



# New Albany Sand Volleyball League & Tournament Rules & Regulations

The NEW ALBANY SAND VOLLEYBALL Leagues and Tournaments are an outreach of the Grace Life Church of the Nazarene, 6000 Johnstown Rd., New Albany, Ohio 43054. As such, all games will be started with prayer. *If you are searching for answers in your life or for a church, we hope you will consider Grace Life or one of the participating churches.* Please check our website or contact a League Manager or League Commissioner for additional information.

## Eligibility

### Policies

- *Eligible Players:* To be eligible to play on a team, a player must be at least 18 years old and listed on the Team Roster or be recognized as a sub and have signed a Waiver Form. For players under 18, a parent or guardian must sign giving consent for the player to play and also sign the waiver form in addition to the player.
- *Players Added:* Additional players may be added to the roster during the year or added to the sub list. If a player elects to be added to the roster he/she can only play for that team unless agreed to by the opposing Team Captain or approved by the League Manager. If the player elects to be added to the sub list they may play for any team but may not play in the tournament.

## Personal Equipment

### Policies

- *Personal Jewelry:* It is recommended that all jewelry be removed prior to play. Jewelry worn will be worn at your own risk. Captains should monitor their team for anything that could cause injury. League Managers reserve the right to require specific jewelry to be removed.
- *Sweatbands and bandanas* are permitted.
- *Knee and ankle braces* are permitted.
- *Guards, casts, or braces* made of hard and/or unyielding leather, plaster, pliable plastic, metal or any other hard substance, even if covered with foam padding, is not permitted on the finger, hand, wrist, forearm, or elbow. Exceptions must be approved by the League Manager.
- *Shirts and shorts (or pants) must be worn by all players.* (i.e.- no swimwear, bikini tops, sports bras, speedos, etc.)
- *League Managers reserve the right* to have someone change clothes before they play if any clothing is deemed inappropriate. This includes logos or language that contains innuendos.

## Team Captain Responsibilities

### Rules Disagreements

- *Handling a Disagreement:* If a team feels there has been a misinterpretation of a rule, the Team Captain may calmly and immediately request a time out and discuss the situation with the opposing Team Captain.
- *Team Captains Only:* No team members may be involved in the discussion between Team Captains. As appropriate, Team Captains might step aside from the court to discuss in a more private setting.
- *Team Captains Can't Agree:* If the Team Captains cannot reach an agreement, play will be stopped until the League Manager or his/her designee can provide judgment and/or explanation.
- Normally disagreements can be resolved by replaying the point.

### Registration

- *Website Registration:* All team registration is handled through [newalbanyandvolleyball.net](http://newalbanyandvolleyball.net)
- *Fee Collection:* The Team fee is paid when registering the team on the league website. Registration is not finalized until league fees are paid. Team Captain is responsible to collect all fees from team members
- *Registration Information:* When registering a Team Captain must provide *accurate* information including email address, cell phone number (optional) and in some cases shirt sizes and childcare needs.
- *Waiver Form:* Ensure that each team member and any subs sign the electronic or paper Waiver Form.



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## Communication

- *Communicating Rules:* Communicate all league rules and procedures to team members.
- *Postponement/Delays/Cancelations:* Assist in notifying the team members in the event of a postponement or cancellation of a game.
- *Communication with League Manager:* Funnel all questions and suggestions before and during the season from team members to the League Manager or Commissioner. Communicate the answers/responses and any general communication from the League Manager or Commissioner back to the whole team.

## Other

- *Reporting Scores:* Report or text the score to the League Manager or record the match scores on the appropriate form.
- *Enforcing Disciplinary Actions:* Assist in enforcing any disciplinary action need to be taken against a team member and be supportive of the decision.
- *Injury:* If a team member becomes injured, play should stop immediately and the League Manager notified. Safety is always the primary concern.
- *Scorekeeping:* Assist the League Manager in getting volunteers for scorekeeping of other games, if needed.
- *Fun Factor:* Ensure that the league is fun for all team members.
- *Ineligible Players:* Declare any known eligibility issues prior to the match or as soon as they become aware.
- *Team Captain Meetings:* Attend any Team Captain meetings that are scheduled by the League Manager.

