

# Adult Sports Leagues



## Sand Volleyball By-Laws

Frisco Athletic Center

5828 Nancy Jane Lane, Frisco, TX 75035

**Rainout Line:** 972.734.1411

## City of Frisco Adult Sports Leagues

Games will be played under the Federation International Volleyball (FIVB) and the United States Volleyball Association Beach Volleyball (USAV) rules for game play with modified rule supplements with local City of Frisco athletics department. The adult sports leagues shall be governed by the City of Frisco Parks and Recreation Department. The department shall rule on protests, appeals, and extended disciplinary actions.

### Adult Sand Volleyball Rules

#### Team Rosters and Liability Waiver

- All players must be at least 18 years of age to participate.
- All players must present their ID on the first night of games and sign the City of Frisco's paper team roster liability waiver form prior to being permitted to play in any league games.
- Team Rosters are limited to 8 players.
- Rosters are locked upon the completion of the team's 4<sup>th</sup> game of the season.
  - Any player who hasn't signed the roster by week 4 is ineligible to play.
- A player changing to a different team roster must be made prior to game time with the Rec Aide.
- Players are only permitted to sign and be on one team roster per night of play.

#### Uniforms

- All team members must have matching jerseys or shirts with the same base color with numbers permanently attached in 6" letters or larger on the back of the jersey.
- Only whole numbers from 0-99 can be used.
  - No tape, permanent marker or duplicate numbers will be allowed.
- Metal cleats are not permitted.
- Jewelry of any kind is not permitted to be worn during league play for player safety.

#### Field of Play

- The playing court is a rectangle measuring 16 x 8m (52'6" c 25'3"), surrounded by a free zone, which is a minimum of 3m wide on all sides.
- The surface is composed of leveled sand as flat and uniform as possible.
- All lines are 5 cm wide. The lines must be of a color which contrasts sharply with the color of the sand.
- Two side lines and two end lines mark the playing court. There is no center line. Both side and end lines are placed inside the dimensions of the playing court.
- Court lines should be ribbons made of resistant material, and any exposed anchors should be of a soft, flexible material.
- The service zone is an 8m wide area behind the line, which extends to the edge of the free zone.

## Equipment

- The City of Frisco will provide the game ball.
- The official sand volleyball is a Mikasa VLS300 Beach Champ ball.

## Regulation Game Play

- Regulation games are fifty (50) minutes of playing time.
- Each team is allowed one timeout per game.
- Time outs are 30 seconds each and non-cumulative.
- The captains will play rock, paper, scissors for the choice of court side or the service for the first and third games.
- Teams are allowed 3-minutes of warm-up prior to their match if the games are not running behind.
- Each team has three (3) contacts max to return the ball to the opposing team.
- No player can touch the ball twice in a row except during or after blocking the team's first contact.

## Officials

- There will be no officials and teams will officiate their own games.

## Rally Scoring

- The match won by the team that wins two sets.
  - In the case of a 1-1 tie, the deciding 3<sup>rd</sup> set is played to 15 points with a minimum lead of 2 points.
- An official match will consist of (2) games to 21 and a 3<sup>rd</sup> game (if needed).
- 1<sup>st</sup> and 2<sup>nd</sup> game will go to 21 points/cap 25, must win by 2 points.
  - If the score is tied 24-24 play continues until one team has a lead of two points.
- The deciding 3<sup>rd</sup> set is played to 15 points, must win by 2 points.
- Teams will switch serve and side after the first set.

## Team Lineups

- The team consists of 4 players.
- A team of 4 may consist of the following:
  - 2 males and 2 females.
  - 1 male and 3 females.
  - There should not be more males than females on the court.
- Teams may start with a minimum of 3 players on the court.
  - The maximum of numbers of males is two.
  - The minimum number of females is one.
  - If a team has fewer than these minimums, the game will be forfeited.

## Substitutions

- Players may substitute in between games.
- Substitutes must go in and out for the same person or must rotate into the back position.

- If there is an injury during a game, a substitution is allowed to take the spot of the player injured for the remainder of the match.
  - Once the injured player comes out of the game, they are not allowed to re-enter until the next game.

## **Service Order/Rotation**

- Players must serve in rotation and are allowed to line up in any formation.
- The service order must be maintained throughout the set.
- When the receiving team has gained the right to serve, its players will “rotate” one position.
- There are no positional order faults.

