



AIA Beach Quick-Guide 2024

- Spirit of the Game
 - Teams play without outside intervention or assistance of any type
 - Spectators and teammates are encouraged to cheer but may not assist at any time
 - Coaches may cheer but only instruct during timeouts, side-changes and between sets
- Net Height
 - Women 7'4 1/8th
- Court
 - 26'3" x 26'3" with a short diagonal of 37'1"
- Pre-match
 - Coaches and other teammates may only participate in on-court drills prior to coin toss and official warmup
 - During official timed warmup, coaches may instruct from the sideline
- During Play
 - Coaches observe from the player area. Instruction only takes place during timeouts, between sets and side changes
 - Coaches may not attempt to influence or question the official's judgement at any time
- Uniforms
 - Small, secured jewelry (stud or post) are allowed. Hoop-style earrings that dangle and any other jewelry worn below the chin are illegal. String bracelets, commemorative bracelets and body jewelry are not permitted. Taping over jewelry is not permitted.
 - Partners wear identical uniforms with visible numbers
 - Cold weather gear is allowed (below 60 degrees)
- Match Format
 - Pre-match coin toss (with captains from both teams) at 10 minutes prior to start time
 - Winner of coin toss chooses serve, receive or side. Other team chooses remaining option
 - After coin toss, 4 players (2 per team) have remainder of time for warm up's
 - Beach volleyball is played, 2 out of 3 sets. Two sets to 21 points and if a third set is required, play to 15. All sets must be won by at least two points
 - Handshake of opponents at net is standard protocol before and after match
 - Service order is alternating every side out
 - Courts switches are conducted every seven points in sets 1 and 2 and every five points in set 3. Coaches are allowed to "walk and talk" with players but not delay next service
 - Serving team must take a position so that receiving team can see server OR the flight of the ball
 - Receiving team should raise a hand to signal a potential screen. Serving team should recognized the raised hand and move accordingly
 - The time between serves should not exceed 12 seconds unless there are good reasons (no balls, lines out place, equipment issues, etc.)
 - Timeouts. Each team has one timeout available per set (including 3rd set)
 - The total length of the timeout is not to exceed 1:30 minutes
 - Technical timeouts (TTO) are automatically called when the combined teams score reaches 21. (No TTO in third set)
 - The total length of the TTO is not exceed 1:30 minutes
 - Interval between sets is not to exceed 2:00 minutes
 - Team who lost first coin toss chooses serve, receive or side. Other team chooses remaining option
 - If match goes to a 3rd set, referee conducts coin toss with the same choice options
- Disputes
 - A captain may approach a referee to request an explanation of an applied rule (this does not apply to judgement calls) The captain may also lodge a protest
 - Referees are to be approachable and must offer an explanation based upon the rules without prolonged discussion
 - Coaches are not allowed to dispute calls or to interact with match referee at all. Concerns should be brought up to the AIA office of officials
- Warnings and Sanctions
 - ALL DELAY AND MISCONDUCT WARNINGS REMAIN IN FORCE FOR THE MATCH
 - Any delay by player or coach should result in a Team Delay Warning (yellow card on wrist)
 - Any further delay by any member of that team receives a Delay Penalty (red card on wrist...point to opponent)
 - Minor misconduct should be handled with Verbal Warning (if possible) for first offense
 - Misconduct should result in a Formal Warning (yellow card)
 - Any further misconduct by same team must result in Penalty (red card...point to opponent)

- Players may receive two penalties per set, then Expelled (red/yellow cards together)
 - Set is a default, win for opponent
 - Coaches may reactive one penalty per set then Expelled
 - Physical aggression should result in immediate Disqualification (red/yellow cards apart)
 - Match is a default, win for opponent
- Blocks and play above the net
 - It is illegal to attack a ball that is completely in the opponent's space however, player who legally attacks a ball and follows through into the opponent's space is legal
 - Blockers are allowed to contact a ball in the opponent's space after the attack hit, or if the attackers are not going to play the ball in the referee's judgement
 - A simultaneous contact, above the net by opponents is a Joust and is deemed legal. Any player may make the next play on the ball as their teams first contact
 - A legal block is considered a teams 1st contact. Either player on that team may make the next play on the ball as the 2nd contact
 - A Direction or Snap block is legal unless the ball is caught or thrown
- Attacks and Tips
 - Open hand tipping is illegal
 - Knuckles or rigid fingertips may be used to poke the ball over the net
 - Attacks using a setting motion are legal and must be made square to players shoulder position...forward or backward
- Net Contact
 - If is a fault to contact any part of the net between the antenna's (including antenna) during the action of playing the ball
- Play Under the Net
 - Players may contact any part of the ball until it has passed completely through the plane of the net
 - There is no centerline. Players may contact any part of their opponent's court as long as they do not interfere with the opponent's next play
 - A player who interferes with an opponent's ability to make their next play must be called for the fault
 - Incidental contact between opponent's does not constitute interference by itself (bump knees, step on foot)
- Pursuit. It is legal to pursue a ball which passes over or outside an antenna
 - A player may pursue a ball by any route possible, including through an opponent's court
 - Opponents may not interfere with pursuit
 - The ball must be played back over or outside the same antenna
- Ball Marks
 - If the referee is in doubt, they should initiate a ball mark protocol
 - Players may not insist that a ball mark be reviewed
 - Players are not to assist in the ball mark protocol
 - Consideration should be used for trajectory and raised lines when making in/out decision
 - In the event that a line was significantly displaced during that rally, the line should me placed back to its original spot before making a judgement
- Ball Handling
 - There are two types of ball handling faults, Catch Balls and Double Contact
 - Balls that move significantly downwards while in the hands or visibly come to rest are catch balls
 - Clearly distinct and separate contact of ball constitute a double contact
 - Spin is not a fault but may be an indicator of a double 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, together or apart, hands, fist, heels of hands, tomahawk
 - All plays are legal without finger action even if ball is a double contact unless it is a catch ball
 - First team contact with finger action should be judged as a set
 - Exception. If the double contact/catch was in defense of a hard driven attack, then the referee should allow play to continue...**even in the event the attack is partially blocked but the ball is still considered hard driven**
 - What is Hard driven
 - Determine speed and trajectory of the ball as well as the distance between the attacker and defender
 - The referee must judge the players action, was is reactive or intentional
 - Serve Receive
 - A double contact is allowed in serve receive if no finger action is used
 - Any style of contact, together or apart, hands, fist, heels of hands, tomahawk are legal
 - It is legal to receive serve with finger action but strict ball handling guidelines are to be used