight (8) people on the roster.
5. Teams may play with more females on the court than males; and as few as two players (one female/one male).
6. If a team has extra players, they must adhere to a substitution rotation at the same place so long as there are always the same number or more females on the court.
7. Teams will call their own games, and supervisor will keep the score.
8. At any time, teams may request a rule clarification from the Volleyball Supervisor to settle any disputed calls. (Rule book in tub)
9. Teams will volley for first serve. The opposite team will serve first during the 2nd game. The team who serves first in the first game will serve first in the third.
10. Rally scoring will be used with all matches consisting of the best two out of three games. **All three games will be played to 21.**

Contact

Adult Recreation & Fitness Program Coordinator, Cynthia Dywan, 307-721-5261, cdywan@cityoflaramie.org

City of Laramie COVID Requirements

- Stay home if you are feeling sick or have a temperature above 100.4F
- Face coverings must be worn when interacting with staff (i.e. signing waivers).
- Stay 6 feet or more apart unless it is absolutely necessary to be closer.
- Spitting of any kind will result in the closing of courts/fields and cancelation of programs.
- Balls will be disinfected between games.
- Disinfectant wipes and/or hand sanitizer will be provided at the court.
- Bring your own food and water from home. Do not share.
- Remind Me App will be used to let people know about any game changes/delays/cancelations.
www.remind.com/join/cdywan