## Gender & Player Rules

### Player Min/Max for 6 on 6 Mixed Leagues

- *Players on the court:* Min 2 / Max 6
- *Male players on the court:* Min 0 / Max 4
- *Female players on the court:* Min 0 / Max 6
- *Minimum Players to Start:* 2 players (no gender restrictions).

### Player Min/Max for 4 on 4 Mixed Leagues

- *Players on the court:* Min 2 / Max 4
- *Male players on the court:* Min 0 / Max 3
- *Female players on the court:* Min 1 / Max 4
- *Minimum Players to Start:* 2 players (no gender restrictions).

### Player Min/Max for 2 on 2 Mixed Leagues

- *Players on the court:* Min 2 / Max 2
- *Male players on the court:* Min 1 / Max 1
- *Female players on the court:* Min 1 / Max 1
- *Minimum Players to Start:* 2 players (1 male/1 female).

### Rotational Substitutions (during matches):

- Teams are allowed an unlimited number of substitutions by rotation, however, teams may only substitute by rotation. Substitution by rotation allows players to rotate in a continuously rotating fashion. When substituting by rotation, players must consistently enter the game at the serving position or the opposite front position. A substitution cannot place a team in a position of having more than 4 males on the court. The use of a libero position/substitution is not permitted.

### Roster Management:

- *Competitive Leagues:* A player may be added to a team's roster or added to the sub list. If a player is added to the team's roster, he/she may only play for that team and is eligible to play in the season ending tournament for that team. If a player is added to the League sub list, he/she may play for multiple teams during the season but only one team per day/night.



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## *Roster Management (continued)*

- *Recreational Leagues:* A player may sub for more than one team per day/night of scheduled games except if the Team Captain and the League Manager determine it to be a competitive problem. A player that has subbed for multiple teams during the season may play for one team during the season end tournament
- *Playing in Multiple Leagues:* Subs and players may play in different leagues if they do not violate the above rules.
- *Exceptions:* All exceptions must be approved by the League Manager.

## **Forfeit/Default Situations**

### *Not Enough Players*

- *Warmup:* Teams should arrive before game time if they want to warm up or loosen up.
- *Time Policy:* If a Team does not have the required number of players to participate will forfeit games based on the following.
  - *Team is 5 Minutes Late:* The team ready for play will be awarded a win for the first game (21-0).
  - *Team is 10 Minutes Late:* Forfeit two games, recorded 21-0, 21-0
  - *Team is 15 minutes Late:* Forfeit all three games, recorded 21-0, 21-0, 21-0
  - *Neither Team Ready to Play:* If neither team is ready to play within 15 minutes of the scheduled game time, both teams will forfeit all game and the score recorded as 0-0 and no games will be awarded a win or loss. If both teams are less than 15 minutes late but later than the scheduled time, every effort will be made to allow the two teams to play all 3 games. However, the League Manager will have the authority to call any number of the games a forfeit if both teams are later than 10 minutes or shorten any of the games (e.g. play game 3 to 15).
- *Team Communicates in Advance Unable to Play-*Any team knowing in advance that they will be unable to play a regularly scheduled contest shall contact the League Manager and opposing Team Captain as early as possible. It is completely at the League Manager's and opposing Team Captain discretion whether the game is rescheduled to another time. If the match is rescheduled and for any reason the match can't be played, the original team asking for the match to be rescheduled will forfeit the match.
- *Forfeited Game When All Matches Are Canceled-*If a team has been granted a forfeit and the contest is then canceled due to weather, the forfeit will be removed and the contest will be played normally if the games for that day/night are rescheduled.

### *Ineligible Player*

- One or more of the players participating is ineligible and therefore may not participate. Ineligibility may be due to the player being a roster violator, being previously ejected, or ruled ineligible for sportsmanship-related issues, etc.

### *Unsportsmanlike Behavior*

- Game is ended by League Manager for sportsmanship-related issues.

## **Postponement, Cancellation or Delays**

### *Policies*

- Postponements, Cancellations and/or Delays due to weather are inevitable. When possible, the League Manager will attempt to contact Team Captains prior to match times if weather will prohibit playing. In most cases play will not be delayed, postponed or canceled unless it is a very heavy downpour, lightning in close proximity, or high winds. Every attempt is made to makeup matches. However, if matches are unable to be rescheduled there are no refunds. If a team has been granted a forfeit and the contest is then canceled due to weather, the forfeit will be removed and the contest will be played normally if the games for that day/night are rescheduled.
- *Grace Life Church of the Nazarene* reserves the right to postpone or cancel any volleyball league games for any reason.



