

**LAKEVILLE PARKS AND RECREATION DEPARTMENT**  
**SAND VOLLEYBALL RULES**

*Sand Volleyball Rules Updated for FALL 2020 season, updated 8.24.20*

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**ANTLERS PARK:**

**COURT RESERVATIONS** for each league are listed in the display board at the parks. If someone is using the court during the time it is reserved for the league kindly tell them that the court is reserved for the Parks and Recreation League as posted in the display board. If they refuse to leave the court, call the Police Department at 952-985-4800. They will send over a Park Ranger.

**PARK RULES** - Glass Bottles are *not* allowed in Lakeville Parks!!

**SAND SAFETY** – Make sure to check the sand for foreign objects prior to the commencement of play each night. Unfortunately dangerous objects have been found in the sand, for your own safety, we suggest wearing shoes in the sand. Please contact the Parks & Recreation Department to report excessive amounts of dangerous material.

**FOR EMERGENCIES** - call 9-1-1.

**TEAMS:**

**ROSTERS** can include up to a maximum of 16 players. Players must be 18 years of age or older and may play on only one team in each league. Rosters must be filled out neatly and completely and must include all addresses, signatures, and birthdates of all legal players. Rosters are due ASAP. Completed rosters must be turned in to the Parks and Recreation Department at Lakeville City Hall, 20195 Holyoke Ave, Lakeville. Attention: League Director. Should you add additional team members or subs to your roster all substitutes must complete the waiver form (aka Roster) and have that form (re)submitted for this new player. 2's and 4's may have two alternates listed on their rosters.

**FORFEITS** will occur for a six person team (6's) when they are not able to begin a game with at least four players. Forfeits will occur for a four person team (4's) and for doubles (2's) when they are not able to begin a game with at least two players. A team with less than four/two players present from their roster will be allowed a five minute grace period for the first game only. After five minutes the team will lose one point per minute. (Example: if a team is short players for 8 minutes and is then ready to play they will begin the match with a score of 8-0 in favor of their opponents.) After 15 minutes, the match is forfeited. Any team which forfeits three matches will be dropped from the league with no refund of fees.

**ONLY TEAM MEMBERS** listed on the roster will be eligible for the playoffs. Substitutes are required to play two nights to be eligible for playoffs. Final rosters will be available for all teams to view during the playoffs if previously requested.

**First Aid**

**CUT/WOUNDS** must be covered before play can be resumed. If there is blood on the floor or equipment it must be cleaned up before any play may be resumed. A time out may be used for such injuries.

**FIRST AID KITS** need to be replenished from time to time, if items are running low (cold packs, band aids, etc.) please leave a message on the score line or rec scores e-mail.

## **GAME PLAY:**

**GAME BALLS – TEAMS MUST SUPPLY THEIR OWN VOLLEYBALL.**

**TEAMS** – The CoRec 6's and Women's teams will consist of no more than six players, and no less than four players, on the court at one time. If playing with 4, there can be no more than 2 men on the court. If playing with 5 or 6 players, there cannot be more than 3 men on the court. The Men's 2's league required both players to be on the court.

Alternate players may rotate in at the service position only. Late players may rotate in immediately after the point is finished.

**CHOICE OF SIDE OR SERVICE** will be determined by captains who will call the toss of a coin or a quick round of rock, paper, scissors. Rotate playing areas and serve after each game.

**SERVING ORDER AND POSITIONS** - The CoRec 6's leagues shall alternate male and female servers whenever possible. 4's need not worry about this rule. 2's only: Doubles serving rotation must remain constant however players may line up in any rotation prior to the serve.

**MATCHES** will be played at Antlers Park unless otherwise indicated.

**6's leagues:** Two matches consisting of three games will be scheduled each night unless otherwise designated on the schedule.

**2's and 4's:** One match of three games will be scheduled each night unless otherwise designated on the schedule.

Match times will be as follows:

## **SCORING.**

**6's leagues** is rally scoring each game to 21 points with a two point advantage. There is a 55-minute time limit for each match. If there is not enough time to start a third game, it will count as a tie for both teams. In the case of a tie, each team will score 1/2 win.

