



Sand League Rules and Info

General Information:

- **Address:** Sand Courts Location: 5045 Grant St (behind Firehouse Subs/Keg on Arrowhead Pkwy)
- **Contact Info:** League Director: Paul Nagel, 605-366-4835 (call/text ok), paulnag14@gmail.com
- **Weather:** All weather announcements will be put on www.digzvolleyball.net/standings/ There will be a "Playing" or "Cancelled" notice on the top of that page. All weather cancellations will be made by 5:00. If games are cancelled after the first match of the night started, each team captain will be notified via text. If there is lightning in the area, games will be postponed or cancelled until the lightning passes.
- **Please Note:** Digz organizes the leagues. The employees present at the facility will not know the answers regarding VB. After the first couple weeks, Paul will NOT be present at all leagues every night, but available via phone/text/email.
- **Forfeits/Questions: Please notify Paul at the # above if your team will not make it to a scheduled match. Do not wait 10 minutes prior to your scheduled game...your opponent is probably already on their way.**
- **Forfeit Rule:** If teams have more than 2 forfeits, they will not be eligible for end of season tournament
- Please no sunflower seeds unless you have a cup to dispose the shells into. We don't want shells getting into the sand
- **Volleyballs:** (Adults) We will have a check out system this season. If you'd like to check out a ball, a credit card/keys will be required as a security deposit. The card will be held until the ball is returned. If ball isn't returned, card will be charged \$30. Feel free to bring your own ball, if you'd like. Jr leagues, Balls will be provided

General Volleyball Rules:

- Teams that win the end of season tournament will be asked to move up a league if there is a higher league on the same night you already play.
- Players can not be on multiple team rosters on the same night.
- If you are protesting a roster, the protest MUST be before the first team scores 10 points of the first set. Any protest after that will not be heard.
- End of season winners will receive T-shirts
- All participants in adult leagues must be 18 years of age or older. Participants in the Juniors leagues must have parental consent to participate.
- All participants must sign a roster before first league game. Players can be added to rosters up until August 1st.
- Minimum players on court: 6v6 (3 players) – 4v4 (2 players) – 2vs2 (2 players)
- All leagues are rally scoring. 3 games to 21, win by 2, cap of 25. Please record your match results at the end of each match.
- **Touching the net between the antenna with any part of a players body, in all leagues, is a violation. This is for the safety of all. This rule applies to all leagues, all levels.**
- In general we will follow USAV rules. Any disputes should be replayed or the league director has final say.
- No blocking or attacking a serve
- Overhand serves are legal in all leagues
- A block does not count as a contact in 6v6 or 4v4 leagues.
- Contacting the ball with the foot or any other body part is legal
- No pursuit rule...if the ball goes into another occupied court, the ball is out of bounds.
- Defenders can't reach over the plane of the net to touch a ball unless it is a block attempt
- Players may cross the imaginary center line as long as it does not interfere or touch an opponent. If you interfere with the opponent, it is a violation. Again, for safety for everyone.
- The volleyball can't be held or "roll" up a players body...this is a lift and a violation.
- Any disputes in rules should simply be replayed.

- If teams are 10 minutes late for a match, they forfeit the first game. If they are 20 minutes late, they forfeit the match.
- Regular season standings will track games won and lost, not matches. 3 possible wins per match.

Coed Rules:

- The below rules are in addition to the General Volleyball Rules above
- If there is more than one contact, a female must touch the ball
- During regular season games, teams can have one more male on the court than females (no more than 3 males at a time).
- During end of year tournaments games, teams must have equal number of males to females, or more females than males.
- Lineups must alternate male-female when equal numbers on the court

4v4 Rules:

- The below rules are in addition to the General Volleyball Rules above
- There is no overlapping violation where each player stands on the court.
- Teams do NOT need to rotate positions on the court.
- Teams do rotate through serving position
- Serving players can come to front row to block/attack
- No open-hand tipping – players must attack, “knuckle”, bump or roll shot the ball over
- Swipe blocking, or directional blocking is ok – this is only ok during a block attempt
- Set overs must go in the direction of the setters shoulders. There is no angle setting the ball over
 - For example: If a setter is setting the outside hitter on a “5”, and the ball goes over the net, it is a violation because the setters shoulders and intent was for it to stay on their side of the net to their outside hitter
 - If the ball is set over the net, the ball MUST land in the same direction of where the setters shoulders are facing and must have a **clear & obvious upward trajectory**. You should not be trying to score with a set over.
- Serves and free balls CAN be received with open hands

2v2 Rules:

- The below rules are in addition to the General Volleyball Rules above
- There is no overlapping violation where each player stands on the court
- Teams do not need to rotate positions on the court...only who serves
- In COED 2v2, it is courtesy for the male server to serve to the male opponent. Female server to serve to female opponent. This is not a rule, just 2v2 courtesy. No need to “redo” the serve if serve doesn’t go where you intended.
- No open-hand tipping – players must attack, “knuckle”, bump or roll shot the ball over
- Set overs must go in the direction of the setters shoulders. There is no angle setting the ball over
 - For example: If a setter is setting the outside hitter on a “5”, and the ball goes over the net, it is a violation because the setters shoulders and intent was for it to stay on their side of the net to their outside hitter
 - If the ball is set over the net, the ball MUST land in the same direction of where the setters shoulders are facing and must have a **clear & obvious upward trajectory**. You shouldn’t be trying to score by setting the ball over the net...you’re just keeping the ball alive.
- A serve or free ball can’t be received with open hands – must use platform or closed hands
- Open hands CAN be used on hard driven attacks (not serves).
- If blocking, a block counts as a first contact
- Double contacts on sets are illegal. Use your best judgement here.
- We have A LOT of new 2v2 teams in adults and juniors. Come to a agreement with your opponent on how you will play. Possibly give your opponent a few “mulligans” to adjust to the rules of a 2v2 game, and just replay the point.
- All leagues are “call your own” violations. Double contacts, illegal contacts, illegal set overs, are areas to keep in mind. No refs will be provided.
- Juniors 2s: Paul will be present most of the weeks to provide feedback, technique, strategy to all teams. I encourage the girls to ask questions to help improve their game!