## **Service**

- The server must announce the score before the serving the volleyball.
- The ball shall be hit with one hand or any part of the arm after being tossed or released from the hand(s).
- Only one toss or release of the ball is allowed.
- The server may move freely within the service zone. At the time of the service hit or take-off for a jump service, the server must not touch the court, endline, or ground outside of the service zone. The server’s foot may not go under the end line.
- After the hit, they may step or land outside of the service zone, or inside the court. If the line moves because of the sand pushed by the server, it is not considered a fault.
- Let serves are legal and playable.
- Blocking the opponents service is not permitted.
- Attacking the opponents service while the ball is completely above the height above the net is not permitted.

## **To Score a Point**

- If the serving team wins a rally, they score a point, and the team continues to serve.
- If the receiving team wins a rally, it scores a point and gains the right to serve.
- A team scores a point by successfully landing the ball on the opponent’s court.
- When the opponent team commits a fault.
- When the opponent team receives a penalty.

## **Ball In**

- The ball is “in” when it touches the sand of the playing court including the boundary lines.

## **Ball Out**

The ball is “out” when:

- The part of the ball which contacts the sand is completely outside the boundary line.
- The ball touches an object, enclosure, or tree outside the court or a person out of play.
- The ball touches the rope, post, or net outside of the antenna or the antenna itself.
- The ball crosses the vertical plane of the net either partially or totally outside of the antenna.

- The ball crosses completely the lower space under the net.
- The ball touches an object, enclosure, or tree above the team's playing area and crosses the plane of the net into the opponent's court.
- The ball touches an object, enclosure, or tree above the opponent's playing area and crosses the plane of the net.

### **Team Hits**

- The team is entitled to a maximum of three hits for returning the ball.
- A player may not hit the ball two times consecutively.
- If teammates touch the ball simultaneously it counts as 2 team contacts (with the exception of blocking). Either player may make the 3<sup>rd</sup> contact.
- The ball may touch any part of the body provided that the contact takes place simultaneously.
- The ball must be hit, not caught and/or thrown. It can rebound in any direction.

### **Ball at the Net**

- The ball sent to the opponent's court must go over the net within the crossing space.
  - Below, by the top of the net.
  - At the sides, by the antennae, and their imaginary extensions.

### **Ball Touching the Net**

- While crossing the net, the ball may touch it.

### **Ball in the Net**

- The ball driven into the net may be recovered within the limits of the three team hits.
- If the ball rips the mesh or the net or tears it down, the rally is cancelled and replayed.

### **Attack Hit**

- All actions which direct the ball towards the opponent with the exception of the service and block, are considered as attack hits.
- An attack hit is completed the moment the ball completely crosses the vertical plane of the net or is touched by an opponent.
- Any player may carry out an attack-hit at any height, provided that their contact with the ball has been made within the players' own playing space.

### **Player at the Net**

- In blocking, a player may touch the ball beyond the net if they do not interfere with the opponent's play, before the latter's attack hit.
- During an attack hit, a player is permitted to pass their hand beyond the net, provided that the initial contact has been made within their own playing space, and the ball is not caught or thrown.
- A player may enter into the opponent's space, court, and/or free zone, provided that this does not interfere with the opponent's play.

## Blocking

- A blocking contact is counted as a team hit. The blocking team will have only two more hits after blocking the contact.
- The first hit after the block may be executed by any player, including the one who touched the ball during the block.
- Blocking the opponent's service is not permitted.

## Play at the Net

- The ball may touch the net, including the serve.
- A blocker may touch the ball beyond the net, if this does not interfere with the play before or during the opponent's attack hit.
- Contact with the net is permitted provided it does not interfere with play.
- Contact with the opponent's court with a foot is permitted, provided it is not excessive or does not interfere with the play.
- When the ball is driven into the net and causes it to touch an opponent, no fault is committed.

## Lift and Carries

- Are not permitted and will result in a point for the opposing team.

## Faults

- **Catch** – the ball is caught or thrown or does not rebound from a hit.
- **Double Contact** – a player hits the ball twice or the ball contacts various parts of the players body in succession.
- **Four Hits** – a team hits the ball four times before returning it.
- **Back Row Attack** – a back-row player completed an attack hit or block from the front row area.
- **Service Attack** – a player completes an attack hit on the opponent's service.
- **Service Block** – a player completes a blocked hit on the opponent's service in the front row area.
- **Service Fault** – a player improperly executes the service.
- **Net Interference** – a player contacts the net and interferes with the play. A player places a hand near the net in the path of a ball to intentionally deflect the natural rebound of a ball that has been passed into the net by the opponent.
- **Interference Beyond the Net** – a player contacts the ball beyond the net prior to an opponent's attack hit.
- **Penetration Under the Net** – a player enters the opponent's playing space under the net and interferes with the play.

