

# Sand/Grass Volleyball R1 Training

Provided by Quentin Johnson



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# Pre-Match

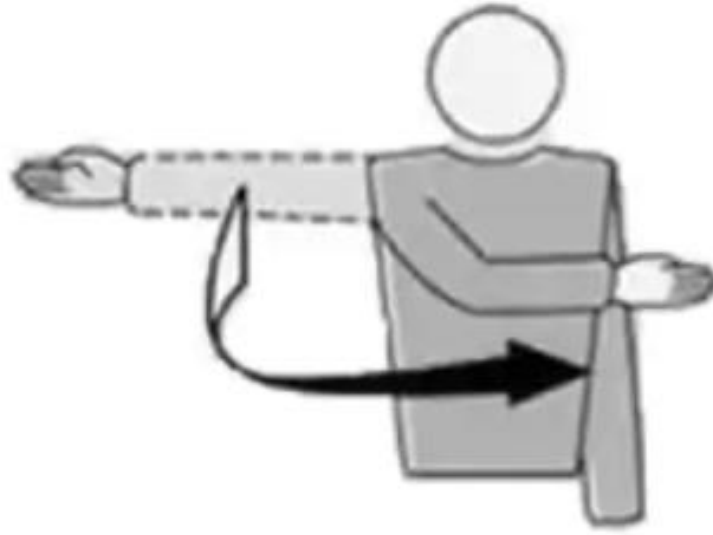
- Home team selects heads or tails (You can also do Rock-Paper- Scissors, odd or even number behind me back, etc.)
- Winner selects serve, receive, or side. Opponent then selects what isn't yet decided
- Teams will switch sides each Set and will switch sides at 13 in Set 3 (if needed)
- Make sure you take note of which team is which, so you submit scores correctly.



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## Authorization to Serve

1



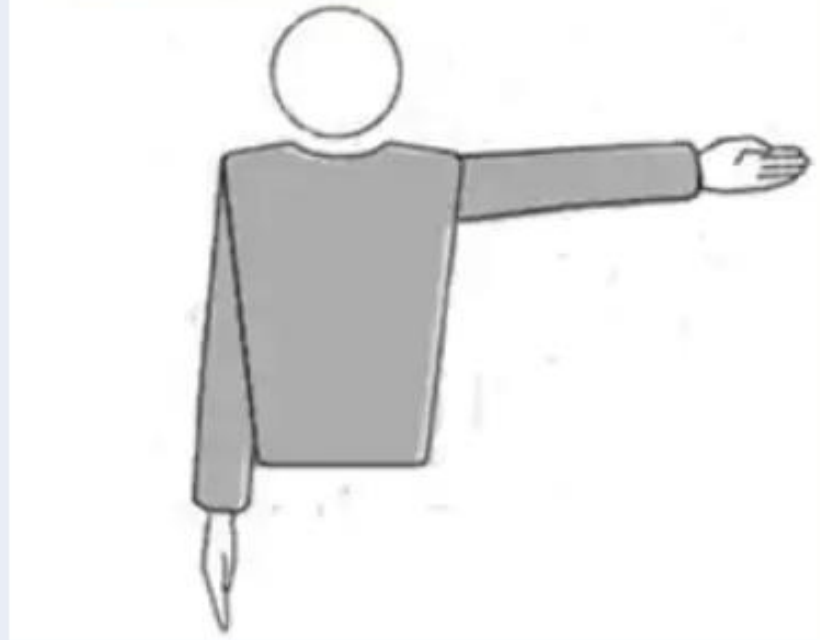
*Move the hand to indicate the direction of service.*



