

# 2024 Sand Volleyball



## Captains' Packet



CITY OF  
**SIOUX FALLS**  
PARKS & RECREATION



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605-367-8222



# Sand Volleyball League Rules and Policies



## FEES

1. The fee for the sand volleyball season is \$75 per league, payable online.
2. The fee is due by Friday, May 10, at 5 p.m. No exceptions will be given.
3. There will be no refunds issued after league play has begun.



## ORGANIZATIONAL INFORMATION

1. City League Summer Sand Volleyball for men, women, and coed teams is organized, administered, and supervised by Sioux Falls Parks and Recreation. Any questions as to policies, rules, or regulations should be referred to the Recreation Program Coordinator at 605-367-8222. The primary objective of the program is for fun and exercise. Good sportsmanship **will be required** of all participants.
2. Sand volleyball is played at Riverdale Park, located at 24th Street and Bruce Road (just off Southeastern Avenue), and also at Cherry Rock Park, located at Jessica Avenue and Southeastern Avenue (just north of Riverdale Park). Additional location at Spencer Park if needed on South Cliff Avenue, near the Big Sioux River.

*Glass bottles are prohibited!*



## LEAGUE PLAY

1. Each player must be listed on the team roster waiver prior to playing the **FIRST** game. All rosters' waivers will be set after the fourth game. Failure to have all players listed on the roster waiver will result in the forfeiture of all games in which the illegal player participated. Remember: Purpose of the league is for fun and exercise. Take this into consideration when you find players.
2. To play on a volleyball team, you must be on the roster. All players must sign the roster prior to participating in league play.
3. All players must be 18, out of high school, and on the team roster prior to playing.
4. Players may be rostered on more than one team provided that those teams participate on different nights.
5. Any roster changes must be made by the team managers by the fourth week of play. You may call 605-367-8222 to request roster changes after the fourth week.



## ROSTERS

1. Most leagues will have an eight-match schedule with an optional single elimination tournament. League schedules will be posted online at [www.siouxfalls.gov/parks](http://www.siouxfalls.gov/parks).
2. Absolutely no preference will be given for game times.
3. Games will be made up if cancelled. Games cancelled due to weather will be made up at the end of the season. This will be noted on the schedule online. “Like” us on Facebook or follow us on Twitter for weather cancellations.



## LEAGUE DIFFERENCES

### Recreation League

1. The serve must be from the underhand position. No side or overhand serves allowed.
2. Recreation leagues, although competitive, play with very lax rules. Basically the ball should be hit cleanly even if it is hit with the open hand, and flagrant throwing of the ball should be called.
3. Recreation league players must understand that violations of rules happen. Experienced power players may not enjoy playing in a recreation league.
4. When two or more players of the same team contact the ball simultaneously, this is considered one team contact and any of the players may make the next play of the ball if the simultaneous contact is not the third hit.
5. Both sexes do not have to touch the ball before going over the net.

### Power and A League

1. The serve may be bumped or set.
2. The serve can be conducted in any manner—overhand, jump, side, or underhand.
3. Multiple hits may be allowed on first ball over the net. (A ball hitting the arms and then the chest may be played.)

### Coed League

One-Hit Rule—First ball any player can return across the net and any amount of women can return the ball over the net. **Power leagues only: If the ball is contacted more than once and the first is by a man, then a woman must touch the ball.**

Number of Men vs. Women—The number of women must be greater than or equal to the number of men. A minimum of one male must remain on the court at all times.



## LEAGUE RULES

### Playing the Ball

1. Maximum of three contacts on a side. Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent's area. Note—A block is not a hit.
2. Contact the ball with the body. The ball may be hit with any part of the body.
3. Simultaneous contacts with the body. The ball can contact any number of parts of the body down to the waist, providing each contact(s) are simultaneous, and that the ball rebounds immediately and cleanly after such contact.
4. Contacted ball. A player who contacts the ball or is contacted by the ball shall be considered as having played the ball.
5. Double contact. Players may have successive contacts of the ball during a single attempt to make the first team hit of the ball coming from the opponents, even if the ball is blocked, provided the ball is not held or thrown. Any player contacting the ball more than once, with whatever part of the body, without any other player having touched it between these contacts, will be considered as having committed a double hit. Such contacts are a fault. During the second or third team hit, successive contacts are illegal.
6. Held ball. When a ball visibly comes to rest momentarily in the hands or arms of a player, it is considered as being held. The ball must be cleanly hit. Scooping, lifting, pushing, or carrying the ball shall be considered as holding. A ball clearly hit with one or with both hands from below the ball is considered a good play.
7. Simultaneous contacts by opponent. If the ball is held simultaneously by two opposing players, it is a double fault and the first referee will direct a play over. (1) If the ball is contacted simultaneously by opponents and is not held, play shall continue. (2) After simultaneous contact by opponents, the team on whose side the ball falls shall have the right to play the ball three times. (3) If, after simultaneous contact by opponents, the ball falls out of bounds, the team on the opposite side shall be deemed as having provided the impetus necessary to cause the ball to be out of bounds.
8. Ball played by teammates. When two or more players of the same team contact the ball simultaneously, this is considered one team contact and any of the players may make the next play of the ball if the simultaneous contact is not the third hit.
9. Attacking over opponent's court. A player is not allowed to attack the ball on the opposite side of the net. If the ball is hit above the spiker's side of the net and then the follow through causes the spiker's hand and arm to cross the net without contacting an opponent, such action does not constitute a fault.
10. Assisting a teammate. No player shall assist a teammate by holding such player while the player is making a play on the ball. It shall be legal for a player to hold a teammate not making a play on the ball in order to prevent a fault.

