



Mounds View - New Brighton - Spring Lake Park Adult Co-Ed Sand Volleyball League

This league will be modeled after the [Official Minnesota Recreation and Park Association Guide and Rulebook](#), with the following additions and/or exceptions.

Player Identity & Eligibility

Every individual participating in this league may compete as a member of the gender that they identify with, regardless of their gender at birth. The identity to which a player sincerely holds will be the gender recognized for the purpose of gender minimums and limits. All eligible players must be on the roster and have signed the team waiver form. Players must be age 18 or older as of the first game night.

Sporting Integrity

Our city's are striving to provide a worthwhile adult athletic program for all participants involved. Although the element of competition plays a major role in athletics, the game should always maintain its recreational and social values. Therefore, it is necessary for each participant to be responsible for the promotion of good sporting integrity and fair play.

The Parks & Recreation Departments of Mounds View, New Brighton, and Spring Lake Park have instituted and will enforce the following policies for player conduct:

- No player, coach or manager shall physically touch or verbally abuse a referee or league official in any manner. The team manager should be the only person to ask for a rule interpretation or clarification of a call.
- The use of profanity and personal baiting by player[s], manager[s], or spectator[s] will not be tolerated and is sufficient grounds for ejection from the premises. Managers will be held responsible for the behavior of their spectators.
 - A warning may be given **IF** the official deems necessary, otherwise prompt removal from the game and grounds.
- Any physical altercation by players or managers is not permitted.
- Players are held responsible for their actions on park property before, during, and after their game.
- Any player[s], manager[s], or spectators[s] ejected from a game for any reason will be suspended from participation in at least their next two scheduled games. If the ejection occurs in the first game of a double-header the player is suspended for the second game and the next league game. A second offense will result in an indefinite suspension - League Coordinator's Discretion - from all City of Spring Lake Park sponsored athletics. A team found to be using a player under suspension will automatically forfeit that game.
- Alcohol and Tobacco use is **PROHIBITED** on all park property, including in the playing or bench area.
 - **EFFECT: Immediate removal from the game and field.**

Any team that continually exhibits poor sportsmanship may be removed from the league with no refund given.

ADMINISTRATIVE RULES

Potential Match Locations

- **Able Park** - 8200 Able St NE, Spring Lake Park
- **Terrace Park** - 410 79th Ave NE, Spring Lake Park
- **Lakeside Lions Park** - 7840 Pleasant Ave Drive, Spring Lake Park
- **City Hall Park** - 2401 Mounds View Boulevard, Mounds View
- **Silver View Park** - 2700 County Rd 1, Mounds View

League Format

- Regular Season: Each team will play 8 matches in the regular season. Team schedules are released 1 week prior to the start of the season.
- Playoffs: Playoff schedules will be posted on the Friday following the final regular season game. Every team will play at least 2 playoff matches.

Team Format

- All teams play 6 v 6. Teams may play with less players, but are required to have at least 4 players on the court at all times. Failure to have 4 players will result in a forfeit.
- A standard Co Rec team shall be made up of 3 men and 3 women.
 - **USING 5 PLAYERS**: a team may use 3 men and 2 women without penalty. If a third woman arrives after the match has begun, she may be placed in the empty spot without penalty, or a team who is playing 4 players may add her without penalty.
 - **USING 4 PLAYERS**: A team may play with 2 men and 2 women on the court at all times. If a team does only have 4 players, the server is the back row person - if this player comes up to the net, they can only block, not attack.
- Teams may play with more women than men without penalty: ex. 3 women and 2 men or 4 women and 2 men on the court is acceptable.

Rosters

- Rosters can include up to a maximum of **10 players**.
- Players must be 18 years of age or older and may play on only 1 team.
- Rosters shall contain all players who will participate for your team during the season (either as a regular or as a sub) and will be submitted at the time of the teams registration for the league.
- Players may be added to a team's roster up until the final game of the regular season, as long as they complete the waiver form and are added before they participate in any games.

Weather-Related Game Cancellations

- The fitness of the court for a game shall be decided by the two head managers and the official.
- A game called by the official shall be regulation if at least 1 game has been played. The official is empowered to call a game at **any time** because of darkness, rain, lightning (20 min wait of "game time"-officials discretion), or other causes which puts the players in peril.
- **Rainouts** should be made up (if desired) as soon as possible. Check with the opposing coach and the Recreation department by **3:30pm of game day** for a ruling on a rainout. After 4:30pm, the decision for a rainout will be made by the managers and the official at the courts. Notification to the Recreation Department of a rainout decision is required immediately. At least 48 hours' notice to reschedule rain out games (to schedule an official and a court) is required. Contact Wesley Goldberg at wgoldberg@slpmn.org or 763-792-7233.
- Games will **not** be rescheduled due to non-weather-related conflicts.

Forfeits

- We encourage teams to make every effort to field a team for each match as a courtesy towards their opponent.
- Forfeits will occur when a team is unable to begin a match with at least 4 players. A team with less than 4 players present from their roster will be allowed a 5 minute grace period for the first game.
 - This grace period is in addition to the warm-up period.
- After the grace period is over, the following will occur:
 - 5 minutes - 1st game forfeit
 - 10 minutes - 2nd game forfeit
 - 15 minutes - 3rd game forfeit
- The score recorded for an unannounced forfeited game will be 25-0
- In the event that you know that your team will not make a match, please call 763-792-7201 and email recinfo@slpmn.org by **no later than 4pm** the day of your match. If the office is not notified by 4pm of a forfeit, it will be considered unannounced. If you have to forfeit after 4pm, please call the team manager of the team you're scheduled to play to inform them of the forfeit. Then contact the office the following day.
- Any team that has multiple unannounced forfeits in a single season may be removed from the league for the remainder of the season with no refund given.
- Please be respectful of your opponent's time and notify the league directors well in advance if you have to forfeit.