**2's and 4's** is rally scoring to 21 points with a two point advantage 60 minute time limit.

Scores do not need to be reported for the Fall 2020 season. Standings will not be kept. There will not be playoff games in 2020.

**COURT BORDERS** are stored in the storage box near court #4 at Antlers Park. The league director will give each team manager a combination at the beginning of the season. **All Teams regardless of home team or away team** are responsible for setting up and taking down court borders each night of play. During game time, the lock on the storage box is to be locked. Following the evening games, all borders must be neatly returned to the storage box and the lock replaced securely.

**PROTESTS.** A team having a complaint concerning the league should contact the League Director as soon as possible.

## **THE PLAY:**

### **A. THE SERVICE**

1. The server must stand with both feet behind the service line (back line).
2. The server must call out the score before each serve, calling his own team's score first.
3. For 6s only: At the instant the ball is contacted for the serve, the back line players must be behind their corresponding front line player. It is a fault if a back line player is the same distance from the net as the corresponding front line player. A player whose position is center in either line must not be as close to the sideline as the respective right or left player of the same line at the instant the ball is contacted for serve. It is a fault if a center player is as close to the sideline as the respective right or left player of that same line. After the serve, players are free to move to different positions.
4. The ball may touch the net while crossing it on the service.
5. Points are awarded to the either team when the opposing team faults (fails to return the ball legally).
6. Upon receiving possession for service, All 6's teams must rotate (in a clockwise direction) one position. All 4's and 2's teams must rotate servers in the same order throughout the game; however the players do not need to rotate positions on the court.
7. All serves can be returned by a legal set, bump, an "over the shoulder" hit or a one-arm/closed fist hit. 2's only: No setting the serve.

### **B. HITTING THE BALL**

1. Any ball that lands within or on a boundary line is in bounds.
2. Each team is allowed three successive contacts before returning the ball to the opponent's court.
  - A. If more than one touch a female must have a touch on either the 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> touch. Contact of the ball during blocking does not count as a touch in 6's.
  - B. The ball may not be hit two consecutive times by the same person. A block is not counted as a hit; the person attempting the block is eligible to hit the ball again. 2's only: A block does constitute a hit.
3. Playing the ball: The ball may be hit by any part of the body above and including the waist. All shots below the waist should be hit with a closed fist.

4. If the ball strikes any part of the body, it is a legal hit and the ball is in play. 2's only: No open-handed dinks. Tips or a "dink" must be with a closed fist or a set with shoulders square to the ball.

5. The ball may be spiked with a one or two handed overhead batting motion. (The accepted method of spiking is with an open hand without breaking the wrist.)

6. **2's only:** It is not permitted to set a "free" ball unless it is a clean set. A free ball is any contact that contains an arch in its trajectory.

A. HITTING THE BALL EXCESSIVELY HARD (FOR 6's SILVER and BRONZE TEAMS ONLY) If a team feels a player on the opposing team is hitting the ball excessively hard, they should first tell that player and team. (Both teams should try to compromise.) If that player continues to hit excessively, the affected team must call the Parks & Recreation Department, 952-985-4615, the next day and file a complaint. The team manager will be notified.

6. A "hook" or pushing type of spike is a "carry" and is a violation.

C. HELD BALL When the ball visibly comes to rest momentarily in the hands or arms of a player, it is considered as having been held. The ball must be hit in such a manner that it rebounds cleanly after contact with a player. Scooping, lifting, pushing or carrying the ball shall be considered a form of holding. A ball clearly hit with one or both hands from a position below the ball is considered a good play. Do not use an open hand when hitting the ball from below waist level. Call your own carries - especially obvious ones. Your opponent may also call carries on your team.

D. BLOCKING

1. Reaching over the net: A player may follow through over the net, providing he first contacts the ball on his own side of the net. Players in the act of blocking may reach across the net, but may not contact the ball until an opponent has hit the ball to return it.

2. The hands of a blocker(s) may reach over the net. However, the blocker(s) must not contact the ball on the opponent's side of the court until after the completion of the opponent's action, which directs the ball toward the other side. If the ball is traveling toward the net and no offensive player is near enough to play it, the blocker(s) may reach over the net and block it after the first or second touch. However, if one of the offensive players is near and about ready to make a play, it is not legal for the blocker to make contact until the offensive player has had an opportunity to play the ball.