11. Back line attacker. A back line player returning the ball to the opponent's side while forward of the attack line, must contact the ball when at least part of the ball is below the level of the top of the net over the attacking team's area. The restriction does not apply if the back line player jumps from clearly behind the attack line, and after contacting the ball, lands on or in front of that line.

## **Blocking**

Blocking is the action close to the net which intercepts the ball coming from the opponent's side by making contact with the ball before it crosses the net, as it crosses the net, or immediately after it has crossed the net. An attempt to block does not constitute a block unless the ball is contacted during the effort. A blocked ball is considered to have crossed the net.

1. Blocking may be legally accomplished by only the players who are in the front line at the time of service.
2. Blocking or attacking a served ball is prohibited.
3. Multiple contacts of the ball by a player or players participating in a block shall be legal, provided it is during one attempt to intercept the ball.
4. Any player participating in a block shall have the right to make the next contact. Such contact counting as the first of three hits allowed the team.
5. The team which has affected a block shall have the right to three additional contacts after the block in order to return the ball to the opponent's court.
6. Back line players may not block or participate in a block, but may play the ball in any other position near or away from the block. Back line players may "soft" block, keeping the ball on their side of the net.
7. Block within the opponent's space: In blocking, a player may place hands and arms beyond the net, inside the antennas, provided this action does not interfere with the opponent's play. Thus, he/she is not permitted to touch the ball beyond the net until the opponent has executed an attack-hit. Any third team hit by the opponents may be blocked at any time after the contact. An attack ball is any ball coming toward the net. An attack ball can be blocked.
8. Contact of ball with net and block: If the ball touches the top of the net and a player participating in a block and then returns to the attacker's side of the net, this team shall have the right of three more contacts to return the ball to the opponent's area.

## **Play at the Net**

1. Ball in net between antennas. A ball other than a served ball, hitting the net between the antennas may be played again.
2. Ball crossing the net. To be good, the ball must cross the net completely between the antennas or their indefinite extensions.

3. Player contact with net. It is a fault to touch any part of the net or the antennas, except for incidental contact by a player's hair and insignificant contact by a player not involved in the action of playing the ball, players who are setting, attacking, faking an attack, or blocking are considered to be playing the ball until they have completed the contact, returned to the floor if they had jumped, and regained their balance.
4. Simultaneous contact of the net. If two opponents contact the net simultaneously, it shall constitute a double fault and a replay.
5. Crossing the center line. Contacting the opponent's playing area with any part of the body, except the feet and hands, is a fault. Touching the opponent's area with a foot or hand is not a fault, providing that some part of the encroaching foot or hand remains on or above the center line and does not interfere with the play of the opponent
  - a. It is not a fault to enter the opponent's side of the court after the ball has been declared dead by the first referee.
  - b. It is not a fault to cross the assumed extension of the center line outside the playing area..

### **Dead Ball: A Ball is Dead When . . .**

1. The ball touches an antenna or net outside an antenna.
2. The ball does not cross the net completely between the antennas.
3. The ball strikes the floor, wall, or any object attached to the wall. (A ball touching any boundary line of the court is good.)
4. The ball contacts the ceiling above the opponent's playing area or crosses the plane of the net into the opponent's court.
5. A player(s) commits a fault.
6. A served ball contacts the antenna or other object.
7. The first or second referee blows a whistle, even though inadvertently.

### **Scoring**

1. All three games will be played to 25 points during regular season. (30-point cap—win by two or first team to 30 points). Tournament play will be best 2 out of 3 to 25 cap of 30, third game to 15, cap of 20.
2. A point is awarded upon the completion of every play. (Side-out is no longer used.) It is not necessary for the winning team to be serving at the time the winning point is scored.
3. If the serving team wins the rally, it scores a point and continues to serve. If the receiving team wins the rally, it scores a point and gains the right to serve; its players must rotate one position clockwise before serving.
4. Net serves are to be included in all matches. Net or let serves occur when a served ball touches the net, but goes over, remaining in play.



