



2024 Sand Volleyball Bulletin

League Information:

- The USA Volleyball Beach Rules are the governing body and MPRB modifications are listed in this bulletin. USA Volleyball Beach Rules - [USA Volleyball Beach Rules and Interpretations](#)
- Spring: 4/21/24 – 6/27/24 (no games Sunday & Monday of Memorial Day weekend)
- Summer: 7/7/24 – 9/12/24 (no games Sunday & Monday of Labor Day weekend)
- Summer: 6/10/24 – 7/31/24 (No Game July 4th week) – McRae Park (7 wks)
- Game times:
 - Sundays: 1pm to 9:30pm (Wirth)
 - Monday – Friday: 6:00pm to 9:30pm (Wirth)
 - Monday – Wednesday: 5:30, 6:30, 7:30pm (McRae)
- Teams will be scheduled for a 9-week season. Teams that do not play at least 8 matches (due to weather cancellations) will be refunded a portion of their registration fee for each missed game after the season is completed.
- **Wirth Sand Volleyball Courts: 3200 Glenwood Ave N, Mpls, MN 55422**
 - Please note: Parking is limited at the facility. It is not legal to park on Glenwood Ave, people that choose to park on Glenwood could be ticketed. We recommend participants carpool to the facility.

Divisions: Women & Co-Rec (in order of difficulty)

- A. Skilled players who understand, but may not have completely mastered the dynamics and strategies of both 5-1 or 6-2 offense. This division focuses on more position specific roles, defensive and offensive strategies and serve receive rotations.
- B. Players who have learned the basic skills of serving, passing and making three contacts with a team strategy of defense, offense and rotations that will make them successful. (Upper and Lower B divisions are offered on some nights)
- C. Players who are relatively new to the game of officiated volleyball or in the process of learning the basic skills of accurate serving, passing, making 3 contacts, creating a consistent strategy and team environment.

Entry Fee & Registration Procedure:

- **Spring Registration begins February 27, 2024 at 12:01 AM**
- **Summer Registration begins April 23, 2024 at 12:01 AM**
- Registration will be on a first come, first serve basis.
- Waiting List: If the league is full, you can add your team to the waiting list or choose another league.
- **Questionable Weather:** Check the [sand volleyball page](#) for weather updates. Games will be called by 3:30pm each day, if weather worsens after that time, they will be called at the court. We will do our best to notify teams of cancellations later in the evening. It is best to go to the webpage.
- **Sponsor Checks:** Sponsor checks will be accepted at MPRB Headquarters in place of online registration. Please note: we are unable to hold a spot without payment. In order to hold a spot, teams will need to register for a league using a credit card. A refund will be issued once the sponsor check is received.
- **2024 League Fees: 9 weeks Officiated Leagues**
 - \$385.00 6 Person Leagues w/ an MPRB certified official
 - \$345.00 4 Person Leagues w/ an MPRB certified official
 - \$300.00 6 Person Sand Leagues – McRae Park (7wk Lg – guaranteed 6 games)

Roster Deadline

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

Free Agents:

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: \$10 non-refundable listing fee.

Duties of Team Managers:

- Managers can see the contact information for other managers in their league when logged in to their TeamSideline account. This should only be used to contact an opposing manager when there is short notice of a forfeit. The league director MUST be included on that communication as well.
- Managers are liaisons between the Minneapolis Park and Recreation Board and their teams.
- Managers are required to be available via phone / email on all game days or provide the MPRB league director contact information of someone who will be available.
- The office MUST be informed of any change of manager during the season.
- Managers are responsible for the following:
 - Online registration & payment
 - Notify and contact league director(s) of any game forfeits by 3:00pm on game day.
 - Team coaching
 - Equipment
 - Conduct of players
 - Distribution of schedules
 - Eligibility of their players
 - Initiating and writing protest
 - Reading rules and regulations governing our athletic leagues.
 - Rosters to be completed by the third scheduled game.