Equipment

- **No jewelry or objects judged dangerous or inappropriate by the official may be worn,** and no combs may be in the possession of the players during the game. Studs that cannot come out must be covered by a band-aid or tape. Medical alert bracelets or necklaces are not considered jewelry. If worn, they must be taped to the body so the medical alert information remains visible.
- **TEAMS MUST SUPPLY THEIR OWN VOLLEYBALL.**

Infectious Disease Control Rule

A player, coach or official who is bleeding or who has blood on their uniform shall be prohibited from participating further in the game until appropriate treatment has been administered.

Appropriate treatment is:

1. Bleeding has stopped
2. Injury area is completely covered
3. Uniform changed (color difference will be allowed) or disinfected with acceptable disinfectant.
4. Competition area/equipment disinfected with acceptable disinfectant.
5. If treatment can be administered within three minutes, the individual will not have to leave the game. Otherwise, substitution of the individual must take place. A player may re-enter the game after treatment.

Acceptable Disinfectants are:

1. A solution of 1/4 cup of sodium hypochlorite and one gallon of water.
2. A solution of 1/4 cup of 70% isopropyl alcohol and one gallon of water.
3. A commercially produced infectious disease spray.

League Rules

Choice of Side or Service

- 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.

Positioning

- Players must alternate males and females
- If a team has only 4 players, the server is considered the back row player. This person may not “attack”.
- When only 1 male is in the front position, one back court player (male or female) may also block
- Teams with extra players may substitute or rotate in, but not both.

Scoring

- Matches are scheduled for 50 minutes of play and 5 minutes of warm-up.
- A Match consists of a maximum of 3 games, with all 3 games counting in the standings
 - Rally scoring, each game to 25 points with a 2 point advantage.
 - 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.
- Regular season standings shall be determined by games won - so a 3rd game will be played regardless of the scores in the first 2 games.
- For Playoff matches, the match winner will advance - if a team sweeps the first 2 games, a 3rd will not be played.
- Teams are allowed **one 30 second timeout per game**. No timeouts in the last 2 minutes or play.
- At the beginning of the match, the official will let the teams know the time and the time when the match will conclude. If the official doesn't announce what time the match started and when it will end, it is the captain's responsibility to ask the official at the **beginning** of the match. Occasionally circumstances prevent all the matches from having a full 55 minutes of play. If this happens, time should be deducted from all remaining matches until the night is back on schedule. Officials must announce such time deductions at the **beginning** of the match.

Serving

- Alternate male and female servers whenever possible.
- The serve is considered good if the ball passes over the net within the court boundaries, even if it touches the net.
- Only one toss or release of the ball, which can be considered part of the serve action, is allowed.

Playing the Ball

- Any ball that lands within or on a boundary line is in bounds.
- Each team is allowed 3 successive contacts before returning the ball to the opponent's court.
 - If more than one touch, a female must have a touch on either the 1st, 2nd, or 3rd touch. Contact of the ball during blocking does not count as a touch.
 - The ball may not be hit 2 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.

- 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.
- If the ball strikes any part of the body, it is a legal hit and the ball is in play.
- The ball may be spiked with a 1 or 2 handed overhead batting motion.
 - The accepted method of spiking is with an open hand without breaking the wrist.
 - A “hook” or pushing type of spike is a “carry” and is a violation.

Blocking

- 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 1st or 2nd 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.
 - A player may follow through over the net, providing they first contact the ball on their 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.
- Blocking or spiking a served ball is **not permitted**.
- Blocking may be legally accomplished by any of the players who are in the front line at the time of service.

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.

Faults

- 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:
 - An illegal hit occurs.
 - 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.
- The penalty for a fault is a point for the opposing team.
- Each team is responsible for calling its own faults.
- If there is a question on whether a fault has occurred, the point should be replayed

Protests

- The only protests allowed will involve player eligibility. All players must carry an ID, and issues of eligibility will be determined by the umpires. The team that protests another’s eligibility will be required to prove their eligibility as well. All other protests will not be allowed.
- A team having a complaint concerning the league should contact the League Director as soon as possible.

Rule Interpretations During Playoffs

- If there is a *rule interpretation* that is in question that could significantly change the outcome of the game, coaches and the official are advised to call Time and contact the Head Official immediately for a ruling.
Call.

Rules & Officials

- If for some reason an official does not show, the two managers should designate a person to officiate the game and contact one of the League Coordinators immediately.
- For questions regarding officials & rule interpretations, contact: Kelly Distad at kelly.distad@newbrightonmn.gov or at 651-638-2123.

Questions or Concerns

For questions and concerns regarding game/playoff schedules, equipment, and court conditions, please contact one of the League Coordinators.

League Coordinators

Spring Lake Park - Parks & Recreation

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Mounds View Parks & Recreation

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New Brighton Parks & Recreation

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