



NEW ALBANY SAND VOLLEYBALL LEAGUE RULES

The NEW ALBANY SAND VOLLEYBALL Leagues and Tournaments are an outreach of the GraceLife Church of the Nazarene, 6000 Johnstown Rd., New Albany, Ohio 43054. As such, all games will be started with prayer. If you are searching for answers in your life or for a church, we hope you will consider GraceLife or one of the participating churches. Please check our website or contact a League Manager or League Commissioner for additional information.

Section 1: Eligibility

To be eligible to play on a team, a player must be at least 18 years old and listed on the Team Roster and have signed a Waiver Form which should be submitted at the time the team registers for the league. For players under 18, a parent or guardian must sign giving consent for the player to play and also sign the waiver form in addition to the player. Additional players may be added to the roster during the year or added to the sub list. If a player elects to be added to the roster he/she can only play for that team unless agreed to by the opposing Team Captain or approved by the League Manager. If the player elects to be added to the sub list they may play for any team but may not play in the tournament.

Section 2: Equipment

1. It is recommended that all jewelry be removed prior to play. Jewelry worn will be worn at your own risk. Captains should monitor their team for anything that could cause injury. League Managers reserve the right to require specific jewelry to be removed.
2. Sweatbands and bandanas are permitted.
3. Knee and ankle braces are permitted.
4. Guards, casts, or braces made of hard and/or unyielding leather, plaster, pliable plastic, metal or any other hard substance, even if covered with foam padding, is not permitted on the finger, hand, wrist, forearm, or elbow. Exceptions must be approved by the League Manager.
5. Teams may supply their own uniforms if they wish.
6. Shirts and shorts (or pants) must be worn by all players. (i.e.- no swimwear, bikini tops, sports bras, speedos, etc.)
7. League Managers reserve the right to have someone change clothes before they play if any clothing is deemed inappropriate. This includes logos or language that contains innuendos.



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Section 3: Team Captain Responsibilities

1. See Section 6 on “Disagreements” for Team Captain responsibilities
2. Use the league website/app to get all team members registered.
3. Collect all team fees and pay when registering the team on the league website. Registration is not final until league fees are paid.
4. Assist in getting team member information necessary to register the team (if applicable, contact info., shirt sizes, child care needs, etc.)
5. Ensure that each team member and any subs sign the electronic or paper Waiver Form.
6. Communicate all league rules and procedures to team members.
7. Report or text the score to the League Manager or record the match scores on the appropriate form.
8. Assist in notifying the team members in the event of a postponement or cancellation of a game.
9. Funnel all questions and suggestions before and during the season from team members to the League Manager or Commissioner. Communicate the answers/responses back to the whole team.
10. For communication purposes, the League Manager or Commissioner may attempt to communicate with the Team Captains on any issues that arise during the season. The Team Captain will be responsible to communicate with his/her team members.
11. Should any disciplinary action need to be taken against a team member it is expected that the Team Captain will assist and be supportive of the decision.
12. If needed, Team Captains should assist the League Manager in getting volunteers for scorekeeping of other games.
13. Team Captains should do their best to ensure that the league is fun for all team members.
14. Team Captains should declare any known eligibility issues prior to the match or as soon as they become aware.

Section 4: Gender Rules & Players/Teams

1. Player Min/Max for 6 on 6 Mixed Leagues
 - a. Players on the court: Min 2 / Max 6
 - b. Male players on the court: Min 0 / Max 4
 - c. Female players on the court: Min 0 / Max 6
 - d. A team may start with a minimum of 2 players (no gender restrictions).



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2. Player Min/Max for 4 on 4 Mixed Leagues
 - a. Players on the court: Min 2 / Max 4
 - b. Male players on the court: Min 0 / Max 3
 - c. Female players on the court: Min 1 / Max 4
 - d. A team may start with a minimum of 2 players (no gender restrictions).
3. Player Min/Max for 2 on 2 Mixed Leagues
 - a. Players on the court: Min 2 / Max 2
 - b. Male players on the court: Min 1/ Max 1
 - c. Female players on the court: Min 1 / Max 1
 - d. A team must start with a minimum of 2 players (no gender restrictions).
4. Rotational Substitutions (during matches): Teams are allowed an unlimited number of substitutions by rotation, however, teams may only substitute by rotation. Substitution by rotation allows players to rotate in a continuously rotating fashion. When substituting by rotation, players must consistently enter the game at the serving position or the opposite front position. A substitution cannot place a team in a position of having more than 4 males on the court. The use of a libero position/ substitution is not permitted.
5. Roster Management: Sub rules vary by league as follows:
 - a. For the Competitive Leagues: A player may be added to a team's roster or added to the sub list. If a player is added to the team's roster he may only play for that team and is eligible to play in the season ending tournament for that team. If a player is added to the League sub list, he/she may play for multiple teams during the season but only one team per day/night.
 - b. For Recreational Leagues: A player may sub for more than one team per day/ night of scheduled games except if the Team Captain and the League Manager determine it to be a competitive problem. A player that has subbed for multiple teams during the season may play for one team during the season end tournament
 - c. Subs and players may play in different leagues if they do not violate the above rules.
 - d. Any exceptions must be approved by the League Manager.

