

# 2010 Sand Volleyball Leagues

League Director: Amy Bassett 612.230.6488  
[abassett@minneapolisparcs.org](mailto:abassett@minneapolisparcs.org)

**New Leagues Offered for both sessions!**

Checkout page 2 for details!

New location ~ newly remodeled Wirth Park volleyball courts

## League Information:

**Sand Session I : 5.16.10 – 7.22.10**

**Sand Session II : 7.25.10 – 9.23.10**

**Single Match Team Entry Fees:**

League:	6 Person	4 Person	2 Person (self-officiated)
Session I 2010 Only:	\$285.00	\$225.00	\$130.00
Session II 2010 Only:	\$285.00	\$225.00	\$130.00
Session I & II 2010:	\$545.00	\$430.00	\$235.00

Your team will receive 8 weeks (8 matches) of play w/ MPRB certified officiated games.

**Double-Header Team Fees:**

	6 Person	4 Person
Session I:	\$545.00	\$430.00
Session II:	\$545.00	\$430.00

Your team will receive 8 weeks (16 matches) of play w/ MPRB certified officiated games.

**Full payment is due at the time of registration!**

Cash, (1) Check (payable to MPRB Finance) or Credit Cards are accepted

Individuals looking to get placed on a team can register as a Free Agent. Free Agent information will be passed along to teams needing players or if enough individuals register an attempt will be made to organize a team from the Free Agent list.

**Free Agent Fee:** \$5 non-refundable listing fee

**Divisions:** Men, Women & Co-Rec (In order of difficulty)

- A** Must be adequate in bump, set, spike and block skills - challenging
- B** Willing to learn bump, set, spike and block. Good team play. Less challenging than A.
- C** Some skills - rules not tightly enforced, but structured. For beginning teams who have not played much together and need to improve their skills. Recreational play.

**Game Times:** Weeknights: 6:30, 7:30, 8:30 & 9:30pm / Sundays: 2:00 pm through 8:00 pm.

**Weather Policy:** The MPRB weather page will be updated by 3:30 p.m. on week day match days & 12:00 pm on Sundays ~ [www.minneapolisparcs.org](http://www.minneapolisparcs.org)  
 Check the MPRB homepage under "Quick Links" ~ "Check the Current Weather for Sports Activities". Last minute weather cancellations will be determined by the officials & they will contact the manager of each team.

**Who's Eligible:** Participants must be 18 years of age or older.

**Schedule:** Teams will be scheduled for 8 matches with no make-up games. Teams that do not play at least 7 matches will be refunded \$11.00 ~ one half of the game official's fee.

Double-header leagues will be schedule for 16 matches with no make-up matches. Teams that do not play at least 12 matches will be refunded \$22.00.

**Registration Dates:** All registrations will be date stamped when received in the office with priority going to:

**Sand Session I Dates 5/16 through 7/22**

1. Returning team same night of play will be **3/26/10**
2. Returning team different night of play will be **4/2/10**
3. New team entering the league will be **4/9/10**

Deadline for accepting registrations: April 23, 2010 or until leagues are full

**Sand Session II Dates 7/25 through 9/23**

1. Returning team same night of play will be **6/11/10**
2. Returning team different night of play will be **6/18/10**
3. New team entering the league will be **6/25/10**

Deadline for accepting registrations: July 2, 2010 or until leagues are full

**Registration Process:** Teams must submit the below three items to be fully registered.

1. Complete registration form w/ signed conduct agreement
2. Complete roster - the roster is considered final after the 3<sup>rd</sup> scheduled game
3. Registration fee w/ conduct agreement deposit (full payment is due at time of registration: cash, one check w/ full payment or credit card are accepted.)

**New Location: Wirth Volleyball Courts**

3200 Glenwood Ave. N, Minneapolis, MN 55422

**Days of Play ~ Single Match Leagues**

**Co-Rec**

Sunday	A	2-person
Monday	A	4-person
Monday	A	6-person
Monday	C	6-person
Tuesday	B	4-person
Tuesday	B	6-person
Wednesday	A	2-person
Wednesday	A	6-person
Thursday	A	4-person
Thursday	B	4-person
Thursday	C	6-person

**Women**

Sunday	A	2-person
Monday	A	4-person
Monday	B	4-person
Tuesday	A	2-person

**Men**

Sunday	A	2-person
Wednesday	A	2-person
Thursday	A	4-Person

**New Leagues Offered**

**CoRec**

Sunday	B	6-person
Sunday	C	6-person
Wednesday	B	6-person

**Days of Play ~ Double Header Leagues**

**Co-Rec**

Sunday	A	4-person
Tuesday	B	4-person
Wednesday	A	4-person
Wednesday	A	6-person
Thursday	B	6-person

**Women**

Wednesday	A	4-person
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**Men**

Sunday	B	4-person
Tuesday	A	4-person

**Make a difference!**

Volunteer at one of our recreation centers as a youth sports coach.

[www.minneapolisparks.org](http://www.minneapolisparks.org) search "volunteer coach"

Contact your league director for information on receiving a discount towards your next adult sports league.

**Earn Extra Cash!**

We are looking for youth & adult sports officials (we will train).

[www.minneapolisparks.org](http://www.minneapolisparks.org) search "officials"

## WOMEN, MEN & COREC SAND VOLLEYBALL LEAGUE RULES

The rules of the USAV shall be used as the general rules for play. Exceptions are listed below.

