



TEAM SPORTS PROGRAMS

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ADULT SAND VOLLEYBALL LEAGUE RULES

DOUBLES AND QUADS

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- LEAGUE RULES ARE LISTED IN ALPHABETICAL ORDER BY SECTION.
- DURING LEAGUE PLAY AND PLAYOFFS, USAV BEACH VOLLEYBALL RULES WILL BE ENFORCED EXCEPT WHERE MODIFIED BY REC & ED ADULT VOLLEYBALL LEAGUE RULES.

SECTION I: ADMINISTRATIVE RULES

1. **ADMINISTRATIVE DATES TO REMEMBER**

Thursday before play starts: Rosters, player contracts and team fees may be turned in at Community Education and Recreation, located at 1515 S 7th, between the hours of 8:00 A.M. and 4:30 P.M. Contracts turned in after the pre-season deadline will be charged a \$2.00 per contract late fee. Late fees are due at the time of submission.

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♦ Player contracts and fees will not be accepted at the courts.

2. **AWARDS**

A. Individual awards will be presented to league, playoff, and division champions.

B. Individual awards will be presented to the second place team in any single division league that consists of more than eight teams.

3. **COURT USAGE**

A. In all leagues, scheduled match time is fifty-five minutes.

B. Upon completion of the match, teams may stay on the court until the full scheduled match time expires.

4. **FORFEIT & RE-ENTRY POLICY**

A. Any team that forfeits two matches in a season--except forfeits due to use of ineligible players, ejection, or injury--will forfeit all its remaining matches, unless a \$50.00 league re-entry fee is paid.

B. A team must pay the league re-entry fee at Rec & Ed within seven days of its second forfeit. A reminder will be sent only as a courtesy measure to notify a team of its second forfeit. If a team is not sure of its number of forfeits, it is the team's responsibility to contact the league statistician at 994-2300 ext. 218 to verify its forfeit status.

C. The Team Sports Manager may waive the league re-entry fee at his or her discretion.

5. **PARKING REGULATIONS**

Do not park automobiles on the grass. This may result in vehicle ticketing and/or towing.

6. **Sub Pool**

The sub pool is designed to prevent forfeited and rescheduled games by providing teams with available last-minute legal substitutes. The constraints and procedures are as follows:

A. Each sub must be registered with Rec & Ed by paying the sub pool fee and signing a player form/liability waiver indicating that they understand there is no guarantee of being called upon to sub.

B. Players may register for the sub pool at any time during the season. There are no 'late' fees.

C. Subs will designate themselves as "A" or "B/C" level players. "B" players may sub in "A" level leagues, but "A" players may NOT sub in "B" or "C" level leagues.

D. Players may register in the sub pool even if they are on a roster as a member of a team in the sand league. However, they may NOT sub on a team in a league in which they are already a legal team member.

E. If a sub is asked to officially join a team on their roster, they must be legally added to that roster and any late fees apply. No additional non-resident fees are charged.

7. **PLAYER ELIGIBILITY REQUIREMENTS:**

A. If a legal protest of a player's eligibility is validated by Rec & Ed, the team using an ineligible player shall forfeit the game(s) in which the individual participated. Use of ineligible players will result in probation and/or suspension of the ineligible player or players and the team's captain.