# New Albany Sand Volleyball League & Tournament Rules & Regulations

## Match/Game Rules

### Matches

- A Match consists of three games.

### Games

- Each game counts as a win and loss towards the standings.

### Scoring

- All games are played with rally scoring to 21 points.
- A team must win by two or by scoring 25 first.
- There is no mercy rule in effect.

## Playing Rules

### Rule Violations

- The New Albany Sand Volleyball program is based on self-reporting of rules violations for both Competitive and Recreational Leagues. However, situations do occur where either lack of knowledge or other motives result in situations that can frustrate players when rule violations are not called on the opposing team. The intention is that in Recreational Leagues only the most egregious violations should require the Team Captains to follow the Rules Disagreement procedure outlined above. For Competitive Leagues, should a disagreement occur the Team Captains should follow the Rules Disagreement procedure outlined above with the intention that play should follow the rules outlined herein (there are many different levels of rules for Volleyball and play should follow only those outlined here). Either team playing in the match can call a rule violation although every effort should be made to call out rule violations on yourself/own team. Spectators, scorekeepers, etc. should refrain from discussing rule violations with players during the match. If a consensus is not made, a point can be replayed.

### Time Outs

- Each team is allowed time outs to be used by the Team Captain only when the ball is dead. Time outs are limited to rules discussions by Team Captains, player injury, and one time out per match for strategic reasons.

### Ball Enters from Adjacent Court

- If a ball enters the court from another court during play, play may be stopped by either team on that court and the point restarted (this is not a team time-out). Failure to follow this court rule could lead to unnecessary injury and the point will be awarded to the opposing team if a team attempts to play a ball in the adjoining court. The adjoining court shall be defined by its boundary lines.

### Dead Ball

- Any ball that enters another court for any reason is immediately a dead ball and point awarded based action to prior to the ball entering another court. No player is permitted to enter another court at any time except when invited to do so by players playing on that court. This is an important safety issue.

### Out of Bounds

- The ball must pass over the net within the pole width. Any contact with the poles, ropes, cables, clips, etc. is considered out of bounds.

### Starting the Games

- Before the game begins, the Home team as listed on the schedule can choose which team serves first **OR** which side of the net the teams will begin play. The AWAY team then picks the remaining choice. Prior to the second game, teams will switch sides and the serving team from game one will receive and vice versa. Prior to the third game, teams will switch sides again with the serve returning to the original serving team. Teams may switch sides of the net in the third game when the first team to reach 11 points, if it is requested by one of the Team Captains before the start of the third game.



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## *Before Serving*

- The serving player shall announce the serve by calling out “service” and/or the score of the game prior to serving the ball.

## *Serving Location*

- Players may serve the ball from any point behind the end line and within the width of the side lines. The serving player may not step over, step under, or come in contact with the end line prior to serving the ball.

## *Serving*

- Any serve that does not cross the net is a fault. Any ball hitting the net and traveling over the net is considered in play.

## *Maximum Contacts*

- After the serve and beginning with the receiving team, each team is allowed a maximum of three successive contacts of the ball to return the ball to the opponent’s area. A block does not count as one of the successive contacts.

## *Attacking the Serve*

- The receiving team’s front row players may not block or attack the serve. If a front row player is the first to contact a serve, that player must play the ball to another player on the same team or maintain contact with the ground to propel the ball back over the net on the initial contact.

## *Ball/Body Contact*

- The ball may be hit with any part of the body. If the ball contacts a player’s foot, the foot must be planted on the ground to be legal contact (i.e. no kicking; this is a safety rule).

## *Double Contact*

- Aside from the first contact on a serve received, any double contact of the ball is a fault.

## *Carries*

- The ball shall be considered held (or carried) when the ball visibly comes to rest momentarily in the hands or arms of a player or in Competitive Leagues when the ball is struck with two open hands. For Competitive Leagues a ball cannot be carried, held or thrown; the ball must be cleanly hit or “pop” off the hand or a swinging motion must be made. The ball must be hit in such a manner that it rebounds cleanly after contact with a player. Scooping, lifting, throwing, or allowing the ball to roll on the body shall be considered a form of being held. For Recreational Leagues carries should only be called as instructional and for players that call the infraction on themselves because they want play to the higher standard.

