

THE GRAINHOUSE

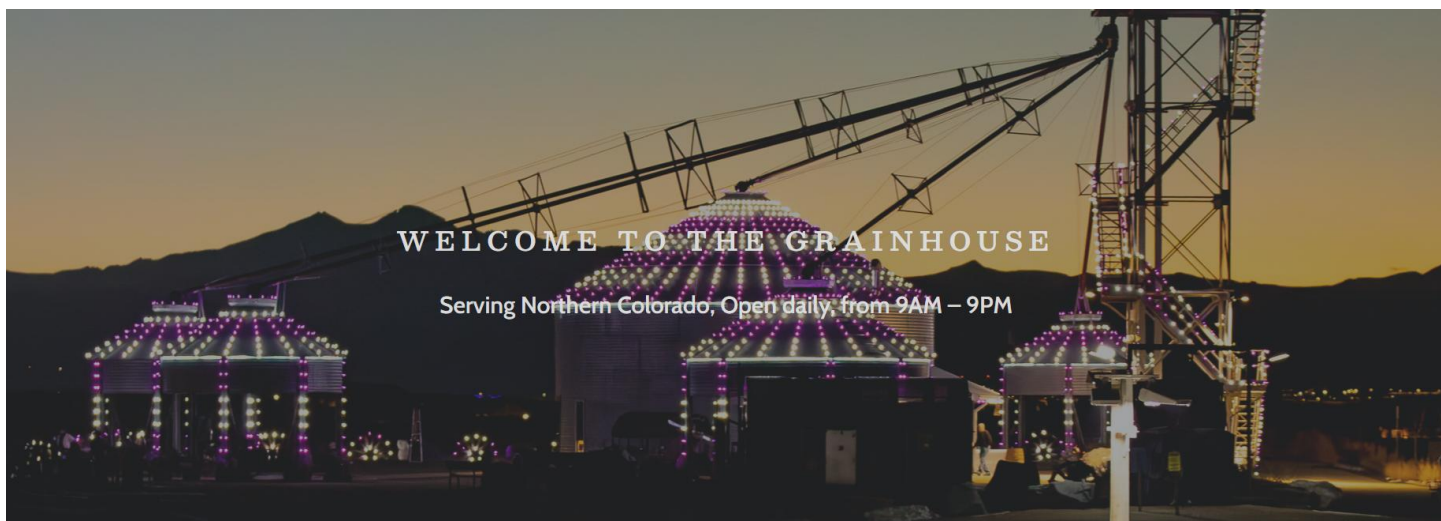
WINDSOR, CO

2026 Adult Sand Volleyball Leagues

Coed 6s – 3 Sessions Memorial Day Week through October

Mondays, Tuesdays & Wednesdays

Updated 5/16/26



League Director: Heather Evans

Cell: 320-491-7492, Email: 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!

Dates/Divisions:

Session 1:

- Mondays (**13+**): 5/25, 6/1, 6/8, 6/15, 6/22, 6/29, 7/6 – beginner-intermediate, teens welcome with adults
- Tuesdays (**Competitive**): 5/26, 6/2, 6/9, 6/16, 6/23, 6/30, 7/7 – seasoned/competitive athletes
- Wednesdays (**Beer League**): 5/27, 6/3, 6/10, 6/17, 6/24, 7/1, 7/8 – beginners/new to sport

Session 2:

- Mondays (**13+**): 7/20, 7/27, 8/3, 8/10, 8/17, 8/24, 8/31 – beginner-intermediate, teens welcome with adults
- Tuesdays (**Competitive**): 7/21, 7/28, 8/4, 8/11, 8/18, 8/25, 9/1 – seasoned/competitive athletes
- Wednesdays (**Beer League**): 7/22, 7/29, 8/5, (**NO 8/12**), 8/19, 8/26, 9/2, 9/9 – beginners/new to sport

Session 3:

- Mondays (**13+**): 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26 – beginner-inter, teens welcome with adults
- Tuesdays (**Competitive**): 9/15, 9/22, 9/29, 10/6, 10/13, 10/20, 10/27 – seasoned/competitive athletes
- Wednesdays (**Beer League**): 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28 – beginners/new to sport

Match Times:

- 6p, 7p or 8p each night

Registration Process:

- 3 steps:
 1. Team captain fills out the *appropriate* Coed 6s Team Registration Form ([found here](#))
 2. Team captain pays session fee of \$360 (Call Grainhouse or stop in – ask for Brooke or Jesse)
 - **NOTE:** League fills quickly! Policy is 1st paid, 1st priority in participation. Registration fee is due 1 week prior to start of league & will increase to \$400 if late.
 3. Team captain email full team roster (names, emails, cells) to League Director at least 1 week prior to start of league

Participants/Age Restrictions:

- Mondays reserved for 13+ participation **WITH** adult teammates. Tuesdays & Wednesdays are **18+ only**

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 sand volleyball stars!

Conduct/Sportsmanship:

- Our sand leagues are above all else meant to be FUN as well as safe.
- LOW TO NO DRAMA REQUIRED
- 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 4 days prior to the start of league

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 (below) may result in additional forfeits
- Teams have a 10-minute grace period to show up to scheduled match otherwise they forfeit the match

Team Requirements/Subs:

- Teams will be comprised of males and females with every effort toward fairness & representation of each sex
- Age restrictions enforced – Tuesday & Wednesday night leagues are adult only (18+), teen subs result in forfeit
- 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

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
- In the event of cancellations, captains will organize a make-up day & report scores to League Director
- **COMPLIMENTARY BEVERAGE** – if your match is cancelled, come enjoy a beverage on the house

Format/Score Reporting/Officials – NEW FOR 2026!

- **Timed Matches:** Teams will have 55 minutes to play *up to* 3 sets
 - First 2 sets played to 21, cap 23. Third set played to 15, cap 17.
 - Every single point matters in this league. Strategy is to get as many points as you can in 55 minutes!
- **Score Reporting:** Each Captain must report scores **immediately** following **each game** – initials required
- **Officials:** No officials provided
 - 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 (beach) 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 water/beer timeout per set allowed – must be 30 seconds or less to keep play moving
- 1 injury timeout per set allowed – must be 60 seconds or less to keep play moving

Girl Rule:

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

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 Coed 6s
- Players are NOT permitted to block nor spike serves

Overhead Digs/Sets:

- Players may use their hands at any time (dig, serve receive, 2nd 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!

Please share with your teammates!

Cheers to Summer 2026 at The Grainhouse!