B. Eligibility Stipulations

1. Men are not permitted to participate in women's leagues; however, women may participate in men's leagues.

2. Players must be 16 years old to play in Adult league and 12 years old to play in the "U22 league".
 - a. If players in the adult league are between the ages of 14 and 16, the Rec & Ed Department must receive a letter from a parent/guardian stating that their child's participation in the adult volleyball league would not be developmentally damaging and not hinder their academics.
 - b. Before participating in league play, the child must receive a letter from the Team Sports Manager approving their participation.
 3. No player is allowed to participate on more than one team per program.
 Example: Player A may play on one men's Quads team and one men's Doubles team but not on two men's Quads teams or two co-rec Doubles teams. Players who play in the 21 & under league MAY also play in any adult league.
 4. No player may participate until his or her player contract is submitted to the Rec & Ed office and any appropriate fees are paid.
 5. Members of high school or collegiate squads shall meet recognized codes of the Michigan High School Athletic Association or their respective collegiate athletic association.
 6. No player may participate under an assumed name or address.
- C. Rec & Ed reserves the right to check rosters periodically during league play.
- D. Protests will be accepted on the basis of eligibility. A team may lodge a protest of eligibility under the provisions listed below:
1. Each team captain will be issued a copy of his or her team roster, which has been signed by the League Supervisor.
 2. Any protest of eligibility must be made to the site supervisor **before** the end of the match. Any protest lodged after the last point of the match will be denied.
 3. The team and player in question must show a current signed Sand roster and picture ID to prove eligibility. If a signed roster or picture ID cannot be presented, the match shall be completed under protest.
 4. The team in question must then file a protest appeal at Rec & Ed within 48 hours. There is a \$15.00 fee for roster verification. If a protest appeal is not made within 48 hours, the protest will be upheld and a forfeit will be declared for all games in which the ineligible player participated.
- E. Penalties for Infractions
1. Any player who plays ineligibly shall be suspended for a minimum of **three** matches from any team of which he/she is a valid member. The captain of the offending team will also be suspended for a minimum of **three** matches. All suspensions of this nature carry over to the next season if not completed during the current season.
 2. If an eligibility protest is lodged and the offending team or player walks off the court, and the captain fails to appeal the protest within the 48 hour time period, the offending player will be suspended for a minimum of **four** matches from any team of which he/she is a valid member, & the captain of the offending team will also be suspended for a minimum of **four** matches. All suspensions of this nature carry over to the next season if not completed during the current season.
 3. All Rec & Ed rulings are final. Protests of eligibility not covered in this rule will be handled in spirit of the rule. The Supervisor may override suspensions if circumstances warrant.
8. PLAYER TRANSFERS
- A. A player may transfer from one team to another after obtaining a written release from the original captain and returning any team uniforms. The player must then submit to the Rec & Ed office the signed player release form along with a new player contract signed by the captain of his/her new team, and pay any applicable late and non-resident fees.

- B. A captain may refuse to release a player if the player does not return his/her uniform. In all other cases, a captain may not refuse to release a player.
- C. A released player will be allowed to transfer back to his/her original team only once.

9. PLAYOFFS & TOURNAMENTS

- A. In multiple-division leagues, four teams will play in a single elimination playoff to determine the league champion. **Playoff berths and tentative dates are listed on the league schedules. Weather cancellations at any point in the season can impact the playoff date.**
- B. In single division leagues, the team with the best overall regular season record will be the league champion.
- C. In all single division leagues, the top four teams will compete in a single elimination playoff which will determine the playoff champion.

10. POSITION PLAY

- A. **Position play is . . .**
Position play is a scheduling instrument Rec & Ed employs to complete or round out each team's full complement of matches.
- B. **Position play is not...**
Position play is not an elimination tournament or playoff.

Note: **Position play rankings do not change at any time during position play.**

11. ROSTER SIZE

- A. For Quads leagues: The minimum number of players required on the roster is four. The maximum number of players allowed on the roster is twelve. (Substitution is allowed during game play).
- B. For Doubles leagues: The minimum number of players required on the roster is two. The maximum number of players allowed on the roster is eight. (Substitution is NOT allowed during game play).
- C. **For Doubles Leagues: In the spirit of good sportsmanship, when both primary partners will be absent, every effort should be made to use legal substitutes or sub pool players of comparable skill level.**
- D. **Captains are free to make use of the sub pool for last-minute replacement players. "A" subs must compete only in 'A' level leagues. 'B' or "C" subs may play in any league.**

12. REFUNDS & NSF POLICY

- A. Refund requests must be put in writing. You may send an email to refunds@aaps.k12.mi.us.
- B. Refund requests must be submitted to Community Education & Recreation, 1515 S. 7th Street, Ann Arbor, 48103. Please include the following information: sport, league name, team name, captain's complete address, email, and phone number, and the refund recipient's name and complete address.
- C. Sponsor Fee Refund Request Deadlines:
 - 1. Sponsor fee refund requests submitted to Rec & Ed more than 14 days before the league's first scheduled match are subject to a \$10.00 service fee.
 - 2. Sponsor fee refund requests submitted to Rec & Ed between 14 and 7 days before the league's first scheduled match are subject to a 50% service fee.
 - 3. Sponsor fee refund requests submitted to Rec & Ed less than 7 days before the league's first scheduled match are denied.

Note: **Refunds take 4 to 6 weeks to process.**

- D. If a captain writes a check that is returned for non-sufficient-funds (NSF) or written on a closed account, she/he will be notified by Rec & Ed. After notification, the team will forfeit all of its matches until a cash payment is made for the amount of the check plus the \$50.00 league re-entry fee.