Conduct:

Sportsmanlike conduct is expected of all players, coaches, and managers. The referee has the power to expel any offender.

1. **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.
2. No players (including captains) may make profane or vulgar remarks to officials, opponents or spectators.

General Information:

1. **Teams may furnish their own volleyball. (Wilson Official AVP (non-replica) or similar**
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.



League follows USA Volleyball Beach Rules

Rule highlights / exceptions / modifications listed below.

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. Regular Season: All teams receive a 5-minute warm-up with 55 minutes of playing time.
4. Tournament Play: 50 minutes of play for the best of 3 match (3rd match if necessary).

Scoring

1. Rally scoring will be in effect at all levels of play, winning by two points. Three games will constitute a match with all three games counting in the standings.
 - All 3 games up to 25, capped at 27
 - The 3rd game will be dictated by time. The team that is ahead at the end of the time will win. Referees will give teams a 5 minute warning.
2. Tournament matches (when applicable):
 - Best of 3 games will constitute a match.
 - First 2 games up to 25, capped at 27
 - 3RD game up to 15, capped at 17 (if necessary) **UNLESS** the match reaches the **50-minute** limit. The official will be aware of the time and may have to end the game due to the time limit. If time is running out, the official will cap the game (under 15 pts) and allow teams to finish to the new capped number.
 - Coin toss will determine the 1st and if necessary, the 3rd game(s).
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.

Volleyball Rules

1. League follows USAV Beach Volleyball rules.
2. 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.
3. 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.
4. It is not permissible to enter another court to play a ball.
5. The ball cannot roll or come to rest on any part of a player's body.
 - a. An exception is allowed during the first attempt of a defensive play of a hard-driven ball (attack-hit or blocked ball traveling at a high rate of speed). In which case, the ball may be contacted more than once with any part of the body in a single attempt to play the ball (i.e. double hit).
 - b. **New 2024: Second Contact Rule Change:** A teams second contact attempt may touch more than one body part **ONLY IF** the ball remains on the same side of the net. The fault will be called if the double contacted ball crosses the net during the second or third attempt.
 1. Lower B and C will not be subject to double faults unless one player hits the ball consecutively (two separate attempts).
 2. A, Upper B, and B will be subject to double contact faults for a 2nd or 3rd contact sent over the net by a player that contacts the ball more than once with any body part.
6. Players cannot touch the net.
7. Players may not cross the center line/plane while the ball is in play.
8. Incidental contact with an opponent is ignored, unless such contact interferes with the opponent's opportunity to play the ball.



9. 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.
10. If a player crosses the center line and interferes w/ an opponent during the continuation of a play, it is a fault.
11. Foot fault will be enforced, while serving.
12. Players with any type of cast on the arm, wrist, hand or fingers must gain approval from league director.

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

Co-Ed, Women's & Men's Play: 4 person Rules

1. Co-Ed teams must have at least one woman on the court at all times. There is no maximum on the number of women on the court. Teams can have a maximum of 2 males on the court at one time.
2. During the serve the ball may not be attacked by the receiving team
3. It is legal to set a serve as a receiver
4. No open hand tips/dinks.
5. **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.
6. **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.
7. There are no restrictions on player alignment. You must rotate the serve
8. All substitutions must be male-for-male or female-for-female
9. Unlimited substitutions are allowed
10. Follow USAV Beach, House Rules, Ball Contact & Net Contact

Co-Ed Play: 6 person Rules

1. Co-Ed teams consist of 3 men/3 women.
2. A minimum of 4 players must be on the court to start play.
3. At least two (2) women on the court at all times. A team cannot have more than three males on the court at one time. Failure to comply will result in forfeiture.
4. Three hits are allowed per side and blocking is not considered one of the hits.
5. When the ball is played three times by a team, a female must make one of the contacts. Contact of the ball during blocking shall not constitute playing the ball.
6. USAV Rule - 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.
7. 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.
 - a) When there are 3 women and 3 men on the court and odd number of players on the side women can only sub for women and men can only sub for men.
 - b) Team members on the court must be separated by gender.
8. Follow USAV Beach / House Rules, Ball Contact & Net Contact