## **CONTROL OF CHILDREN**

If an official must stop play due to a child's action, the official may sanction the team whose player is responsible for the child. If the official has to stop play again because of a child on the same team, the official may request that a player leave the court to monitor the child. This could result in a forfeit if that team does not have enough players to continue.



## **JEWELRY/FORBIDDEN OBJECTS**

It is forbidden to wear any object that may cause injury to another player, such as pins, bracelets, casts, etc. (Watches, rings, and dangling earrings will not be allowed.) If the official requests that a player remove an item, that player must do so before being allowed to return to the game.



## **AWARDS**

Eight T-shirts will be awarded to the top two teams in each division's tournament.

### **Tie-Breaking Method:**

1. Head-to-head competition.
2. Comparison between teams ahead of them.
3. Points scored versus points allowed.
4. Coin flip.



## **MINIMUM NUMBER OF PLAYERS/FORFEITS**

Game time is forfeit time. Teams must be able to field a team of at least four players by game time. Teams will be allowed to begin a game with four players but cannot finish with less than four. At any time during a game when a team drops below four players due to injury or disqualifications, the game is forfeited.

Starting time for all games is printed on schedules. A team not ready to play at the scheduled time shall forfeit the first game. After ten minutes, they shall forfeit the second game. At 20 minutes after the scheduled time, they shall forfeit the entire match. Referees scheduled for the match must remain until the 20-minute forfeit time elapses.

Teams forfeiting more than three games throughout the season will not be allowed to play in the end of the season tournament.

Any team suspended from the league for any reason will not be given a refund of their entry fee.





## **UNSPORTSMANLIKE CONDUCT**

*Don't trash your officials!*

No player shall at any time lay a hand upon, shove, strike, abuse physically or verbally, or threaten a player, teammate, or spectator. A Parks and Recreation League Supervisor is required to suspend the player immediately from further play and report such players to the Parks and Recreation Coordinator. Such player shall remain suspended until the Parks and Recreation Coordinator has considered the case.

- a. Minimum penalty: Suspension from one league match.
- b. Maximum penalty: Suspension from all recreational activities for the rest of the season and probation for the following year.
- c. Unsportsmanlike conduct is not part of this game!



## **ADDITIONAL TEAM AND PLAYER CONDUCT POLICIES**

- a. Only the team captain may confer with the League Supervisor regarding a dispute during play. A violation may result in ejection from the game or a forfeit.
- b. Fighting during league play will automatically result in a suspension of a minimum of three matches.
- c. Verbal abuse and threats of violence directed at a League Supervisor (whether during or after a ball game) may result in a one-year suspension.
- d. Anyone physically attacking a League Supervisor will automatically be suspended for the year.
- e. Use of foul language is not permitted during league play. Players suspicious of being intoxicated will be asked to leave.



## **UNIFORMS**

Uniforms are not mandatory for volleyball leagues.



## **MANAGER'S RESPONSIBILITIES/GENERAL INFO**

Collect all players' signatures and turn in the roster before play begins the first night.

Roster changes or additions must be reported.

Provide copies of league schedules to all team members or direct them to the website.

Inform teammates of all rules and guidelines.

Any contact with the League Supervisor during the game is to be made by the team manager.

Managers are responsible for all player and spectator behavior on his/her team and must ensure that the League Supervisor and the opposing team are always treated with respect.

During any given match, if there is a rule that is in question, the game must be stopped. Team captains need to meet with the league supervisor on hand to determine and solve the rule discrepancy to resume play. Questioning of rules after matches are completed will not be honored and games will not be overturned.

During any given match, if there is a roster/player in question, the match must be stopped. Team captains need to meet with the league supervisor on hand to determine and solve the roster in question. Any challenging and questioning of rosters will not take place or be honored after the matches or games are complete.

**Forfeits:** If you know you will not have a team ready to play, please call Nicole by 12 p.m. at 605-978-6931 so we may contact the other team.



## **WEATHER POLICIES**

The weather forecast is closely monitored by thy Recreation Program Coordinators. If the forecast looks unfavorable, a press release will be sent out to all media contacts announcing that all play has been cancelled or postponed. Team captains will also be notified if time allows.

If thunder is heard, participants will be pulled off of the fields and asked to take shelter. Play will resume 20 minutes after the last thunder is heard. The league supervisor will make that call in conjunction with the Recreation Program Specialist and/or the "on call" Recreation Program Coordinator.

The above mentioned will stay in close contact with the National Weather Service when weather conditions warrant concern. If threatening weather persists, games will be called off and made up at a later date.

Court conditions will be monitored when wet weather is a factor. If court conditions are a safety concern, play will be cancelled or postponed.

Please contact the Parks and Recreation Office at 605-367-8222 if you have any questions or concerns regarding the weather.





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