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Team to Serve

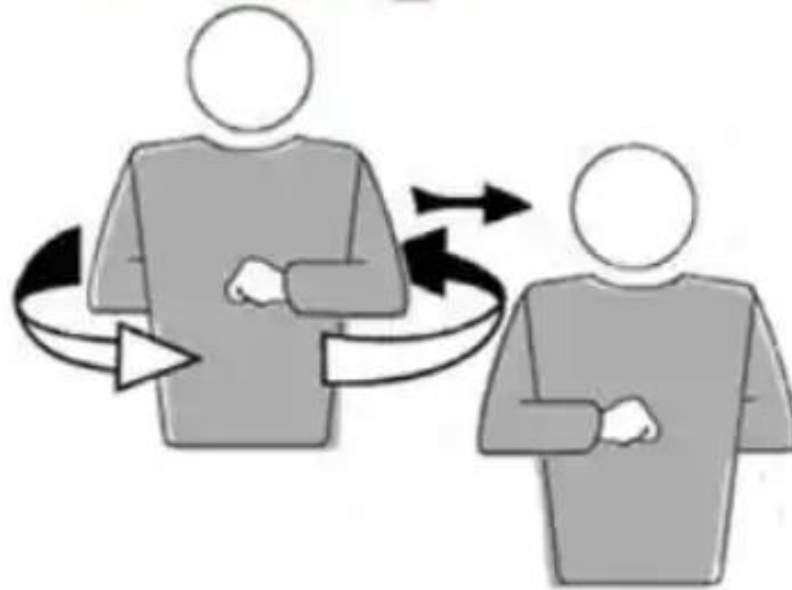
2



*Extend the arm to the side of the team that will serve.*

## Change of Courts

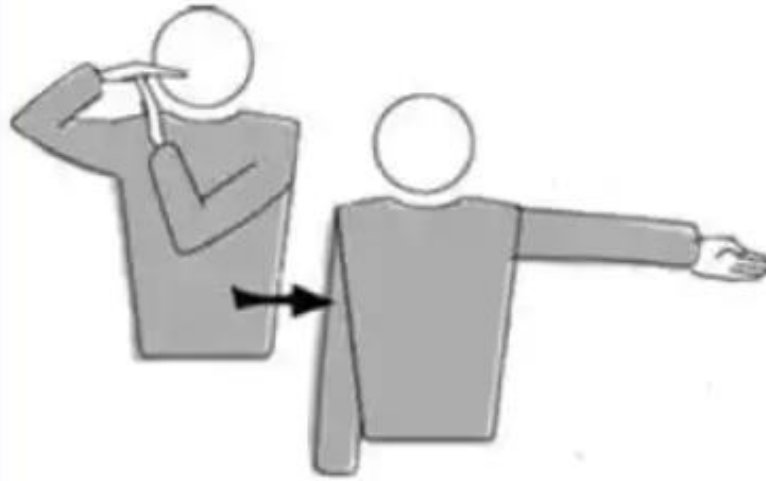
3



*Raise the forearms front and back, and twist them around the body.*

## Time-Out

4



*Place the palm of one hand over the fingers of the other, held vertically (forming a "T"), and then indicate the requesting team.*



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Substitution

5



*Circular motion of the forearms around each other*



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Misconduct Warning

6a

Misconduct  
Penalty 6b



*Show a yellow card for a warning; red card for a penalty.*





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Expulsion

7





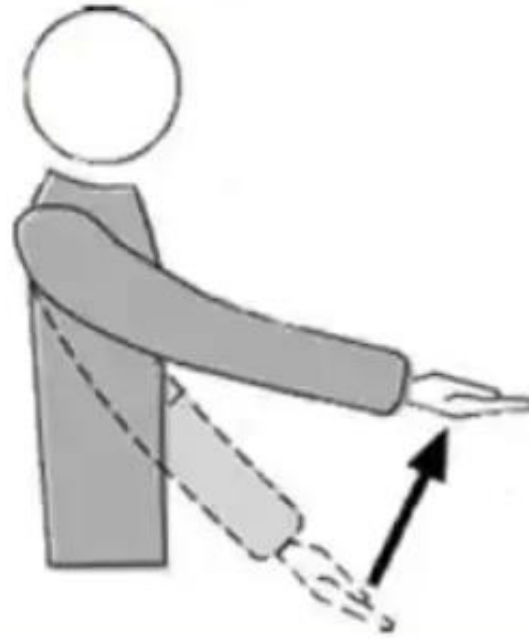
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End of Set  
or Match



*Cross the forearms in front of the chest, hands open.*

Ball Not Tossed or Released 10  
at the Service Hit



*Lift the extended arm, the palm of the hand  
facing upward.*



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Delay in Service

11

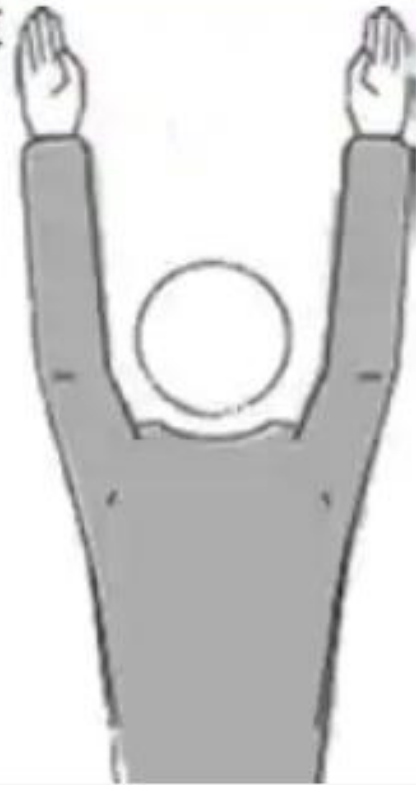


*Raise eight fingers, spread open.*



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Blocking Fault  
or Screening