Open Play: 6 person Rules

1. Teams must have 4 players on the court to start play.
2. There are no specific gender rules regarding the following:
 - a. Ball Contact



- b. Serving order and/or court position
3. Contact of the ball during blocking shall not constitute playing the ball.
4. Follow USAV Beach / House Rules, Ball Contact & Net Contact

Reverse Co-Ed: 4 person Rules

1. 4 vs. 4 competition
2. Women's net height
3. No more than two male players may be on the court
4. All male players are considered back row at all times and therefore may not block and cannot attack a ball completely above the height of the net from in front of the 3-meter attack line.
5. **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.
6. **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.
7. Female players have no blocking or attacking restrictions.
8. Players must rotate the server and maintain that order throughout the game.
9. Position on the court is of no consequence.
10. Open hand tips are illegal. (I don't think the blocks part matters) as are redirected blocks.
11. The 3-meter line will be marked with white paint about 16" wide on the sideline. Plays may jump with their feet inside the marking but no part of the foot may cross in front of that marking.
12. Follow USAV Beach / 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.
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.
3. Teams that forfeit 2 or more games during the regular season may be excluded from the season ending tournament.

Alcohol & Tobacco

- Alcohol consumption is not allowed in parks unless it is served at a Minneapolis Park and Recreation Board eatery licensed to serve alcohol, or you have a *special use permit*.
- The use of tobacco products, including electronic delivery devices, on Minneapolis Park and Recreation Board lands and in Minneapolis Park and Recreation Board owned and/or operated facilities is prohibited. This includes, but is not limited to, playgrounds, athletic fields, beaches, aquatic areas, lakes and rivers, ice skating rinks, parks, walking/hiking/biking trails, restaurants, maintenance support facilities, the MPRB Headquarters, golf courses, and temporary work zones such as the street right-of-way among others.

Photography Waiver

The Minneapolis Park & Recreation Board (MPRB) staff and photographers occasionally take photographs and/or video of park activities and services (classes, programs, events, facility use, sports/athletic games, etc.) to be used for increasing awareness and use of the park system. Participation in MPRB league sports grants permission to the Minneapolis Park & Recreation Board (MPRB) and anyone authorized by the MPRB to use and reproduce any

and all photographic images and/or video that you have taken of participants and players for any purpose whatsoever (including, but not limited to, promotional materials and videos, brochures, publications, social media, MPRB website, City of Minneapolis cable channel, news releases, advertising or display) without further compensation to me.

- If an individual wishes to not be photographed, they may simply let the photographer know if one is present.

Wirth Parking

All Minneapolis Park and Recreation Board or City of Minneapolis pay lots, meters and/or any other parking fees are the sole responsibility of the user. Being a participant in an MPRB athletic league does not guarantee free parking. The MPRB athletic department is providing the service of athletic league play only. **It is not legal to park on Glenwood Ave, participants may be ticketed if they park on the street. There is another lot about ¼ mile east of the courts on Glenwood.**

Lost & Stolen Items

The Minneapolis Park and Recreation Board is not responsible for lost or stolen items. If you encounter any suspicious or illegal activity please call 911 right away.

Tips on how to protect your vehicle and valuables:

1. Don't leave valuables in your car. Even small items such as loose change can be tempting to a thief.
2. If you must leave valuables in your car, lock them in the trunk **before** reaching your destination.
3. Lock your car doors and close your windows.
4. Never leave your car running unattended.
5. Don't hide keys in your vehicle.
6. Park in a garage or a well-lit area.
7. Consider installing a car alarm or an anti-theft device such as a steering wheel bar lock, an engine disabler switch, etc.
8. If you have an after-market stereo, take it with you when you leave the car.
9. Be aware of identification theft if items stolen contain personal information.
10. Keep an updated record of all valuables in your car.