### CONDUCT

1. Sportsmanlike conduct is expected of all players, coaches, and managers. The referee has the power to expel any offender.
2. **Captains only** are allowed to address the referee regarding calls, score or to request time-out unless the referee has encouraged questions, during the first few weeks of play, for instructional purposes.
3. No players (including captains) may make profane or vulgar remarks to officials, opponents or spectators.
4. Players and spectators on the sidelines shall not advise the players on the court while the ball is in play. Example: In, out, woman, over, etc. Failure to comply may result in a penalty.

### ROSTER DEADLINE

1. All players must be signed and registered on the official team roster. The roster is considered final after the third scheduled game.

### GENERAL INFORMATION

1. **Teams must furnish their own volleyball.**
2. All teams are entitled to use the court for the duration of their scheduled playing time regardless of game format, except under special circumstances to be determined by the referee.
3. Women or men may substitute on one team. Substitutes may not sub within the same league, and must be on the roster as a sub.

### SCORING

1. Rally scoring will be in effect at all levels of play, winning by two points. Three matches will constitute a match with all three sets counting.
  - All 3 sets up to 25, capped at 27
  - The 3<sup>rd</sup> set will be dictated by time. The team that is ahead at the end of the time will win.
2. Tournament games (when apply):
  - First 2 sets up to 25, capped at 27
  - 3<sup>rd</sup> set up to 15, capped at 17 (if necessary)
3. Let serve will be in effect at all levels of play. If the served ball hits the net and goes over, it is legal to play.

### HOUSE RULES

1. All participants in MPRB Volleyball must be 18 years of age or older.
2. Each team is given one time-out per game.
3. All teams receive a 5-minute warm-up with 55 minutes of playing time.

### BALL CONTACT

4. Blocking, spiking and/or attacking will not be allowed on a serve.
5. Any player may contact the ball with any body part, above or below the waist.
6. While blocking, a player may touch the ball beyond the net, provided they do not interfere with the opponent's play, before or during the attack-hit.
7. Within the limits of the three team contacts, a player may contact a ball that has crossed the net below the net (or outside the posts) in an attempt to recover a ball that has not been contacted by the opponents.
8. It is permissible to run out of bounds to play a ball but you may not enter another court.
9. Players are not permitted to lift, push, catch, carry or throw.
10. The ball cannot roll or come to rest on any part of a player's body.
  - a. An exception is allowed during the defensive play of a hard-driven ball, which is an attack-hit or blocked ball traveling at a high rate of speed. In that case, the ball may be momentarily lifted or pushed, providing that the attempt is one continuous motion and the player does not change the direction of the motion while contacting the ball.

### **NET CONTACT / MISC.**

1. It is a fault for a player or a player's clothing to touch any part of the net.
  - A. Exceptions are: Incidental contact of the net by a player's hair or if a player's hat, visor or glasses fall off during play and then contacts the net.
2. Players may partially or completely cross the center line below the net or outside the poles either before, during or after a legal play of the ball, provided that this does not interfere with the opponent's play.
3. Incidental contact with an opponent is ignored, unless such contact interferes with the opponent's opportunity to play the ball.
4. While opposing players are not required to avoid the ball or player, they cannot intentionally interfere with any legal attempt to play the ball on their court.
5. If a player crosses the center line and interferes w/ an opponent during the continuation of a play, it is a fault.
6. A ball touching any part of the boundary line is in.
7. Foot fault will be enforced, while serving.

### **MPRB PLAY**

**6 Person:** Teams may register 12 players on roster & 4 players to start play

**4 Person:** Teams may register 8 players on roster & 2 players to start play

**2 Person:** Teams may register 6 players on roster & 2 players to start play

### **2's & 4's Specific Rules**

1. During the serve the ball may not be attacked by the receiving team.
2. It is legal to set a serve as a receiver.
3. Players must be square w/ the set when it crosses the net.
4. No open hand tipping / dumping will be allowed.
5. There are no restrictions on player alignment. You must rotate the serve.
6. Any situations which can not be resolved through discussion will result in a replay.
7. In 2's play, a block will count as the first hit.
8. Follow House Rules, Ball Contact & Net Contact

### **COREC PLAY – 6 Person** **(3 men / 3 women)**

1. Teams must have 4 players on the court to start play. You may begin with more women than men but not more men than women. Failure to comply will result in forfeiture.
2. Three hits are allowed per side and blocking is not considered one of the hits.
3. When the ball is played more than once by a team, a female player must make one of the contacts. Contact of the ball during blocking shall not constitute playing the ball. There is no requirement for a male player to contact the ball.
  - a) \*This rule will not be enforced in CoRec 2's & 4's play.
4. When only one male player is in the front line at service, one male back row player may be forward of the attack line for the purpose of blocking.
5. Rotation or substitution may be used for teams with more than 6 players. The method must be chosen at the beginning of the match and used for the entire match.
6. Follow House Rules, Ball Contact & Net Contact

### **WOMEN'S PLAY – 6 Person**

1. Teams must have 4 players on the court to start play.
2. Follow House Rules, Ball Contact & Net Contact

### **MEN'S PLAY – 6 Person**

1. Teams must have 4 players on the court to start play.
2. Follow House Rules, Ball Contact & Net Contact

### **FORFEITS**

1. If for any reason, a team fails to have the required number of players on the court by 5-minutes after the scheduled match time, a penalty of 2-points per minute will be assessed until that team is ready to play. At 20-minutes after scheduled start time, including 5-minutes grace period, the match is forfeited.
  - a.) The \$22.00 forfeit deposit will be assessed to the team who forfeited the match.
2. If during play a team becomes incomplete due to disqualification or expulsion of a player, and substitution cannot be made, the team loses the match by default.

Consumption of any alcoholic beverage on MPRB property is prohibited.  
Persons caught are subject to citation.