Section 5: Forfeits/Defaults

1. Please have your team arrive early each night; games are scheduled back to back and all games need to start on time.
2. These are the situations that a "default" will apply:
 - a. 5 Minutes Late: The team ready for play will be awarded a win for the first game (21-0).
 - b. 10 Minutes Late: Forfeit two games, recorded 21-0, 21-0



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- c. 15 minutes Late: Forfeit all three games, recorded 21-0, 21-0, 21-0
3. If neither team is ready to play within 15 minutes of the scheduled game time, both teams will forfeit all game and the score recorded as 0-0 and no games will be awarded a win or loss. If both teams are less than 15 minutes late but later than the scheduled time, every effort will be made to allow the two teams to play all 3 games. However, the League Manager will have the power to call any number of the games a forfeit if both teams are later than 10 minutes.
4. There are three additional situations that will result in a forfeit:
 - a. Not Enough Players – Team does not have the required number of players to participate based on the times outlined above.
 - b. Eligibility – One or more of the players participating is ineligible and therefore may not participate. Ineligibility may be due to the player being a roster violator, being previously ejected, or ruled ineligible for sportsmanship-related issues, etc.
 - c. Sportsmanship – Game is ended by League Manager for sportsmanship-related issues.
5. Any team knowing in advance that they will be unable to play a regularly scheduled contest shall contact the League Manager and opposing Team Captain as early as possible. It is completely at the League Manager's and opposing Team Captain discretion whether the game is rescheduled to another time. If the match is rescheduled and their becomes any reason the match can't be played the original team asking for the match to be rescheduled will forfeit the match.
6. If a team has been granted a forfeit and the contest is then canceled due to weather, the forfeit will be removed and the contest will be played normally if the games for that day/night are rescheduled.
7. The League Manager will notify the team captains of any postponements due to weather. GraceLife Church of the Nazarene reserves the right to postpone any volleyball league games.

Section 6: Disagreements

1. If a team feels there has been a misinterpretation of a rule, the Team Captain may calmly and immediately request a time out and discuss the situation with the opposing Team Captain.
2. No team members may be involved in the discussion between Team Captains. As appropriate, Team Captains might step aside from the court to discuss in a more private setting.
3. If the Team Captains cannot reach an agreement, play will be stopped until the League Manager or his/her designee can provide judgment and/or explanation.



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Section 7: Match/Game Rules

Game Rules will be enforced differently based on the level of play in the league. All violations of rules must be identified **immediately** when they occur. Violations should be self-reported by the player/team committing the infraction for both Competitive Leagues and Recreational Leagues. In cases where a team feels the opposing team has missed a violation Team Captains should follow the procedure outlined in the Disagreement Section. If a violation occurs and is identified, a point is awarded to the team that did not commit the violation. In some situations, Team Captains may both agree that the proper thing to do is replay the point. However, this should only be done when both Team Captains agree. For Recreational Leagues, play should only be stopped for violations if an egregious violation has occurred that lead to an advantage for the violating team. It is considered acceptable to inform the opposing team of a violation in the spirit of helping the opposing player learn the game better. It is expected that at all levels of play to self report a violation.

1. All matches consist of three games.
2. All games count towards the standings.
3. All games are played with rally scoring to 21 points.
4. A team must win by two or by scoring 25 first.
5. There is no mercy rule in effect.
6. Each team is allowed time outs to be used by the Team Captain only when the ball is dead. Time outs should be limited to rules discussions by Team Captains, player injury and one time out per game for strategic reasons.
7. If another ball enters the court during play, play may be stopped by either team on that court and the point restarted (This is not a team time-out).
8. Before the game begins, the Home team as listed on the schedule can choose which team serves first **OR** which side of the net the teams will begin play. The AWAY team then picks the remaining choice. Prior to the second game, teams will switch sides and the serving team from game one will receive and vice versa. Prior to the third game, teams will switch sides again with the serve returning to the original serving team. Teams may switch sides of the net in the third game when the first team to reach 11 points, *if it is requested by one of the Team Captains **before** the start of the third game.*
9. The serving player shall announce the serve by calling out “service” and the score of the game prior to serving the ball.
10. Players may serve the ball from any point behind the end line and within the width of the side lines. The serving player may not step over, step under, or come in contact with the end line prior to serving the ball.



