



The Beach Volleyball Centre - Winnipeg

League Rules & Regulations

****RECENTLY UPDATED INFORMATION HAS BEEN HIGHLIGHTED****

1. General Information

Game Procedures:

- ❖ Teams will play 2 games per night during the 8-9 week round robin period.
- ❖ Each game is best of 3, with 2 sets to 21 points and a tie breaker set to 15 points if required. Each set needs to be won by 2 points.
- ❖ Please leave the court promptly following the end of your match. The next teams to play will then start warming up. **If games are running behind, teams will need to forfeit their warm-ups.**
- ❖ Teams will record scores on the clipboard provided on each court. Captains from both teams will need to sign the scoresheet to ensure it is correct.
- ❖ The game ball and clipboard will remain on each court – DO NOT REMOVE
- ❖ Teams who show up late will forfeit the first set after 10 minutes, and the second set after 20 minutes.
- ❖ LEAGUE RULES BELOW – MUST READ

Self-Regulating:

- ❖ There are no referees. Teams and players must call their own violations.
- ❖ Teams are responsible to start their games on time.
- ❖ Team captains are the only participants authorized to discuss disputed calls.
- ❖ Please ask a Beach Staff member for clarifications on rules, if necessary.
- ❖ If the dispute cannot be solved, teams must re-serve to continue the match.
- ❖ Unsportsmanlike conduct will not be tolerated.

Substitutions:

- ❖ Teams are allowed to use substitute players (Please try to replace the player with an equal caliber substitution).
- ❖ All substitute players must be REGISTERED within the Beach League. To register a player please email info@thebvc.ca with the substitutes name, email and phone number or call (431) 997-8225 ext 0.

Free Agents:

- ❖ Free Agent contact information is available on our website:
https://docs.google.com/spreadsheets/d/1iov1XQTgxS8-HWlUuewSp0DrbvoP3w_xizwxWYv6aF0/edit#gid=607787886
- ❖ Teams may use the Free Agent List for additional/substitute players.

Cancellations:

- ❖ ❖ Games cannot be rescheduled. Teams who are unable to make their games or find subs will default the match and a deduction will be taken from their performance bond.
- ❖ Game time requests are not allowed. Teams are expected to be available for their games to start between 6pm-11pm on their designated league night.
- ❖ Please email info@thebvc.ca if your team is unable to make your games.

League/Playoff Information:

❖ There will be 8-9 weeks of round robin play followed by 1-2 weeks of playoffs depending on each division. Each division will run for 10 weeks total.

- ❖ Teams will have 2 scheduled games each night during round robin play.
- ❖ The number of games played per night may change during the playoffs (between 1-4)
- ❖ Playoff seeding is based on the standings from round robin. Your team's standing/ranking can always be found on the homepage of our website:
https://docs.google.com/spreadsheets/d/1CbdUmxD6x_2YjIGsoohhJINib4i12kc7zQHgmeONEE/edit?gid=825359528#gid=825359528

Note: Rules and guidelines may be amended & updated as required. Notification of changes will be forwarded to all participants affected by the changes.

2. Facilities and Equipment

- ❖ All matches will be played at The Beach Volleyball Centre (2600 Wenzel Street, East St. Paul MB; 431-997-8225 ext. 0).
- ❖ The BVC utilizes Sports Imports net systems for all league matches.
- ❖ League game balls are the Mikasa VLS300 Beach Champ.

3. Adult Leagues Rules:

Women's 4s - Competitive & Recreational League

Participants:

- ❖ Minimum of 4 players and a maximum of 7 players on a team roster.
- ❖ Must have a minimum of 3 players on the court at all times.
- ❖ All players must be female (ages 16+).

Format:

- ❖ Matches are best 2 out of 3 sets. First and second sets are played to 21 points; win by 2, no cap. The third set, if needed, is played to 15 points; win by 2, no cap.
- ❖ Teams will change sides after completion of the 1st set. In the 3rd and deciding set, if needed, teams will change sides once the leading team has reached 8 points.
- ❖ Each team is allowed to call one 30 second time-out per set. **If games are running behind, teams will forfeit their timeouts.**
- ❖ Substitutions are allowed to enter before or after the serving position.

Playing Actions:

- ❖ Serving rotation must be maintained.
- ❖ Only 1 service toss is allowed.
- ❖ Blocking of serves is not allowed.
- ❖ Jump serving is legal.
- ❖ Serves that hit the net, continue over and remain within the court boundaries are in play.
- ❖ All players can spike and block from anywhere on the court.
- ❖ Overhand passing (volleying) on service reception is NOT permitted.
- ❖ Overhand passing (volleying) is NOT permitted on the first contact in a rally except on a hard-driven ball. *A hard-driven ball is defined as 'an attack-hit or a blocked ball travelling at a high rate of speed'.* If the play is defensive and reactive in nature, as in the case of a hard-driven ball, momentarily held or double-contacted balls are not considered faults.
- ❖ When intentionally overhand passing (volleying) the ball across the net, the trajectory of the ball must be perpendicular to the line of the player's shoulders and hips (this also applies to backsets). If a player is attempting to set a teammate and the ball accidentally goes over, the play is legal.
- ❖ Open hand tips are not allowed. Pokeys (knuckles), roll shots, back of hand, heel of hand are all legal contacts.
- ❖ If the ball is contacted during a block, this would count as the FIRST CONTACT. The ball must then be put over the net with NO MORE than TWO contacts. The blocker who touches the ball CAN play the ball on the next touch.
- ❖ If the ball hits the line, it is IN.
- ❖ If the ball hits the antenna or the net outside the antenna it is out of play. The ball must be played across the net between the antennae.
- ❖ There is no centre line therefore players can be under the net as long as they do not interfere with the play of their opponents.
- ❖ Any part of your body may be used to play the ball (including feet).

