

Quincy Park District

Sand Volleyball Rules & Regulations

All Games will be played at the Sand Volleyball Courts at Upper Moorman Park

General Rules:

1. Each member of the team shall serve in turn, (rotating clockwise).
2. Teams will rock, paper, scissors to see who serves first.
3. The server shall stand with both feet behind the rear boundary line and may not step on or over the boundary line until after the serve has been hit.
4. Jump serving is allowed.
5. Blocking is allowed
6. If a player touches the ball or the ball touches a player, he/she is considered as having played the ball, (exception: a block is not considered a hit). Each team may hit the ball 3 times before the ball is hit to the opposing team.
7. Players are not permitted to scoop, hold, kick or lift the ball. Players may not touch the net.
8. Players are not permitted to spike the ball on the serve. Players aren't allowed to come from back to front to spike.
9. It is legal to contact the ball with any part of the body above the knee as long as the ball rebounds immediately and does not "lie" against the body. Kicking is not permitted.
10. It is permissible to run out of bounds and play a ball before it contacts an object out of bounds. Once it hits an object out of bounds it is a dead ball.
11. When a ball touches a boundary line, it is considered good.
12. A ball touching the body more than once in succession is considered a double hit and is illegal except when blocking.
13. A ball hit into the net by a team may still be kept in play provided the net isn't touched by the players or it is not the third hit.
14. A ball is still in play if it hits the net and goes over into the opponent's court during the volley and the serve.
15. If 2 players contact the ball simultaneously, it counts as one hit and either player may play the next hit.

16. A spiker must contact the ball on his/her side but may in the course of the follow through cross over, but not touch, the net. A player may never cross the plain of the net while blocking.

17. Twenty-one points wins the game. This will be RALLY SCORING so that every serve is a point. Teams must win by 2 points with a 25-point cap. Game 3 if needed will be played to 15 points.

18. Substitutions may be made during the game into the server position only.

19. Players may cross the centerline below the net during play provided that this does not interfere with the opponent's play.

20. All play will be governed by the USA Volleyball Association except where Quincy Park District rules are published. Any other concerning league play not covered in this manual will be interpreted by Quincy Park District staff.

Spiking:

21. Spiking will be allowed in Youth 10-14 6V6 matches.

22. Spiking will not be allowed in Adult Co-Ed 6V6 matches.

23. Spiking will be allowed in High School 6V6 matches.

24. When spiking, back row spiking only.

6V6

25. A team consists of 6 players. You must play with at least 5 players.

26. Best of 3 games-third game is to 15 if needed or if players would like to play.

27. It is considered a forfeit for your team if you have less than 5 players. You are welcome to play an "exhibition" game, but it will count as a loss in the standings. (Even if the other team agrees to allow you to play with 4 players the game will be recognized as a loss.)

Co-ed Rules:

28. Hits to the opposing court are allowed anytime by a male or female player.

29. A female must contact the ball before it is returned over the net, unless the ball goes over on the first hit.

30. A team may play with as many females as desired; however, males may not outnumber females on the court at any time.

Tie-Breaker:

31. If at the end of the regular season of play, two or more teams are tied for first, second or third place, the following procedures will be used to determine final placement.

- a) Won - lost record
- b) Head to head competition during season

Teams Names and Apparel:

32. Matching uniforms are not required for league play, but are recommended.

33. Players must remove watches, rings, chains, and all other jewelry that may cause injury. Players can wear glasses or sunglasses at their own risk.

34. The Quincy Park District Volleyball Supervisors have the authority to make any/all final decisions regarding anything questionable and/or not covered.

Scheduled Games:

35. Once a game is scheduled by the League Supervisor, the game cannot be changed.

36. Any team knowing that their team will not be able to field a team shall notify the Park District by 3:00 PM on the game day before the scheduled game that their team will be unable to play in their scheduled game and will forfeit the game.

37. Rain dates will be scheduled at the end of the season. However if there would be rainouts early in the season and space permits, games could be scheduled earlier during the second half of the season as courts are available and time permits. (Games rained out during the season will be re-scheduled on these dates by the Quincy Park District.)

Roster Forms, Player Waiver & Release of Liability:

38. Completed rosters must be filed with the Quincy Park District before the first game. A team may add additional players to their roster at any time. They just need to sign the roster.

39. Individual players are responsible for their own accident insurance.

Injuries:

40. A player, coach or referee who is bleeding or who has blood on his uniform shall be prohibited from participating further in the game until appropriate treatment can be administered. If medical care or treatment can be administered in a reasonable length of time,

the individual will not have to leave the game. The length of time that is considered reasonable is left to the referee's judgement. Uniform rule violation will not be enforced if a uniform change is required. We would encourage players and coaches to have some type of first aid equipment, such as gauze and bandages, as well as some extra clothing on hand during the game in case of injuries. These rules apply to any open wound.

Alcohol Consumption:

41. No consumption of alcoholic beverages will be allowed by a player, manager, or captain while they are playing a game. Any violation of this rule may result in a team's forfeiture of the game.

Ejections and Flagrant Actions:

42. Any player or coach ejected from a game, for whatever reason, is automatically suspended from participating in the next game on the schedule. Any player or coach ejected for a second time during the season, for whatever reason, is automatically suspended from league play for the remainder of the season.

43. Flagrant action by a player or coach is any physical action or contact initiated by that person which would endanger any other person on the Quincy Park District premises. That player or coach will be automatically disqualified from that game and the next game on the schedule. The referee must notify the Quincy Park District within 48 hours. The league officials will review the case and render a decision concerning the incident. Any player or coach found guilty of a flagrant action offense will be subject to further game suspensions and possible criminal prosecution.

Illegal Players:

- player not following the age limitation rule;
- player participating who is not on the team's roster;
- player who has falsified information on the roster.

Procedures for a team to follow in questioning an opponent for illegal players –

- a) Rulings on illegal players are unrelated to protests;
- b) A team representative must inform the referee that they suspect use of an illegal player or players by the opponent during the contest between the two teams;
- c) The team that is challenging a player (s) must specify which player (s) is in question, giving a name, number and position being played on the field, or by pointing them out to the referee.
- d) The referee will then inform the team in question of the situation: If all players are said to be legal, the other team may go the Quincy Park District office by 5:00PM the

- next day to check the team's roster for the player(s) that is in question. If the player(s) in question is found to be illegal, the game may be considered a forfeit against the team using the illegal player(s).
- e) Any participants that are found to be illegal players will be suspended from the next regular scheduled game and must come to the Park District office to fill out a "New Player Eligibility" form. The team captain may also be suspended from the next game for knowingly using illegal players.
 - f) Once a game is final, a player's legality may not be challenged to affect the outcome of that game.
 - g) Any illegal players discovered by league officials will be subject to suspension from league play, but the outcome of any games will not be affected unless a formal challenge occurs during the game.
 - h) A second offense for an illegal player will mean ejection from the league for the remainder of the season. Final determination on all rulings will be made by the Quincy Park District Sand Volleyball League officials.

48. The idea of Sand Volleyball is to have fun. We hope that all participants keep that in mind when becoming involved. Although the games may become intense, you still can be competitive while maintaining good sportsmanship. With this said, any behavior deemed unacceptable by staff may result in suspension and/or ejection from a game or the league.

Rain Out Information:

For rain out information, call the Quincy Park District HOTLINE at 223-9625 after 4:00pm on weekdays, and after 11:00AM on Sundays. Also, you can check the Quincy Park District website www.quincyparkdistrict.com, www.facebook.com/QuincyParkDistrict