

DATE: 3-15-18  
TO: Coed Sand Volleyball Teams  
FROM: Urbandale Parks and Recreation Department  
RE: 2018 Coed Sand Volleyball League



Urbandale Parks and Recreation is offering a NEW Coed Sand Volleyball League! This is a great way to get out and enjoy the outdoors, play with your winter teammates, compete, and meet some new friends that share similar interests.

Attached is a registration packet, complete with roster form and tentative league rules.

*We will have a team captain's discussion prior to the release of the schedule to make sure all teams have an opportunity to give input on the league. Please read the tentative rules carefully so you are able to offer input!*

We will be offering two leagues, based on entries. One league will take place on Tuesday evenings and the other on Thursday evenings. Both leagues will be for intermediate teams whose primary focus is on having fun and enjoying team competition.

*If we end up with an odd number of teams, teams may have a bye or double header depending on the number of teams registered.*

The league fee will be \$125. Payment is accepted by check, cash, Mastercard/Visa, or Discovercard.

**Registration Deadline: Friday, May 11 at 5:00 p.m.** Registration is open to any team. No priority is given to Urbandale Winter league teams. **Maximum 7 teams each night.**

Schedules will be available three (3) days after the captain's discussion takes place. We will e-mail schedules to the team captains on this day to the e-mail address provided on your sign-up form (**so please be sure to include that in your registration information.**)

Our office is located at 3600 86th Street and we are open 8:00 a.m. - 5:00 p.m. Monday – Friday. If you have any questions, please feel free to call our office at 278-3963.

# 6 on 6 Coed Sand Volleyball Rules

The following rules will be enforced in the league. There will be one official per match to make in/out, net violation, and illegal contact calls. No linesmen are being used and if a call cannot be made or agreed upon, the point will be replayed. USVBA rules will be used, including and altered by the following:

## A. FORFEITS

1. If your team needs to forfeit or reschedule a game, please notify the opposing captain and Urbandale Parks and Recreation at least three (3) hours prior to the scheduled match.
2. If you wish to reschedule a game, please work with both the opposing captain and Urbandale Parks and Recreation to find a time that works for all parties.
3. If your team forfeits a game without contacting Urbandale Parks and Recreation **AND** the opposing teams captain there will be a \$30 fine. This fine must be paid before the next scheduled game. If the fine is not paid before the next scheduled game, all subsequent games will be forfeited until the fine is paid.

## B. ELIGIBILITY AND ROSTERS

1. All players must be at least 18 years of age on the first day of league play.
2. All players must be on the roster before they can play. To play in the year end league tournament, a player must be on the roster and have played in at least one (1) match.
3. Players may play in as many leagues as they would like. But, can only play on one team in each league.

## C. GENERAL RULES

1. A team must have four eligible players to begin and finish a game, and both genders must be represented. The male/female hit rule is still in effect. These are the only allowable combinations:
  - a. If playing with four players: 2M-2F or 3F-1M
  - b. If playing with five players: 2M-3F or 3M-2F
  - c. If playing with six or more players: 3M-3F or 4F-2M
    - i. If another male or female arrives, the current game must be finished with the 4F-2M (or 3F-1M, 2M-3F, 3M-2F) rotation. The next game in the match will then be a 3F-3M rotation.
    - ii. Proper 4F-2M rotation: F M F F M F
    - iii. Players must alternate male/female and must stay in rotation. Substitutions are allowed at the serving position. Substitutions entering the game must replace the same gender and start their rotation as the server.
    - iv. Teams short players, may play one (1) of the above combinations and must notify the official. There is no "ghost" rule in sand volleyball.
    - v. If at least four players (from the allowable combinations above) are not present within five (5) minutes after the scheduled time of the match, the team will forfeit

game number one. If a team has less than four eligible players after ten (10) minutes of match time, all games for that match will be forfeited.

2. A single game is 25 points with rally scoring; a winner must lead by two or be the first team to reach the 28 point cap. (You do not need to win by two if the game is decided by the 28 point cap). The third game is to 15 points, win by two, with a cap of 18 points.
3. Teams will be scheduled to play three-game matches. All three games will be played. A 45 minute time limit will be in effect for each match.
4. For every game played, teams will get two team points for a win, one point for a loss, and zero points for a forfeit.
5. When the ball is played more than ONCE by a team, at least one of the contacts shall be made by a female player. Contact during blocking shall not constitute playing the ball. There is no requirement for a male player to contact the ball.
6. Basic Misconduct Procedure:
  - a. Warn manager.
  - b. Award one (1) point or side-out.
  - c. Ejection of the player.
  - d. Forfeiture of game.
  - e. Forfeiture of match.
  - f. The above procedure may be circumvented if the situation warrants stronger action.
7. There is no tobacco allowed on the premises (including smokeless). Beer, soft drinks, food items are allowed, but please keep them off of the volleyball court. Dispose of trash before leaving park.
8. Absolutely no contact with the net will be permitted. A player may follow through over the net and block over the net as long as they do not touch the net and land in their own court. There is no center line. Fault will be called only if a player impedes a defensive or offensive play from the other team by crossing what would be the center line.
9. At the beginning of each match, the two team captains must toss a coin, pick odd/even, rock/paper/scissors, or volley to determine which team will serve and which will receive. Teams will change court sides for each game.
10. Each team captain must fill out the score sheet prior to the start of the game.
11. Contact with the ball, whether digging, setting or spiking, must be instantaneous or will be called a carry. A contact may be made with any part of the body.
12. An overhead hit must be an instantaneous contact.
13. No timeouts will be allowed unless someone is injured.
14. Simultaneous fouls by opposing players will offset and the point will be replayed.
15. The defensive team may not block or spike a serve. Teams may set a serve but contact must be instantaneous.
16. A served ball that contacts the net and goes over will be considered a legal serve.

17. The offensive team must always have the opportunity to play their three hits. A set may not be blocked on the offensive teams side of the net (unless it is directed over the net), but if any portion of the ball breaks the plane of the net, either team may hit it.
18. Teams that win their division will be moved up one division next session/season.
19. Children attending matches should remain outside the playing/sand area.
20. If the server releases the ball for service (after the whistle/signal for serve) and does not complete the serve, they must allow the ball to hit the ground. If the server releases the ball for service a second time and does not complete the serve, a side out and point are awarded to the opposing team.

#### D. AWARDS

1. League and Tournament champions will receive t-shirts. Depending on the number of teams participating.
2. Ties for league champion will be broken first by prior head-to-head competition followed by head to head point differential. Champions will then be determined by overall point differential, and lastly by coin-flip.



**URBAN DALE PARKS & RECREATION**  
**Coed Sand Volleyball Team Roster**

**Division:**      **Tuesday League**  
**(circle one)**    **Thursday League**

**TEAM NAME** \_\_\_\_\_

**MANAGER: (Name/Address/Zip)** \_\_\_\_\_

**Phone** \_\_\_\_\_

**E-Mail Address (REQUIRED)** \_\_\_\_\_

**TEAM INFORMATION**

No.	First Name	Last Name	Address, City, Zip	Phone
1 (Mngr.)				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				

Return completed roster with league fee to Urbandale Parks & Recreation, 3600 86th Street, Urbandale, IA 50322.