13. DO NOT BRING TO THE SAND COURTS
- A. Smoking cigarettes and the use of or possession of alcoholic beverages and/or illicit drugs are not permitted on school grounds. All violators will be removed from the building.
 - B. **Dogs at Sand Volleyball:** For the safety & enjoyment of all sand volleyball players & spectators, please do not bring dogs to the sand courts unless you have a non-playing adult to play with / supervise them. Dogs left tied up while the owners are playing tend to bark a lot and strain at their leashes. Dogs lunging at their leashes may frighten or injure children using the park, and the barking is hard on everyone!
 - C. Due to safety considerations, small children should only be brought to the court if a non-playing adult is available to supervise him/her away from the court. Site Supervisors do not supervise children at the site.
14. TIES
- A. If there is a tie for the division or league championship, the following tiebreaker instruments will be used in the order listed:
 1. Head to head results during the season (games);
 2. Head to head point differential during the season between the tied teams;
 3. One game to 21 rally score.
 - B. If more than two teams are tied for the division or league championship, the third tiebreaker instrument (listed above) will be a bracket or round of single rally score games to 21 points between the tied teams. Seeding will be determined by the following methods in the order listed:
 1. If a tie exists between two teams that did not play each other during the regular season, they will be paired for the first round of play, with the remaining team receiving the bye.
 2. If all teams have played each other during the regular season, teams will be seeded by head-to-head point differential.
 3. Random draw.
 4. If this does not resolve the tie, the tie will be broken by:
 - a. Head to head point differential during the tiebreaker round;
 - b. Coin flip
 - C. If there is a tie for the final playoff spot, a one-set tiebreaker will be played (21 points, no point cap). If there is an odd number of teams tied for a playoff spot, a bracket of single, 21-point games will be played. If this round does not resolve the tie, the following tiebreaker instruments will be utilized in the order listed:
 1. Head to head point differential during the tiebreaker.
 2. Coin flip. Note: If possible, all tie-breakers will be scheduled the night of the scheduled league playoffs. If this is not possible, playoffs will be postponed a week.
 - D. If a tie exists which affects position play or playoff seeding, the following tie-breaker instruments—in the order listed—will be used:
 1. Head to head competition between the tied teams (including the use of win percentage).
 2. Head to head point differential.
 3. Results vs the other playoff teams
 - E. If there is a tie for Runner-Up Awards (leagues or divisions of more than 8), the result of the playoff semi-final between the 2nd and 3rd place teams will determine the league runner-up.
15. UNIFORMS
Uniforms are not required.

16. VALUABLES
Do not leave valuables unattended on school grounds. Rec & Ed and the Ann Arbor Public Schools are not responsible for any lost or stolen valuables.
17. VOLLEYBALLS
A. Teams are to provide their own volleyballs for warm-up time.
B. The volleyball supplied by Rec & Ed is to be used only for official matches.
18. WEATHER POLICY
A. For information regarding match cancellations, check the website or call the Rec & Ed weather update line at **734-994-2300 ext.53115** between 4:00 P.M. and 4:30 P.M.
B. All matches are cancelled if a tornado warning or severe thunderstorm warning (not a “watch”) continues beyond 6:00 p.m. for Washtenaw County.
D. If a severe weather warning is issued while matches are underway, play will be suspended by the site supervisor and continued at a later time.
E. If games are suspended due to inclement weather, the game is stopped and will resume when the “all clear” is sounded. The match in progress will be completed without being shortened. Matches beginning later in the evening may be cancelled at the site supervisor’s discretion
F. **If thunder is heard or lightening is seen at the court, the game is immediately suspended for at least 30 minutes and all participants and staff should seek shelter. Play may resume once lightening & thunder have not recurred for 30 minutes.**
G. The site supervisor has authority to suspend or cancel play

SECTION II: MATCH RULES

19. COURT / ADJACENT COURT
A. **COURT SIZE FOR ALL LEAGUES WILL BE 8 METER COURTS**
B. Any ball hit into the adjacent court is considered a dead ball.
D. If a player enters the adjacent court before, during or after playing the ball, the ball is dead and a point or side out is awarded to the opposing team.
E. Rule 18 A. and B. are in effect whenever a match is scheduled on an adjacent court, including a scheduled match that is forfeited on site.
20. ALTERNATE HITTING
When the ball is played more than once by a team, a female player does **NOT** have to make one of the contacts.
21. BALL ON THE COURT & OTHER EXTERNAL INTERFERENCE
A. If a ball from the adjacent court or any other external interference does not affect the outcome of the rally, the rally is counted. Otherwise, the rally is immediately cancelled and replayed. A shouted warning (such as “Ball on!”) may be sufficient to affect the outcome of play, provided the player had a chance to make a legal play of the ball. Misuse of this privilege constitutes unsportsmanlike conduct. (21.2)
B. A point shall be replayed any time *both* teams agree that a ball on the court interfered with play.
22. BLOCKING
A. In all leagues, players are free to position themselves anywhere within the court. There are no positional faults (Rule 18.4.4). Thus, any player may block or attack from anywhere on the court.
B. For Doubles and triples competition: blocking **DOES** constitute a team contact, and either player may make the second contact of the ball after the block. (18.4.1)

