



# NAFCON

## SAND VOLLEYBALL LEAGUE RULES

The NAFCON Sand Volleyball League is an outreach of the New Albany First Church of the Nazarene. 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 NAFCON or one of the participating churches.

### Section 1: Eligibility

To be eligible to play on a team, a player must be at least 18 years old (or younger with parental consent) and listed on the Team Roster/Waiver Form which should be submitted at the time the team registers for the league. Any exceptions must be approved by the League Manager or Commissioner.

### Section 2: Equipment

- 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.
- Sweatbands and bandanas are permitted.
- Knee and ankle braces are permitted.
- 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.
- Teams may supply their own uniforms if they wish.
- Shirts and shorts (or pants) must be worn by all players. (i.e.- no swimwear, bikini tops, sports bras, speedos, etc.)
- 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.

### Section 3: Team Captain Responsibilities

- Use the TeamSnap website/app to get all team members registered.
- Collect all team fees and pay the League Manager at or before Captain's Meeting.
- Ensure that each team member signs an Injury Waiver Form and turns them all into the League Manager.
- Communicate all league rules and procedures to team members.
- Review the weekly score sheet for accuracy at the end of the match and sign the sheet in the appropriate place.
- Assist in notifying the team members in the event of a postponement or cancellation of a game.
- 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.
- 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.
- 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.
- Team Captains should assist the League Manager in getting volunteers for scorekeeping of other games.
- Team Captains should do their best to ensure that the league is fun for all team members.
- Team Captains should declare any known eligibility issues prior to the match or as soon as they become aware.

### Section 4: Players/Teams

- Thursday League Play:
  - 2 – 6 Player Teams
    - Players on the court: Min 2 / Max 6
    - Male players on the court: Min 0 / Max 4
    - Female players on the court: Min 0 / Max 6
    - A team may start with a minimum of 2 players (no gender restrictions).



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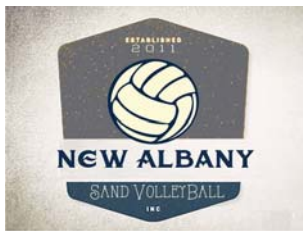
- Sunday League Play:
  - 2 – 4 Player Teams
    - Players on the court: Min 2 / Max 4
    - Male players on the court: Min 0 / Max 3
    - Female players on the court: Min 1 / Max 4
  - 5 – 6 Player Teams
    - Players on the court: Min 5 / Max 6
    - Male players on the court: Min 0 / Max 4
    - Female players on the court: Min 2 / Max 6
    - A team may start a game with a minimum of 2 players (Must have at least one female).
- Rotational Substitutions: 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 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.
- Roster Substitutions: All players need to be on the team roster. After week six, no roster changes can be made. Only rostered players can compete in the season tournament. \*\*\*Thursday League Rule – no rostered player from a Thursday Night team may sub in for another Thursday Night team.

### Section 5: Forfeits/Defaults

- Please have your team arrive early each night; games are scheduled back to back and all games need to start on time.
- These are the situations that a "default" will apply:
  - 5 Minutes Late: The team ready for play will be awarded a win for the first game (21-0).
  - 10 Minutes Late: Forfeit two games, recorded 21-0, 21-0
  - 15 minutes Late: Forfeit all three games, recorded 21-0, 21-0, 21-0
- 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. 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.
- There are three additional situations that will result in a forfeit:
  - Not Enough Players – Team does not have the required number of players to participate by 10 minutes before the scheduled game time.
  - 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.
  - Sportsmanship – Game is ended by League Manager for sportsmanship-related issues.
- Any team knowing in advance that they will be unable to play a regularly scheduled contest shall contact the League Manager as early as possible.
- 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 it is rescheduled.
- The League Manager will notify the team captains of any postponements due to weather. New Albany First Church of the Nazarene reserves the right to postpone any volleyball league games.

### Section 6: Disagreements

- If a team feels there has been a misinterpretation of a rule, the Team Captain may calmly and immediately request a time out (if they have one to use) and discuss the situation with the opposing Team Captain. If the Team Captain has already used their time-out, the discussion should take place after the game.
- 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.
- If the Team Captains cannot reach an agreement, play will be stopped until the League Manager or his/her designee can provide judgement and/or explanation.



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- Protests involving player eligibility must be made prior to the start of a match. Once the match begins, no protests to player eligibility may be made.

### Section 7: Match/Game Rules

- All matches consist of three games.
- All games count towards the standings.
- All games are played with rally scoring to 21 points.
- A team must win by two or by scoring 25 first.
- There is no mercy rule in effect.
- Each team is allowed one 30-second time-out per game to be used by the Team Captain only when the ball is dead. 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).
- Before the game begins, the League Manager will direct a coin toss (or another fair method) prior to the start of each match. The winning team can choose to serve, receive, or pick a side to play on. The losing 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. For time saving purposes, no coin flip will be conducted before the third game. Teams may switch in the third game when a team reaches 11 points, if it is requested by one of the team captains before the start of the third game.
- The serving player shall announce the serve by calling out "service" and/or the score of the game prior to serving the ball.
- 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.
- 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.
- 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, maintain contact with the ground to propel the ball back over the net on the initial contact. If the front row player does not maintain contact with the ground, they must play the ball to another person on their team.
- The ball may be hit with any part of the body, however, intentional kicking with any part of the lower body is not allowed. 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).
- Aside from the first contact on a serve receive, 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.
- 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.
- 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.
- 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.
- If a player that is not in a front row position comes up to the front row during play, that player may not block and must maintain contact with the ground to contact the ball within 10 feet of the net.
- 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.
  - Yelling or making loud sounds at the opposing team through the net during play is, at the very least, poor sportsmanship and, is considered interference. This should be addressed by Team Captains if this occurs.
- A net violation occurs any time any body part or clothing hits the net. A net violation results in immediate end of play and serve goes to the other team along with the point of the play.



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- 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 and should be considered according to the player's ability and the competition level.
- After the opposite team made its attack hit, you are allowed to block it, whatever the position of the ball is (i.e. you may reach beyond the net, and touch the ball there).
- Players at no time may cross the plane above the net with any part of their body (except a follow through of an attack hit or an attack block, as noted).
- There are no restrictions on the direction you must face when setting the ball over the net.
- All faults shall result in the opposing team being awarded a point.
- **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 awarded 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.
- 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.

### Section 8: Sportsmanship

- The team captain is responsible for the actions of his or her team and their spectators. Additionally, the captain will ensure that his or her team is familiar with the rules of play and NAFCON rules. Sportsmanship is a vital component for success in every intramural contest. Participants and spectators are expected to display good sportsmanship toward opponents at all times.
- Unsportsmanlike Conduct
  - 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.
  - Participation in a game for which he or she is ineligible.
  - No alcoholic beverages or tobacco are allowed on the property of New Albany First Church of the Nazarene. Anyone found with an alcoholic beverage will be forced to leave the property. Anyone that is intoxicated when they arrive will not be allowed to play or watch and will be forced to leave the property.
- Unsportsmanlike Conduct Penalties
  - 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 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 New Albany First Church of the Nazarene property.
  - The league supervisors 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.

### Section 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 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 (coin toss will be used if point differential is tied) to determine the higher seed(s).

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