## **Playoffs**

The top teams in the division will be awarded a seed in the playoffs. Depending on the number of teams in each division the top four (4) or six (6) teams will make the playoffs. The winning team in each division will receive sport specific championship t-shirts. Championship games will follow regular season rules.

## **Adult Sports Code of Conduct**

By participating in the City Of Frisco Adult Sports Leagues, all captains, players, and spectators agree to abide by the City of Frisco's Sports League Code of Conduct and Zero Tolerance Policy. Anyone exhibiting unsportsmanlike conduct will be held responsible for their actions. The Code of Conduct is available at [Frisco Parks and Recreation](#)

## **Inclement Weather**

The athletics department will make the decision on playing fields by 3:00 p.m. during the week and will post field conditions on [Rainout Line - Extensions](#) or by calling the Rainout Line at 972.734.1411. Teams can also visit [www.TeamSideline.com/Frisco](http://www.TeamSideline.com/Frisco) for updates on field conditions. If weather conditions change during league games, the onsite Rec Aide will follow the City of Frisco's inclement weather protocol.

## **Incident Report**

Any participant who is injured at any City of Frisco sports facility during adult sports league games are required to complete an Incident Report with the Rec Aide on duty.

## **Blood Rule**

Any player who is bleeding, has an open wound, or has an excessive amount of blood on their jersey must leave the game immediately. Game play will be suspended for any player who is injured and bleeding. If a legal substitute is available, they can replace the injured player and play can continue. The player is permitted to return once the bleeding has stopped, the wound has been properly covered and bandaged, and the uniform has been changed.

## **Alcohol and Smoking Ordinance**

Per City Ordinance, the consumption or possession of alcohol is prohibited in the parks, at City of Frisco facilities, or out at athletic complexes and parking lots. [Ordinance, § 58-92\(22\)a](#). Smoking or the use of illegal drugs, or tobacco is prohibited in the parks, at City of Frisco facilities, or out at the athletic complexes. [Ordinance, § 58-92\(22\)a](#). All glass bottles are prohibited in the parks and athletic complexes. Recreation Aides, Umpires, and Officials reserve the right to eject anyone suspected of being intoxicated during league games. Additional sanctions may be imposed by league administration depending on the severity of the violation.

## **Forfeits**

All adult sports league captains will adhere to the forfeit policy and procedure when notifying the athletics department regarding a forfeit for their team. Forfeiting a game should be a last resort and captains should review the league rules to determine if a forfeit is necessary or if they can play under a shorthand rule.

### **24-hour advance notice of league game forfeit:**

1. Captains needing to forfeit a game must contact the athletics department with a 24-hour notice to avoid a forfeit fee.
2. To avoid a forfeit fee captains should contact the following athletic staff:
  - a. **Athletics Coordinator** – Karinne Monn 972.292.6615 or [KMonn@friscotexas.gov](mailto:KMonn@friscotexas.gov)
  - b. **Athletics Supervisor** – Blake Grimmatt 972.292.6634 or [BGrimmett@friscotexas.gov](mailto:BGrimmett@friscotexas.gov)
3. Captains should review the sports league specific rules to determine if they need to forfeit or if they can play under a short-handed rule.

### **Under 24-hour notice of league game forfeit:**

1. Captains who “no show” or contact the athletics department under the 24-hour notice will result in a forfeit fee of \$30.00
2. The forfeit fee will be charged to the team captains’ account and must be paid before your team is permitted to play again. Failure to provide payment will result in an automatic forfeit for any future games scheduled until the fee has been paid.
3. Any team that forfeits twice in one season will be removed from the league with no refunds.

### **Tiebreakers for Standings**

The following items will be used to determine standings for the adult sports leagues.

- Winning Percentage
- Head-to-head
- Head-to-head Differential
- Total Points/Runs for
- Total Points/Runs Against
- Total Points/Runs Differential
- Coin Flip

### **Suspension and Ejections**

All captains and players are expected to abide by the City of Frisco’s Adult Sports League Behavioral policies. The athletics department reserves the right to increase or decrease the severity of the penalties based on previous history, unusual or special circumstances, or to protect the integrity of the league.