## *Attacking When Ball on Opponents Side of Net*

- A player is not allowed to attack the ball on the opponent’s side of the net. If the ball is hit above the attacker’s side of the net and then the follow through causes the attacker’s hand and arm to cross the net without contacting an opponent or the net, such action does not constitute a fault.

## *Playing Off the Net*

- Playing the ball off the net is legal.

## *Back Row Restrictions*

- In 6 on 6 leagues, if a player that is not in a front row position comes up to the front row during play, that player may not contact the ball above the plane of top of the net. Such player cannot block, spike or jump to contact the ball. Additionally, a player in the back row may not spike the ball from the back row without a foot contacting the ground.

## *Interference*

- Interference occurs when someone physically interferes an opposing player under the net. A player may go under the net during the play so long as no contact is made and the player promptly returns to their court. It is not an excuse to run to the other side of the court but more used if someone loses balance or goes under after an attack. Such interference is a fault. If two players make contact under the net and neither is clearly interfering with another, play may either continue or the point is restarted.



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## *Yelling or Loud Sounds*

- Yelling or loud sounds at the opposing team through the net during play is, at the very least, poor sportsmanship and it could be considered interference. This should be addressed by Team Captains if this occurs.

## *Net Violation*

- A net violation occurs any time any body part or clothing hits the net. The only exception to this rule is usually a woman's hair as it is usually longer and harder to control. A net violation results in immediate end of play and serve goes to the other team along with the point of the play.

## *Setting*

- When setting the ball in sand, the setter is granted an additional amount of contact with the ball than what indoor setting would allow. Setting contact is somewhat subjective and should be only called with consideration of the competition level.

## *Crossing the Plane Above the Net*

- Players at no time may cross the plane above the net with any part of their body (except a follow through of a hit as noted above).

## *Faults*

- All faults shall result in the opposing team being awarded a point.

## *Rotation*

- With each side-out (when the receiving team gains the right to serve), the team will rotate one position to the right.
- In 6 on 6 leagues, if a team chooses to play with less than 6 players, they may do so provided they still observe the same rules for rotation and attacking as a six man team."

## *USA Volleyball Rule*

- When necessary League Managers may refer to the current playing rules of USA Volleyball to make a decision not covered by the league rules.

## **Unsportsmanlike Conduct**

### *Unsportsmanlike Conduct Defined*

- Arguments with other team members or opposing team members.
- Flagrant fouling.
- Fighting before, during, or after a contest.
- Use of foul or derogatory language.
- Threaten or verbally abuse any participant or intramural employee before, during, or after the game.
- Participation in a game for which he or she is ineligible.
- Participant is found to have alcoholic beverages or tobacco on the property of Grace Life Church of the Nazarene. Anyone found with an alcoholic beverage or tobacco will be forced to leave the property.

### *Unsportsmanlike Conduct Penalties*

- Anyone that is suspected to be intoxicated when they arrive will not be allowed to play or watch and will be forced to leave the property.
- Any participant displaying unsportsmanlike conduct will be issued either a conduct warning or ejection at the sole discretion of the League Manager. Any player or Team Captain ejected from a game will be automatically suspended from their team's remaining games of the match and the next match. Team Captains will be responsible for withholding players from participation during a suspension. Any player ejected must leave the Grace Life Church of the Nazarene property immediately.
- League Managers will have the authority to expel any player or team from the league for any time period deemed appropriate for more serious violations of conduct.



# New Albany Sand Volleyball League & Tournament Rules & Regulations

## Tournaments

- In addition to League games, a tournament will be held at the end of each League Session. The Tournament will be either a single elimination or double elimination based on number of teams and time constraints. Teams will be paired using a seeding system that is based on win/loss record. If two teams have the same record then the higher seed will be awarded to the winner of the head to head league game(s). If the two teams tied split the league games played head to head, the second tie breaker will be point differential during the season, if such information is available. If there is a need for an additional tie breaker, then a flip of the coin will be used to determine the higher seed. If there are more than two teams tied or any other situation would occur, the first tie breaker will be point differential during the season, if such information is available, and then a toss of a coin will be used to determine the higher seed(s).

## Contact Information

- For any questions, clarifications or comments, please contact your League Manager or the Commissioner. Visit us at [www.newalbansandvolleyball.net](http://www.newalbansandvolleyball.net) for more contact information.