12

*Raise both arms vertically, palms forward.*



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Positional or Rotation  
Fault

13



*Make a circular motion with the forefinger.*



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Ball "In"

14



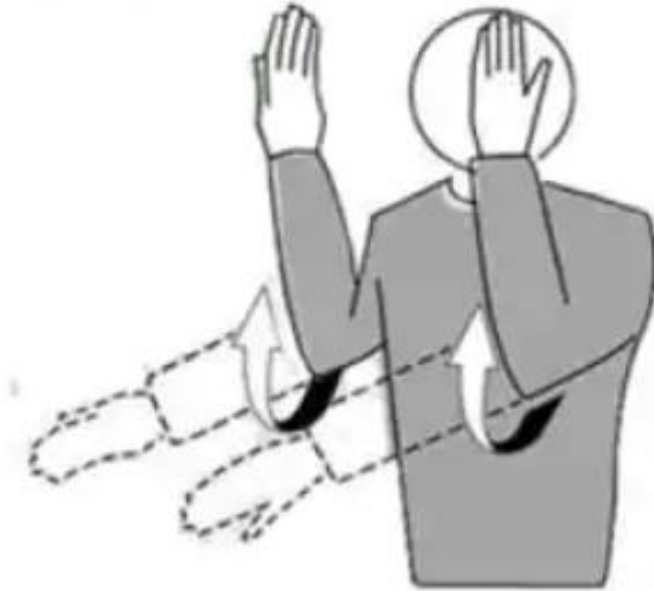
*Point the arm and fingers toward the floor.*



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Ball "Out"

15



*Raise the forearms vertically, hands open, palms toward the body.*





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Catch

16



*Slowly lift the forearm, palm of the hand facing upward.*



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Double Contact

17



*Raise two fingers, spread open.*



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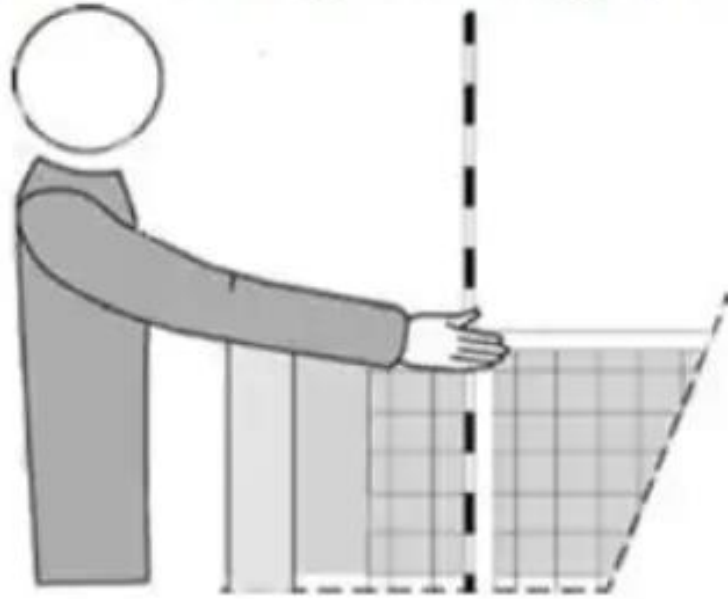
Four Hits

18



*Raise four fingers, spread open.*

- (1) Net Touched by Player 19  
(2) Served Ball Fails to Pass to the Opponent Through Crossing Space