- C. For Quads competition: blocking **DOES NOT** constitute a team contact, and any player may make the first contact of the ball after the block. (18.4.1)

23. BLOOD RULE

If a player incurs an injury that causes bleeding, the game shall be stopped. A time-out shall be used by the team to control and cover the bleeding, or the player shall be replaced (Quad leagues). In Doubles leagues, or if a substitution cannot be made, refer to League Rule 27.D. or USAV Beach Volleyball rule 21.1.2.

24. COURT SWITCHES

Court switches are team exchanges of playing courts that occur at specified times during a game.

- A. In both Quads and Doubles leagues, court switches occur each time the total number of points scored is a multiple of five, regardless of which team is serving.
- B. Teams may agree before the match to forgo court switches if weather conditions are deemed equitable.

25. FORFEIT TIME

- A. Scoring for the first game of the match will be started at the scheduled time. If the minimum number of players (2) is not present at scheduled match time, play may begin within the next 14 minutes provided the team reaches the minimum number of players. The penalty is 1 point per minute to the opponent. For example, if the short-handed team has its 2nd player lined up on the court 5 minutes after the scheduled match time, Game 1 begins with the offending team down 0-5. The maximum penalty a team can start game 1 with is 0-14.
- B. The point penalty will continue to be assessed until the short-handed team has two players ON THE COURT PREPARED TO PLAY or until 15 minutes past scheduled game time. The penalty does not stop when the late player gets out of their car. Only full minutes past are considered in point penalties, not seconds or partial minutes. So a team that is ready to play 7 minutes and 35 seconds after the scheduled start time would start the match 0-7, not 0-8.
- C. Time outs MAY still be taken before the start of the match, and the use of time outs does NOT increase the penalty point assessment. Each team has ONE 30-second time out per game.
- D. Forfeit time for the remaining games is 15 minutes after scheduled match time. Teams may scrimmage for fun until their allotted court time is over.
- E. The Site Supervisor shall determine the official match/forfeit time and total number of points penalized. In any question, the Site Supervisor's time shall be considered the official time.

26. JEWELRY / EQUIPMENT

- A. Players **may** wear such items such as jewelry, hats, visors or eye wear. Players wear these items at their own risk. It is forbidden to wear any objects that may cause injury to another player. (5.3.1)
- B. Players are to play barefoot. (5.1.4). Sand socks are allowed for hot sand.

27. LINE-UP

- A. Captains must sign in all players with the site supervisor before the first game.
- B. Only players who are present may be signed in.
- C. Players who report late must sign in on the score sheet before entering the match.

28. MINIMUM NUMBER OF PLAYERS

- A. In all leagues, the minimum number of players allowed to begin and continue play is two.
- B. In Co-Rec, there may not be more men than women on the court or vice-versa.

Exception: If a team is forced to play with less than even number of women and men or forfeit a game/match because of 27.B., the rule may be waived if the captains of both teams agree before the match. This rule will then be waived for the entire match. If the opposing captain agrees, acceptable team configurations for CoRec quads are: 2 of one gender and one of the other, 3 women and 1 man, or 4 women. 3 men and 1 woman is an illegal Corec lineup.

- C. Quad teams must play with four players when four players are present. (Co-Rec: when two men and at least two women are present.)
- D. If an injured player is unable to play and no substitutes are available, if the only other alternative is a forfeit, the injured player may be granted a five-minute recovery time (maximum of one per match). If, after the injury time-out, the injured player still is unable to play, a forfeit is declared. (21.1.2)
- E. When a Quads team starts with less than four players, additional players may be added under the following conditions:
 - 1. Any new player must sign in on the line-up sheet.
 - 2. A time out must be called (charged to the team bringing in a late player)..
 - 3. A player entering the game while his or her team is serving may not enter in the service position if the player in the service position has already begun that term of service.
 - 3. If no time-outs are available, a team may add an additional player only at the start of the next game.

