

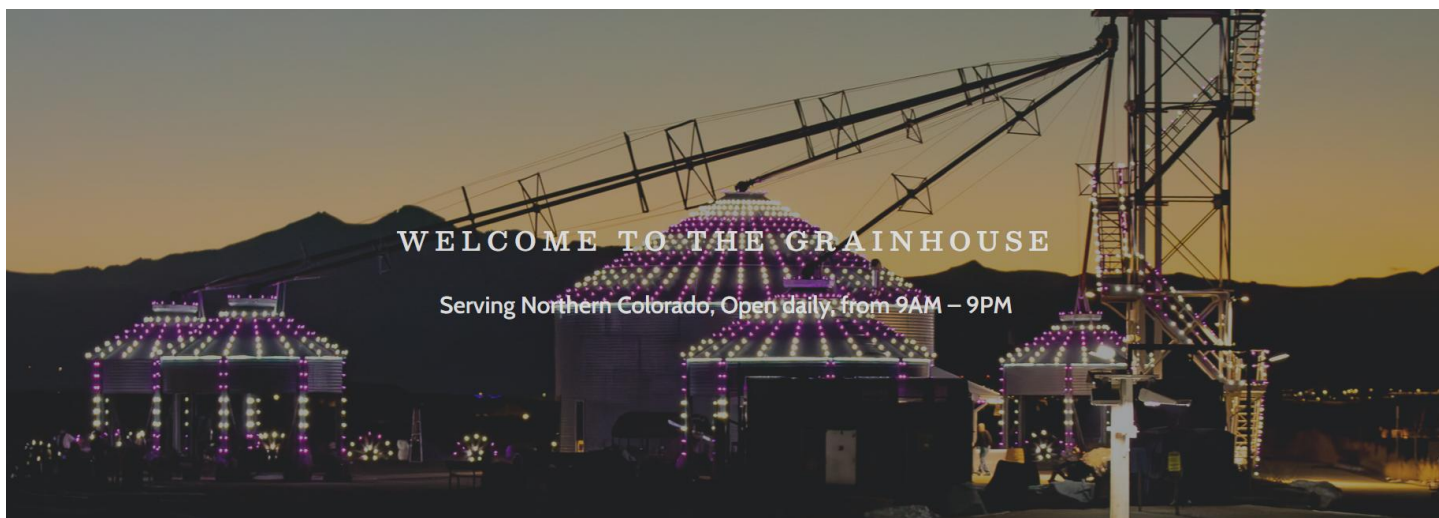


## 2026 Adult Sand Volleyball Leagues

Session 1 – 7 weeks beginning May 26 & May 27

Competitive Tuesdays & Beer League Wednesdays Coed 6s

**Updated 3/9/26**



**League Director: Heather Evans**

**Cell: 320-491-7492, Email: [tryvolleyball@gmail.com](mailto:tryvolleyball@gmail.com)**

**Hosted at The Grainhouse**

**[1781-B RainDance National Drive, Windsor 80550](#)**

**Restaurant phone: 970-833-1721**

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## Welcome to The Grainhouse Adult Sand Volleyball Leagues!

We are beyond grateful for this opportunity to host & enjoy sand volleyball in Northern Colorado! Thank you for being a part of our 3rd season! Please read this packet thoroughly [for 2026 updates](#) & to understand our efforts in creating a fun, safe & enjoyable experience for all!

### Divisions/Dates/Times:

- Tuesdays (**Competitive**): 5/26, 6/2, 6/9, 6/16, 6/23, 6/30, 7/7 – best for seasoned/competitive athletes
- Wednesdays (**Beer League**): 5/27, 6/3, 6/10, 6/17, 6/24, 7/1, 7/8 – best for beginners/new to sport
- Match times are 6p, 7p or 8p

### Registration Process:

- 2 steps:
  1. Team captain must fill out the [Team Registration Form \(CLICK HERE\)](#)
  2. Team captain must pay \$360 **1 week prior to session** for scheduling purposes
    - **NOTE:** Registration fee will increase to \$400 for any late payments, we cannot guarantee participation without the registration fee payment
  3. Team captain must email full roster to League Director 1 week prior to session (names, emails, cells)
- Call Grainhouse (970-833-1721) to pay registration fee – Ask for Brooke or Jesse to complete payment

### Participants:

- These are **adult** sand volleyball leagues – participants must be 18 years of age or older & sign a waiver

### Food Policy:

- No outside food nor drink – Please enjoy the delicious menu at The Grainhouse ([view here](#))

### Spectators:

- Spectators encouraged to eat, drink, be merry & heckle your favorite recreational athletes!