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11. After the serve and beginning with the receiving team, each team is allowed a maximum of three successive contacts of the ball to return the ball to the opponent's area. A block does not count as one of the successive contacts.
12. The receiving team's front row players may not block or attack the serve. If a front row player is the first to make contact with a serve, that player must play the ball to another player on the same team, or maintain contact with the ground to propel the ball back over the net on the initial contact.
13. The ball may be hit with any part of the body. If the ball contacts a player's foot, the foot must be planted on the ground to be legal contact (this is a safety rule).
14. Aside from the first contact on a serve received, any double contact of the ball is a fault. Double contact is somewhat subjective and should be considered according to the player's ability and the competition level.
15. The ball shall be considered held (or carried) when the ball visibly comes to rest momentarily in the hands or arms of a player. The ball must be hit in such a manner that it rebounds cleanly after contact with a player. Scooping, lifting, throwing or allowing the ball to roll on the body shall be considered a form of being held. Carries are somewhat subjective and should be considered according to the player's ability and the competition level.
16. A player is not allowed to attack the ball on the opponent's side of the net. If the ball is hit above the attacker's side of the net and then the follow through causes the attacker's hand and arm to cross the net without contacting an opponent or the net, such action does not constitute a fault.
17. Playing the ball off the net is legal. The ball must pass over the net within the pole width. Any contact with the poles, ropes, cables, clips, etc. is considered out of bounds.
18. In 6 on 6 leagues, if a player that is not in a front row position comes up to the front row during play, that player may not contact the ball above the plane of top of the net. Such player cannot block or jump to contact the ball.
19. In 6 on 6 leagues, a player in the back row may not spike the ball from the back row.
20. Interference occurs when someone physically interferes an opposing player under the net. A player may go under the net during the play so long as no contact is made and the player promptly returns to their court. It is not an excuse to run to the other side of the court but more used if someone loses balance or goes under after an attack. Such interference is a fault.
21. Yelling or making loud sounds at the opposing team through the net during play is, at the very least, poor sportsmanship and, it might be considered interference. This should be addressed by Team Captains if this occurs.



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22. A net violation occurs any time any body part or clothing hits the net. The only exception to this rule is usually a woman's hair as it is usually longer and harder to control. A net violation results in immediate end of play and serve goes to the other team along with the point of the play.
23. When setting the ball in sand, the setter is granted an additional amount of contact with the ball than what indoor setting would allow. Setting contact is somewhat subjective should be only called and the competition level.
24. Players at no time may cross the plane above the net with any part of their body (except a follow through of a hit as noted above).
25. All faults shall result in the opposing team being awarded a point.
26. **Important:** For safety reasons any ball that travels into an adjoining court shall immediately be declared out of bounds and every effort will be made by the receiving team to not interfere with play on the adjoining court. Failure to follow this court rule could lead to unnecessary injury and the point will be award to the opposing team if a team attempts to play a ball in the adjoining court. The adjoining court shall be defined by its boundary lines. This rule does not apply if the adjoining court is vacant or if a league game is not being played.
27. The current playing rules of USA Volleyball will be the official playing rules of this league. Any exceptions or additions to USA Volleyball playing rules are listed above.

Rule 8: Sportsmanship

1. As mentioned above, the Team Captain is responsible for the actions of his or her team and their spectators. Participants and spectators are expected to display good sportsmanship toward opponents at all times.
2. Unsportsmanlike Conduct
 - a. Participants and spectators shall not commit acts of unsportsmanlike conduct. This includes, but is not limited to arguments with other team members or opposing team members, flagrant fouling, fighting, etc. before, during, or after a contest. No player or team shall use foul or derogatory language, threaten, or verbally abuse any other participant or intramural employee before, during or after the game.
 - b. Participation in a game for which he or she is ineligible.
 - c. No alcoholic beverages or tobacco are allowed on the property of GraceLife Church of the Nazarene. Anyone found with an alcoholic beverage will be forced to leave the property. Anyone that is suspected to be intoxicated when they arrive will not be allowed to play or watch and will be forced to leave the property.
3. Unsportsmanlike Conduct Penalties



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- a. Any participant displaying unsportsmanlike conduct will be issued either a conduct warning or ejection at the sole discretion of the League Manager. Any player or Team Captain ejected from a game will be automatically suspended from their team's remaining games of the match and the next match. Team Captains will be responsible for withholding players from participation during a suspension. Any player ejected must leave the Gracelife Church of the Nazarene property immediately.
- b. League Managers will have the authority to expel any player or team from the league for any period of time deemed appropriate for more serious violations of conduct.

Rule 9: Tournaments

In addition to League games, a tournament will be held at the end of each League Session. The Tournament will be either a single elimination or double elimination based on number of teams and time constraints. Teams will be paired using a seeding system that is based on win/loss record. If two teams have the same record then the higher seed will be awarded to the winner of the head to head league game(s). If the two teams tied split the league games played head to head, the second tie breaker will be points scored during the season, if such information is available. If there is a need for an additional tie breaker, then a flip of the coin will be used to determine the higher seed. If there are more than two teams tied or any other situation would occur, the first tie breaker will be points scored during the season, if such information is available, and then a toss of a coin will be used to determine the higher seed(s).

For any questions, clarifications or comments, please contact your League Manager.