

2019 SAND VOLLEYBALL LEAGUE RULES AND REGULATIONS

Thanks for your interest in joining our sand volleyball leagues at Soldiers and Sailors Memorial Park in Millheim! It's our hope that the season will be a fun and memorable one. Please read the following to help ensure a safe, enjoyable season for all players:

Team Rosters:

- ❖ **Completed online registration forms for each player, signed releases for all minor participants, and \$120 registration fee for each team (with a minimum of four players) must be received by:**

MAY 21, 2019

- ❖ Registration is first-come, first-served and will have a minimum of 4 teams / maximum of 16 teams (if more than 8 teams register, we will split into multiple evenings).
- ❖ Players must be 14 years of age or older. Minor players must have a parent/guardian release form signed.
- ❖ All players must be registered online. Contact information is required for all captains in order to be completely registered.
- ❖ Teams consist of four players on the court at all times. We suggest a roster of eight so you have adequate substitutes available.
- ❖ Teams must have a minimum of two women on the court at all times or game will be forfeited.
- ❖ Women from any/either team can sub to any team, at any time to keep the two women participation rule.

Game Schedule and Results:

- ❖ Games will be scheduled on Wednesday evenings beginning at 5:45pm, 6:30pm, 7:15pm, and 8pm from June 5 - early August.
- ❖ There will be a season ending tournament for the summer league in August. This double-elimination tournament will be seeded from season record.
- ❖ Schedule will be posted online at www.millheimpool.com and will be emailed to captains before the season begins.
- ❖ Any team that is a no-show will forfeit and win goes to opposing team.
- ❖ If any team cannot make a game, they are to contact opposing team in effort to reschedule. Should no make-up be played before the end of the season, win goes to opposing team.
- ❖ Results will be posted as received. It is the responsibility of team captains to email Stephanie at stephiekate84@gmail.com with team results. Any results not received will not count toward record.

Game Rules:

- ❖ Team captains are responsible for bringing a regulation outdoor volleyball for game use.
- ❖ Rally scoring will be used in a best-of-three format. Sets 1 and 2 will be played to 21 and set 3 will be played to 15 if necessary.
- ❖ Captains of each team jointly decide on weather cancellations and can reschedule game for another weeknight outside of regularly scheduled games.
- ❖ No referee will be present.
- ❖ In-game rules (this list is not all-encompassing):
 - Players and teams currently on the court will be required to call their own infractions. In the case of a disagreement, rally is replayed.
 - The ball can be played with any part of the body.
 - Legal serves include underhand or overhand contact with the ball while standing or jumping from a location fully behind the end line.
 - Serves cannot be attacked with any form of overhead pass above the level of the net that returns the ball immediately to the serving team's side of the net.
 - Receiving serves cannot be completed using open-handed finger action or finger tips that are not rigid and together.
 - Carry - Passing the ball with an open hand below the waist, and where the ball comes to a complete rest in the player's hands during a set.
 - Net Infraction - Touching the top of the net during hitting or blocking.
 - Double hit - Passing the ball off of two body parts in fast succession will count the same as passing the ball twice in a row and point for the other side.
 - Players can simultaneously pass the ball with another player, but the hits will count as 2 touches for the side.
 - Players can also simultaneously play the ball with different body parts so long as the contact is at the same instant and in a legal manner.
 - Players are allowed to extend their arms over the net only to complete a block. This action cannot interfere with any play to be made by the opposing team and the ball cannot be touched until the team in possession can complete the action of a hit or pass if the ball has not begun to cross the plane of the net.
 - The first hit after a block can be completed by any player, included the player that touched the ball during the block.
 - Blocks do not count as a touch for the side.

- No open, one-hand pushes or tips may be completed over the net. One-handed attacks must be completed with fingers rigid and together, or closed.
 - Players cannot use another player of either team to assist in playing the ball.
 - Players CAN physically interact with teammates to prevent infractions - such as falling into the physical net or crossing the plane underneath.
 - Players cannot intentionally contact the ball through the net. If the ball is driven into the net and contacts a player, no foul is committed.
 - The ball CAN be played from the other side of the net, and can be returned to the correct side within the team's hit count so long as the play is OUTSIDE the confines of sideline before being played over the net within the confines of the sidelines (since we don't have antennas).
- ❖ Captains will communicate game scores to stephiekate84@gmail.com.

Site Regulations:

- ❖ The sand court is regulation size and men's height.
- ❖ Regular park rules apply during game, including no smoking or alcohol on grounds.
- ❖ No standing on top of tables.

Things to Note:

- ❖ The community pool is also located on park grounds and is open until 7pm. Daily admission is \$7/person (\$4/person after 5pm) or season membership can be purchased. Contact the pool at 349-5905 with questions.
- ❖ Questions regarding the league can be directed to Stephanie Hettinger at stephiekate84@gmail.com.
- ❖ Questions regarding other uses of Soldiers and Sailors Memorial Park can be directed to PVPRA via our website, www.millheimpool.com, or by calling the pool at 349-5906.

Rules to be Posted:

- FAIRLY CALL YOUR OWN GAMES
- BALL CAN BE PLAYED WITH ANY BODY PART
- COMPLETE SERVES OVERHAND/UNDERHAND, STANDING/JUMPING FROM BEHIND END LINE
- NO BLOCKING SERVES
- NO CARRIES (OPEN HAND OR STOPPING THE BALL)
- NO SETTING SERVES
- NO TOUCHING THE TOP OF THE NET
- DELAYED DOUBLE HITS NOT ALLOWED
- 2-PLAYER DOUBLE HITS ALLOWED AND COUNT AS 2 TOUCHES
- SIMULTANEOUS DOUBLE HITS OFF 2 BODY PARTS ALLOWED
- NO PLAY OR BLOCKING OVER THE NET UNTIL THE BALL BEGINS TO CROSS THE NET
- BLOCKERS CAN PLAY FIRST HIT AFTER BLOCK
- BLOCKING IS NOT COUNTED AS A TOUCH
- NO TIPPING OR DUMPING OVER THE NET
- NO USING TEAMMATES TO PLAY THE BALL
- TEAMMATES CAN ASSIST OTHERS TO AVOID OTHER INFRACTIONS
- PLAYERS CANNOT ATTEMPT TO PLAY THE BALL THROUGH THE NET
- PLAYERS CAN GO BEYOND/AROUND NET TO SAVE PLAYS.