Coed 4s - Recreational League

Note: Our Recreational league is designed for teams to play volleyball in a relaxed environment while spending time with family and friends. If you are a team that would like to play more competitive games, we would recommend signing up for our competitive league instead.

Participants:

- ❖ Minimum of 4 players and a maximum of 7 players on a team roster.
- ❖ Teams are allowed to play short with 3 players but they must have a minimum of 2 female players on the court at all times. (This means that teams who are playing short can play with 2 female players and 1 male player or 3 female players. Teams cannot play short with 2 male players and 1 female player). If you can only field a team with 2 male players and 1 female player, you can still play but you will default the game.

Format:

- ❖ Matches are best 2 out of 3 sets. First and second sets are played to 21 points; win by 2, no cap. The third set, if needed, is played to 15 points; win by 2, no cap.
- ❖ Teams will change sides after completion of the 1st set. In the 3rd and deciding set, if needed, teams will change sides once the leading team has reached 8 points.
- ❖ Each team is allowed to call one 30 second time-out per set. If games are running behind, teams will forfeit their timeouts.
- ❖ Substitutions are allowed to enter before or after the serving position.

Playing Actions:

- ❖ Rotation must be maintained at all times (This includes regular rotation as well as serving rotation). Each player needs to be in rotation (in the proper spot on the court) during the serve/serve receive. Players can then move freely anywhere on the court after the service contact.
- ❖ Only 1 service toss is allowed.
- ❖ Blocking of serves is not allowed.
- ❖ Jump serving is legal.
- ❖ Serves that hit the net, continue over and remain within the court boundaries are in play.
- ❖ All players can spike and block from anywhere on the court.
- ❖ Overhand passing (volleying) on service reception **IS** permitted.
- ❖ Overhand passing (volleying) **IS** permitted on the first contact in a rally
- ❖ Overhand passing **IS** permitted on a hard-driven ball or attack. *A hard-driven ball is defined as 'an attack-hit or a blocked ball travelling at a high rate of speed'.*
- ❖ When intentionally overhand passing (volleying) the ball across the net, the trajectory of the ball does **NOT** need to be perpendicular to the line of the player's shoulders and hips. Side sets **ARE** allowed. If a player is attempting to set a teammate and the ball accidentally goes over, the play is legal.
- ❖ Open hand tips **ARE** allowed. Open hand tips, pokeys (knuckles), roll shots, back of hand, heel of hand are all legal contacts.
- ❖ If the ball is contacted during a block, this would **NOT** count as the FIRST CONTACT and teams will still have THREE contacts to get the ball over the net after the initial block touch. The blocker who touches the ball CAN play the ball on the next touch.
- ❖ If the ball hits the line, it is IN.
- ❖ If the ball hits the antenna or the net outside the antenna it is out of play. The ball must be played across the net between the antennae.
- ❖ There is no centre line therefore players can be under the net as long as they do not interfere with the play of their opponents.
- ❖ Any part of your body may be used to play the ball (including feet).

Coed 4s - Competitive League

Participants:

- ❖ Minimum of 4 players and a maximum of 7 players on a team roster.
- ❖ Teams are allowed to play short with 3 players but they must have a minimum of 2 female players on the court at all times. (This means that teams who are playing short can play with 2 female players and 1 male player or 3 female players. Teams cannot play short with 2 male players and 1 female player) **If you can only field a team with 2 male players and 1 female player, you can still play and not be fined on your performance bond but the other team will automatically receive a win for these games.**

Format:

- ❖ Matches are best 2 out of 3 sets. First and second sets are played to 21 points; win by 2, no cap. The third set, if needed, is played to 15 points; win by 2, no cap.
- ❖ Teams will change sides after completion of the 1st set. In the 3rd and deciding set, if needed, teams will change sides once the leading team has reached 8 points.
- ❖ Each team is allowed to call one 30 second time-out per set. **If games are running behind, teams will forfeit their timeouts.**
- ❖ Substitutions are allowed to enter before or after the serving position.

Playing Actions:

- ❖ Serving rotation must be maintained.
- ❖ Only 1 service toss is allowed.
- ❖ Blocking of serves is not allowed.
- ❖ Jump serving is legal.
- ❖ Serves that hit the net, continue over and remain within the court boundaries are in play.
- ❖ All players can spike and block from anywhere on the court.
- ❖ Overhand passing (volleying) on service reception is NOT permitted.
- ❖ Overhand passing (volleying) is NOT permitted on the first contact in a rally except on hard-driven balls *A hard-driven ball is defined as 'an attack-hit or a blocked ball travelling at a high rate of speed'*. If the play is defensive and reactive in nature, as in the case of a hard-driven ball, momentarily held or double-contacted balls are not considered faults.
- ❖ When intentionally overhand passing (volleying) the ball across the net, the trajectory of the ball must be perpendicular to the line of the player's shoulders and hips (this also applies to backsets). If a player is attempting to set a teammate and the ball accidentally goes over, the play is legal.
- ❖ Open hand tips are not allowed. Pokeys (knuckles), roll shots, back of hand, heel of hand are all legal contacts.
- ❖ If the ball is contacted during a block, this would count as the FIRST CONTACT. The ball must then be put over the net with NO MORE than TWO contacts. The blocker who touches the ball CAN play the ball on the next touch.
- ❖ If the ball hits the line, it is IN.
- ❖ If the ball hits the antenna or the net outside the antenna it is out of play. The ball must be played across the net between the antennae.
- ❖ There is no centre line therefore players can be under the net as long as they do not interfere with the play of their opponents.

- ❖ Any part of your body may be used to play the ball (including feet).