



2013 Sand Volleyball Leagues

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2520 26th Avenue South, Minneapolis 55406

League Information

Teams will receive a 8 weeks of play and a tournament. All games will be officiated.

Weeknight games will be played at 6:20, 7:20, 8:20 and 9:20.

Sunday games will be played at 3:00, 4:00, 5:00, and 6:00.

All teams receive a 5-minute warm-up with 55 minutes of playing time.

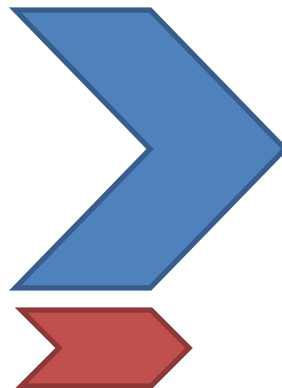
Fees: \$360 per team. All players will receive a T-Shirt. Register and pay on-line at: <http://spikesnstrikes.com/>

Divisions:

- RECREATIONAL:** Consists of players with low to moderate skill level. Players improve skills in serving accurately, passing and setting up the ball to be hit over. The most recreational league offered.
- SILVER:** Consists of players with moderate to good skill proficiency and skill level. Players have good game knowledge and the basic skills of serving, passing, and using three touches to get the ball over. Teams have strategy of defense, offense, and the use of rotations.
- GOLD:** Skilled players focus on specific roles related to serve receive, defense and offense, including the use offensive strategies for specific roles (setters, middles and outside hitters). Players have consistent skill and game knowledge and significant experience playing in competitive leagues, clubs, and/or tournaments.

Days of Play:

- SUNDAY:** 6s RECREATIONAL Coed
6s SILVER Coed
- MONDAY:** 6s SILVER Coed
6s GOLD Coed
- TUESDAY:** 4s GOLD Open
4s GOLD M or W
- WEDNESDAY:** 6s GOLD Coed
6s GOLD Coed
- THURSDAY:** 6s RECREATIONAL Coed
6s SILVER Coed



Sunday through Wednesday leagues are still forming. Email director@spikesnstrikes.com to reserve your spot. One extended session will be offered pending committed teams.

Second Session Thursday night league is to begin in August.

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.

All players must be 18 years of age or older.

Rules:

The rules of the USAV shall be used as the general rules for play. Exceptions are listed below.

- Matches will be 2 games to 25 points rally scoring with a 27 point scoring cap. The 3rd game will be rally scoring to 15 points with a 17 point scoring cap. Once one team gets to 8 points during the third game, teams switch sides.
- Each team can use two 30 second timeouts per game.
- 6s teams must have at least 4 players to play. 4s must have at least two players to play. Teams may 'borrow' subs from other teams during regular season play, but NOT during playoffs.
- No more than three men can be on a side at one time for coed 6s.
- All players must sign the waiver prior to playing. An individual must have played a minimum of 2 matches (6 games) to be eligible to play in the end of season playoff tournament. Rosters may be checked at playoffs. Captains are responsible to keep their roster current. A player may only play on one team during playoffs and must have signed that team's roster. All teams qualify for playoffs. Teams must have 6 players during playoffs.
- Matches will start at the scheduled time. 1st, 2nd, and 3rd games will be forfeited at 10 minutes, 20 minutes and 30 minutes late, respectively.
- The referee will toss a coin or have captains paper/rock scissors prior to the 1st and 3rd games to determine which team chooses their preference for side, serve or receive.
- Teams must rotate and serve in turn. A server continues to serve until a sideout is declared. Teams rotate on first serve.
- Let serve will be in effect at all levels of play. If the served ball hits the net and goes over, playable.
- No blocking of serves. Serves may be set.
- Players can double hit on a serve or a driven ball.
- The ball cannot roll or come to rest on any part of a player's body. Catching, lifting, pushing or throwing the ball is an error and will result in a sideout. The referee makes all decisions and calls on double hits and lifts. Decisions will be based on the type of league and division level of play. The use of feet is allowed only within the boundaries of the court.
- Three touches/plays are allowed to return the ball over the net. Four plays constitute an error and will result in a sideout. A blocked ball does not count as one of the three touches/plays. There will be no requirement for a woman to touch a ball before it is returned.
- No open handed tips are allowed in 4's.
- Contact with the net is a fault if it interferes with play. Specifically, if a player contacts the top band of the net, takes support from the net while playing the ball, or interferes with the opponent's opportunity to play the ball.
- A player is allowed to step over the centerline if it does not interfere with the other team's play. It is a foul if it interferes with play. This call is at the referee's discretion.
- A ball that hits the line is in. If the ball touches the court line it is counted as in. If a ball hits the fence or the referee stand it is considered out of play.
- Balls must pass over the net on the inside of the line poles. The ball is considered out if it hits the pole.
- Players are not allowed to enter the other court to play a ball.
- Positions may be switched following a serve, however, back row players are not allowed to jump/hit/block within the 10 foot line (referee's discretion). Players must return to and be in their rotation positions prior to each next serve.
- If there is limited space at the end line, the server is allowed to step one step over the line. All other players must be inside of the court for each serve.

Playoffs:

- League standings will be based number of games won, not overall points scored during the season.
- Playoffs will begin be held on August 1st and 8th. Playoffs are normally a double elimination tournament. If the first week of playoffs is rained out the next week will be a single elimination playoff. If the first week of playoffs are played and the second week of playoffs get rained out, the highest placed team that is still in the winner's bracket from the first week of playoffs wins the playoffs. If both nights of playoffs get rained out then the team that won the league wins the playoffs.
- There will be two summer sessions. Turn in registration for the second session as soon as possible to reserve a spot. First come, first serve.

Conduct:

- Sportsmanlike conduct is expected of all players. The referee has the power to eject any player or spectator for inappropriate behavior.
- Honor calls are expected at all times.
- Captains only are allowed to address the referee regarding calls, score or to request time-out.
- No players (including captains) may make profane or vulgar remarks to officials, opponents or spectators.
- A team or player's fee is non-refundable if they are ejected from the league for inappropriate behavior.
- No outside food or beverage allowed. Food and drink are available at the bar and restaurant.
- Children must be supervised at all times by an adult not playing on the court.
- Be safe and have fun!

Weather Policy:

We will try to play all games unless there is significant downpour or lightning. To keep the leagues on pace and to prevent rescheduling into the next season, rainouts will not be made up. Teams will receive a \$10 gift card as reimbursement if there is a missed night of play. If a match gets rained out after the match has started, the team that is leading at that time will be awarded the win.

A cancellation will be posted on the Spikes 'n Strikes Facebook pag by 4pm on the day of a match. If there is NO cancellation message, games will go on as scheduled.