3. Blocking or spiking a served ball is not permitted.

4. Blocking may be legally accomplished by any of the players who are in the front line at the time of service. (CoRec 6's only).

D. BALL PLAYED BY TEAMMATES. When two players of the same team contact the ball simultaneously, this is considered as two team contacts and neither of the players may make the next play on the ball. (EXCEPTION: Blocking).

1. Only players positioned in the front row at the time of service may spike the ball; no player may come up from the back row to spike.

E. CROSSING THE CENTER LINE. Players may cross the centerline below the net or outside the plies, before, during, or after a legal play of the ball provided this does not interfere with the opponent's play.

1. Outside of Court: A player may go outside the court while the ball is in play. She/he may not play the ball across the extension of the center line.

F. FAULTS

1. If a team fails to return the ball with three or fewer hits before the ball touches the floor within the boundaries, a fault occurs. Additional faults occur when:
  - a. An illegal hit occurs.
  - b. A player touches the net with any part of his body. It is not a fault if the net is driven into the player from a driven ball.
2. The penalty for a fault is a point for the opposing team.
3. Each team is responsible for calling its own faults.
4. If there is a question on whether a fault has occurred, the point should be replayed.

**LAKEVILLE PARKS AND RECREATION DEPARTMENT**

20195 Holyoke Avenue, Lakeville, MN 55044

**HOTLINE: 952-985-4690**

**Program Cancellations:** Twitter @LakevilleParks or 952-985-4690, Option #2

**Score Reporting:** [krobinson@lakevillemn.gov](mailto:krobinson@lakevillemn.gov)

**Standings online:** [www.lakevillemn.gov](http://www.lakevillemn.gov) (Parks & Rec Department page)

**League Director:**

Kacie Robinson

952-985-4616

[krobinson@lakevillemn.gov](mailto:krobinson@lakevillemn.gov)

## **COVID-19 Adult Volleyball Protocols:**

**June 30, 2020**

Please distribute this to all members of your team. If you need additional paper copies please contact your League Director.

**Social Distancing** –It is recommended that players maintain 6 feet from others when not playing and maintain distancing when not making a play on the ball. During line set-up and take down please adhere to 6 feet social distancing. No handshakes, high fives or huddles. Team should tip their hats or waive instead.

**Volleyball** – Please disinfect your ball prior to using it in the league. There is Spartan Halt disinfecting spray in the equipment box. Spray the entire ball down and let product dry, do not wipe the Halt spray off. You may bring your own disinfecting spray or wipes if you choose. It is advisable to additionally disinfect balls if there is face contact with the ball during play.

**Masks** - Recommended for outdoor programs as appropriate. For some people, wearing a mask is not medically advised; reasonable ADA accommodations will be made on a case by case basis.

**Hand sanitation** – Participants must sanitize hands upon arrival and departure. Individual players must bring hand sanitizer. It is also encouraged to use additional sanitizer before and after eating, after using the restroom etc.

**Hygiene** - It is recommended that players not touch their faces. No spitting will be allowed.

**Restroom and Drinking Fountains** - Currently all City of Lakeville Parks restrooms and drinking fountains are closed, portable units are available for your use. Please bring enough drinking water for your time at the park.

**Group sizes** - will be kept to Minnesota Department of Health (MDH) guidelines.

**Spectators** – We ask that family members and friends not participating in the program leave the area while the league is in process. We want to ensure that our league doesn't cause large groups to congregate so that we can continue offering similar leagues.

**Illness** – A participant is required to stay home if they are [exhibiting symptoms of COVID-19](#) or if they have exposure to others with COVID-19 symptoms/illness in order to prevent the spread of COVID-19 to other participants and instructors. Follow [Minnesota Department of Health \(MDH\) guidelines regarding how long to stay home if you're sick](#). If you have tested positive for COVID-19 and have participated in Parks & Recreation program, we would appreciate it if you contact our office as soon as possible.

If you have any questions regarding this program, please contact our Leagues Director Kacie Robinson at 952-985-4616, [krobinson@lakevillemn.gov](mailto:krobinson@lakevillemn.gov).