### **Removal**

- The umpires and officials have the right to remove any player from the game for minor infractions, but this player does not have to leave the facility or park. There is no team penalty, and the players is not suspended.
- The use of profanity and insulting language towards other players, captains, umpires or City of Frisco athletics staff, or in general, will not be tolerated.
- This will be a discretion of the umpire and athletics staff to determine the severity of the behavior.
- Excessive use of profanity will result in disciplinary action including game ejection, expulsion for the season, or permanent suspension from all City of Frisco adult sports leagues.



## **Ejection**

Any situation that an umpire or official deems unsportsmanlike may be cause for a player being ejected. Anyone ejected from the game (player or fan) for inappropriate behavior must leave the City of Frisco property immediately. Game play will be suspended until the player leaves the facility. If the player or fan does not comply or if they leave and return, their team will forfeit their game for that evening (even if the game has already been played). If that game was played and lost, the next game on the league schedule will be forfeited.

- Ejected players will automatically be suspended for a minimum of 7 days. If a player is on multiple teams in different leagues, they will be suspended from their next scheduled league or playoff game that falls within the timeframe of the suspension.
- If league play does not occur within the 7-day suspension, an ejected player will be suspended at minimum one game for the league in which the offense occurred.
- It is the responsibility of both the team captain and the player who was ejected to comply with this policy.
- Any violation of this policy will result in further disciplinary action to possibly include expulsion from the league.
- Any player who verbally abuses an umpire, official, or City of Frisco athletics staff at any time will be suspended under the ejection rule.

## **Player Removal – Shorthand Rule**

- If a player removed from the game, the team can continue to play under the Shorthand Rule.
- If a player is ejected the position in the lineup must be substituted or the team will forfeit.
- During the game, if the available number of players falls to less than 3 players for any reason then the game will be forfeited. There is no exception to this rule.

## **Expulsion**

- Physical abuse is defined as any unwanted contact by the person or object that does not fall into the natural play of the game. This is to include any initial or secondary contact.
- Physical abuse of a player, official, or City of Frisco staff member will result in expulsion of that player or players from all City of Frisco leagues and parks for at least a one-year period and possible legal action.

## **Contest an Expulsion Procedure**

- Any player that would like to contest the ruling of any expulsion or suspension must notify the athletics department in writing within 10 days of being notified to request a hearing with the Parks and Recreation Director.
- After the hearings the Parks and Recreation Director will decide the length of the suspension or expulsion.
- Any length of suspension that is 90 days or less will be considered final.

- Any suspension or expulsion greater than 90 days will need to be reviewed and approved by the Parks and Recreation Board at their next scheduled meeting.

## **Protests**

All protested rule interpretation for a league game must be submitted in writing and accompanied with a \$50 protest fee in the form of only a money order made out to the City of Frisco. This should be dropped off to the Frisco Athletic Center 5828 Nancy Jane Lane, within 24 hours of the completion of the protested game. The athletics department will review the protest and rule within 48 hours of receiving the protest. If the protest is upheld the protest fee will be returned to the team captain.

- Protest for uniform and equipment concerns will be ruled on as they occur during league play and do not require a protest fee.

## **Rule Interpretations Procedure**

- The team captain must notify the Rec Aide after the play/call that they are protesting a rule interpretation. Captains must provide the rule that is being protested.
- Rec Aides will notify the umpires that the game is being played under protest.
- The game play will continue, and the athletics department will rule on all protests after the game following the protest process.
- Judgement calls are not up for protest or debate.

## **Illegal Player Procedure**

- Player eligibility concerns must be challenged by the end of the 1<sup>st</sup> match, or immediately when the player enters the game by the team captain by notifying the official.
  - Once the second match starts the player is no longer protestable.
- Teams can protest the eligibility of up to three (3) players on the opposing team.
- The player or players in question must provide a driver's license immediately upon request.
- The information on the driver's license will be used to compare the information provided on the team roster and liability waiver form.
  - If the player is unable to present the driver's license when asked, they will be considered an ineligible player for that game.
- If the player has not signed the team roster or liability waiver, they will be considered an illegal player and will not be eligible for that game.
- If the removal of the illegal player results in the team dropping below the minimum number of required players, the game will be forfeited.