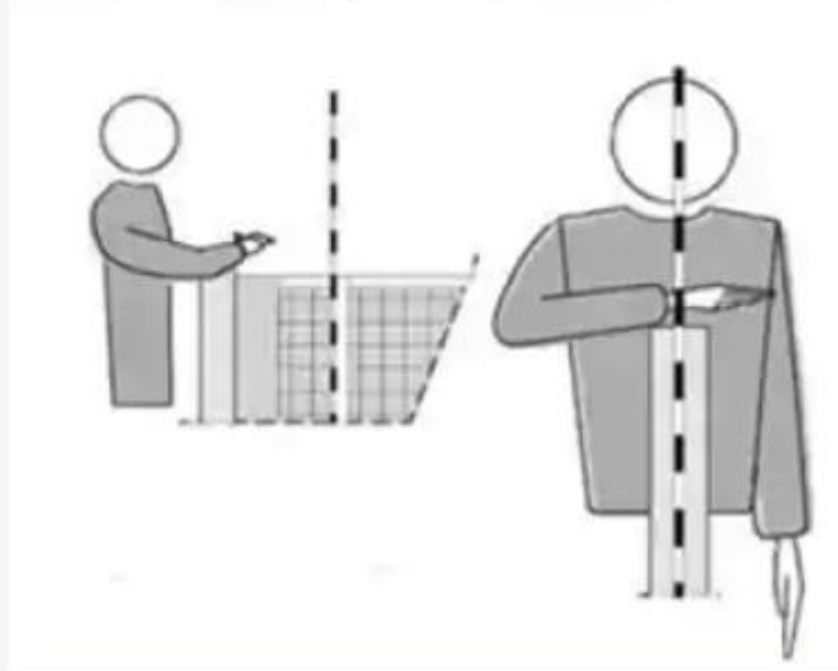


*Indicate the respective side of the net.*



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## Reaching Beyond the Net 20



*Place a hand above the net, palm facing downward.*



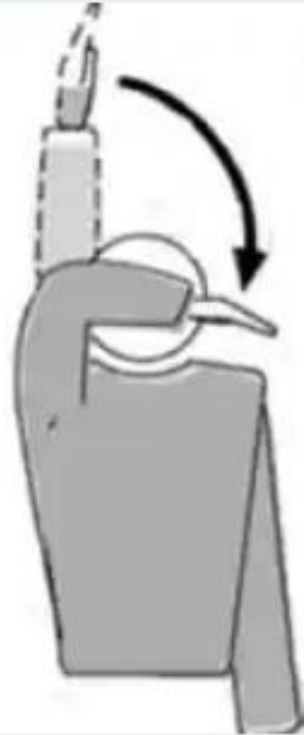
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Attack Hit Fault

21



*Make a downward motion with the forearm, hand open.*



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Penetration into the Opponent Court 22

Ball Crossing the Lower Space or the Server Touches the Court (End Line) or the Player Steps Outside His/Her Court at the Moment of the Service Hit



*Point to the center line or to the respective line.*

Double Fault and Replay 23



*Raise both thumbs vertically.*





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Ball Touched

24



*Brush with the palm of one hand the fingers of the other; held vertically; USAV: Brush fingers of opposite hand once over palm of vertical hand.*

Delay Warning/  
Delay Penalty

25



*Cover the wrist with a yellow card (warning) and  
with a red card (penalty).*



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# Illegal Contact - Coed



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# 4's Rules – Sand and Grass

- Players can stay in the same spot and not have to rotate, they do have to serve with in a consistent order
- **New 2024** A contact of the ball using the fingers of one or two hands to direct the ball toward a teammate is a set. A player may set the ball in any direction toward his/her team's court. Setting over the net for any reason is not allowed and will be considered a fault.
- **New 2024** When contacting the ball with one hand, other than for setting the ball toward a teammate, the ball must be cleanly hit with the heel or palm of the hand.



# Reverse 4's rules

- Same rules as 4's for sand and grass. Only addition is men can't attack or block a ball within 3 meters of the net
- Men can attack behind the 3 meter line, women can hit and block anywhere on the court



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## Other notes for this league

- Any net contact is a fault except for hair and net touch outside of the antennas
- 10 foot (3 meter) line for backrow attack to be estimated by the referee
- Only captains (identified in the pre-match coin flip) may dispute a call with a referee
- All teams play 3 sets to 25 if time allows. For situations where time is running out, tell the captains that you will play a shorter 3<sup>rd</sup> set and make sure they agree that the shorter set is fair for both teams



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# Most Importantly...

- Make calls quickly and confidently
- Be honest to players, if you miss something or were blocked from seeing a play, tell them and ask them what they saw or call a re-do.
- Do not make calls that you aren't confident in
- Some of the people you are refereeing people have a vast volleyball knowledgebase, if they have feedback, take it and use that to improve without making it personal
- You are a referee, actions toward players outside of being a referee including coaching, flirting, using profanity, or any other acts that are not becoming of a ref can cause the players to feel uncomfortable.



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# Questions?

Feel free to call or text 6122973282 or email [quentin.johnson@mpnexlevel.us](mailto:quentin.johnson@mpnexlevel.us) with any questions



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