### Conduct/Sportsmanship:

- Our sand leagues are above all else meant to be FUN as well as safe.
- Any player found in violation of displaying unsportsmanlike conduct of any kind may result in removal.

### Schedules/Results

- Schedules & results will be shared with Team Captains by email

### Volleyballs/Equipment:

- Players are encouraged to bring their own sand volleyballs
- 2 “game balls” will be provided however not mandatory to use
- 2 sand courts available & boundary lines set to “big court” (30x60)

### Forfeits/No-Shows:

- Team captains must inform League Director *12-hours in advance* if the team cannot show for the match
- Teams forfeiting or no-showing 2 matches of play in 1 session are eligible for removal without refund
- Day-of cancels/no-shows or failure to meet team requirements may result in additional forfeits
- Teams have a 10-minute grace period to show up to scheduled match otherwise they forfeit the match

### Inclement Weather:

- Every effort will be made to keep the original schedule; however, we know Mother Nature has other plans
- Matches will be cancelled or rescheduled in the event of lightning, flooded courts or ridiculously high winds
- Grainhouse staff will inform Team Captains *via email* 1 hour prior to start time if changes occur
- If lightning is an issue during play, expect delays, rescheduling or cancellations if possible
- In the event of cancellations, we cannot guarantee make-up days, however, come enjoy a **COMPLIMENTARY BEVERAGE** day-of your scheduled match!

### Format/Scorekeeping/Officials – NEW FOR 2026!

- Teams will have 55 minutes to play 3 sets
  - First 2 sets played to 21, cap 23. Third set played to 15, cap 17.
    - It is possible teams may not play a full 3<sup>rd</sup> set depending on time
  - No matter what, every single point matters in this league so get as many points as you can
- Teams will keep track of score & text League Director & report to Grainhouse staff after *each set*
- No officials provided, ref your own
  - Teams expected to implement an automatic replay with any discrepancies
    - No need to fight a call
    - Stay out of the net & don't get too weird about “double” contacts, this is not the AVP
  - [Click here](#) to review USA Volleyball rules on how the sport of sand volleyball is played

### How to win the League/Prizes:

- League winners will earn prizes & be determined on win-loss record & total points earned
  - In the event of a tie, head-to-head play will determine winner, last resort coin toss

### Timeouts:

- 1 beer timeout per set – keep it to 30 seconds to keep the play moving

### Girl Rule:

- There is no “girl rule” (good luck keeping it away from anyone in the elements)

### **Teams Requirements/Subs:**

- Teams will be comprised of males and females with every effort toward fairness & representation of each sex
- Teams must supply at minimum 4 players per match to avoid a forfeit
- Ideally, teams can field 6 players to show each week
  - In the case of 4 player teams, there must be 2 females & 2 males
  - In the case of 5 players teams, there must be at least 2 females/3 males or 2 males/3 females
  - In the case of 6 players teams, there must be 2 females or 2 males
    - That's right, you can have a team of 4 males/2 females or 4 females/2 males if you choose
- Teams may have unlimited subs
  - Subs must sign the waiver **prior to** participation

### **Serving/Rotations/Backrow player:**

- Teams must rotate clockwise like normal volleyball & serve accordingly
- Players may serve anywhere along the endline
- Backrow players may not jump and attack in the front row/at the net
  - Assume the "indoor attack line" spacing (10 feet off the net)

### **Open Hand Tips/Blocking or Spiking Serves:**

- Players are permitted to open hand tip in 6s
- Players are NOT permitted to block nor spike serves

### **Overhead Digs/Sets:**

- Players may use their hands at any time (dig, serve receive, 2<sup>nd</sup> contact, etc)
- Overhead digs DO NOT need to be from a hard driven attack
- Again, not the AVP so be light on this judgment call but if everyone on the court has a collective "ew" then maybe it's a double, lift or at least a replay.

Thank you for reading!

Cheers to Summer 2026 at The Grainhouse!