29. NET & CENTERLINE VIOLATIONS

- A. It is a fault for a player or a player's clothing to touch any part of the net. Incidental contact of the net by the player's hair is not considered a fault. Contact of the net by a player's head IS a fault. (15.3.1.1).
- B. Players may cross the center line after a legal play of the ball, provided this does not interfere with the opponent's play. Incidental contact with an opponent is ignored, unless such contact interferes with an opponent's opportunity to play the ball. (15.2)

30. PLAYING THE BALL

A. RECEIVING THE SERVE - NO FINGERS!

USAV Beach rules require that EVERY ball played using the fingers must come out "clean". To make all matches run smoother and avoid "rules discussions", all serves must be received without using fingers. In other words, there is no "setting the serve". Overhand "Beach Digs" are fine.

- B. **Please note: Unlike indoor volleyball rules, Rule 13.4.2 in USA Beach Volleyball Rules states: "Plays involving finger action require special attention. If the play is DEFENSIVE and reactive in nature, as in the case of a hard-driven ball, momentarily held or double-hit balls are **not** considered faults. If the player decides / intends to employ finger action, as in the case of off-spiced hit defense or setting, the action **MUST** be clean." (page B22).**
- C. It is always a fault to send the ball over the net using the fingers, such as an open-hand tip or dink. Rule 17.2.3.
- D. Ann Arbor Rec & Ed League Rule: A "set-over" is a fault. (Definition of a set-over: Hand-set ball that crosses over the net, whether intentionally or due to the elements).

31. PROTESTS AND RULES INTERPRETATION

- A. Questions regarding rules should be referred to the site supervisor.
- B. There will be no protests allowed on site supervisor's judgment decisions or rules interpretation. The site supervisor will make the final decision on rules interpretation before the next service.

32. SCORING FORMAT FOR GAMES

- A. In all leagues, three games to 21 points constitute a match. There is a cap of 23 points.
- B. All games count in the standings.

- C. All matches are played to completion. **There are no time limits on games!**
- D. Team captains are advised to verify their number of games won at the end of the match by checking and initialing the score sheet.

33. SCORING AND FORMAT FOR PLAYOFFS

- A. In all leagues, playoffs are best two out of three games to 21, with rally scoring and point cap of 23.
- B. Deciding games (third games) are rally-scored to 15 points WITH NO POINT CAP and a court switch at multiples of 5.

34. SCREENING

The server's teammates must not prevent the opponents, through screening, from seeing the server or the path of the ball. On an opponent's request, a player must move sideways or bend over or down. (16.6)

35. SERVICE

- A. It is the responsibility of the server to assure that both teams are ready for service. A player on the receiving team may stop play when not ready for a service as long as no attempt to play the ball is made. In this case, the rally is cancelled and replayed.
- B. The server may move freely behind the end line. The server's foot may not go under a boundary line. At the moment of take-off for service, the server must not touch the ground outside the service zone. (16.5.1)
- C. If the server releases the ball for service and does not complete the service, the team will be penalized by loss of rally (16.5.6).
- D. In all leagues, there is no rotation. Teams must maintain correct service order.
- E. Courtesy Rule: In Co-Rec Doubles, it is considered good sportsmanship for the male to serve to the opposing male player.
- F. **LET SERVES ARE LEGAL.**

36. SPOKESPERSON AND SPORTSMANSHIP

- A. Only the captain may address the site supervisor. In doubles, both players are considered captains.
- B. Unsportsmanlike conduct and profanity will not be tolerated. Reports of unsportsmanlike conduct may result in match forfeiture / cancellation of the next scheduled match.

37. SUBSTITUTIONS

- A. In Doubles, substitutes are NOT allowed during game play, but a player may be replaced between sets.
- B. In Quad leagues, teams may use unlimited substitutions as long as one player does not occupy more than one position in the service order during a single game. (Rule 9)
- C. In Quad leagues, teams may also choose to rotate extra players into the service position. The Quads team captain must inform the opposing captain before each game which method of substitution will be used

Note: In Co-Rec, men must substitute for men and women for women.

38. TIME-OUTS

- A. Each team is allowed one 30 second time-out per game. (Rule 19 2)

39. WARM-UP TIME

- A. Teams may warm up on the court 5 minutes prior to scheduled match time. If matches are running behind schedule and encroaching darkness becomes an issue, the oncoming teams' on court warm-up time may be cancelled at the discretion of the site supervisor. Surrounding fields are always available.
- B. During warm-up time, teams must make every effort to prevent balls from entering the opposite court. Failure to adhere to this standard may result in loss of on court warm-up time.

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