

Sand/Grass Volleyball R1 Training

Provided by Quentin Johnson



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Pre-Match

- Home team selects heads or tails (You can also do Rock-Paper- Scissors, odd or even number behind me back, etc.)
- Winner selects serve, receive, or side. Opponent then selects what isn't yet decided
- Teams will switch sides each Set and will switch sides at 13 in Set 3 (if needed)
- Make sure you take note of which team is which, so you submit scores correctly.



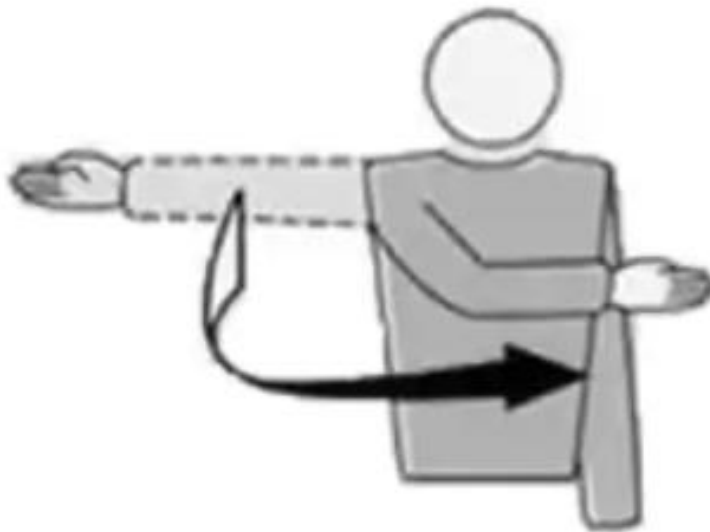
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Authorization to Serve

1



Move the hand to indicate the direction of service.



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Team to Serve

2



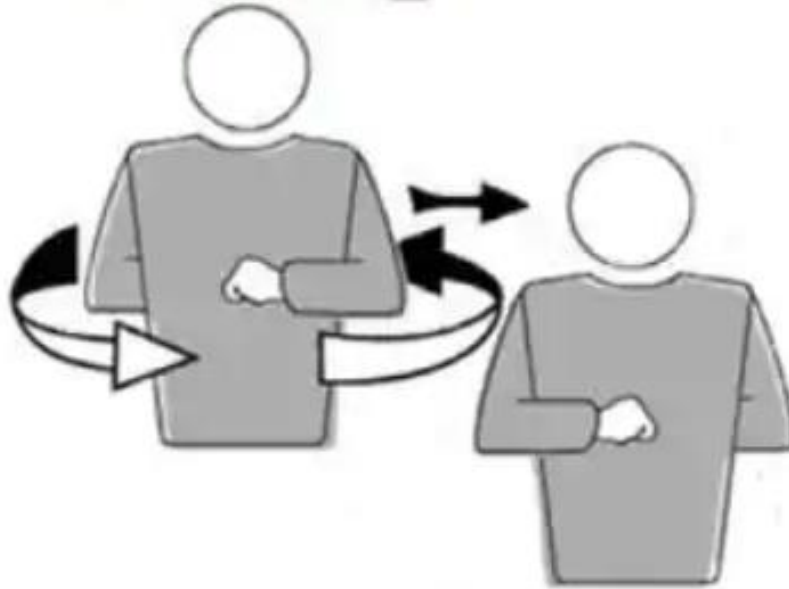
Extend the arm to the side of the team that will serve.



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Change of Courts

3



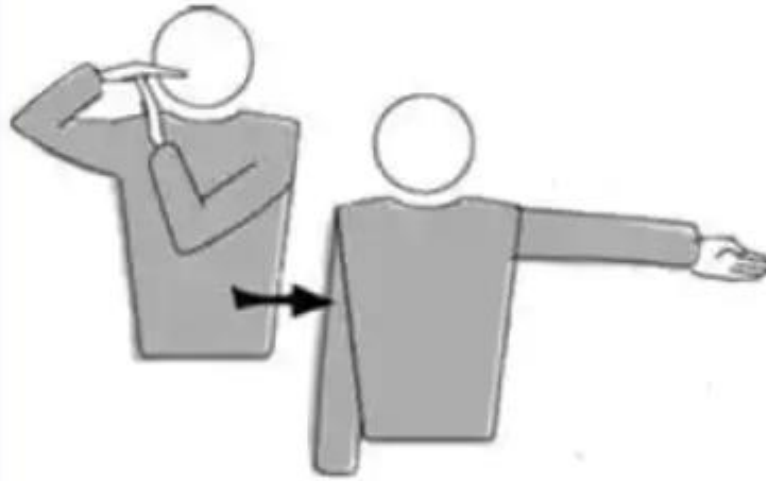
Raise the forearms front and back, and twist them around the body.



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Time-Out

4



Place the palm of one hand over the fingers of the other, held vertically (forming a "T"), and then indicate the requesting team.



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Substitution

5



Circular motion of the forearms around each other



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Misconduct Warning

6a

Misconduct
Penalty 6b



Show a yellow card for a warning; red card for a penalty.

Expulsion

7



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End of Set
or Match

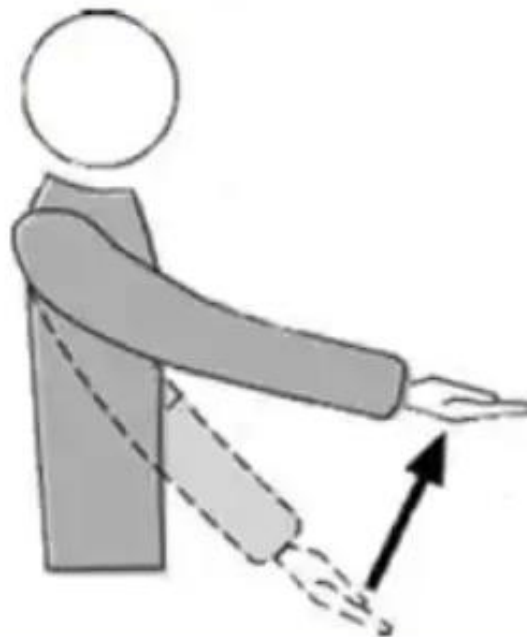


Cross the forearms in front of the chest, hands open.



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Ball Not Tossed or Released 10
at the Service Hit



*Lift the extended arm, the palm of the hand
facing upward.*



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Delay in Service

11

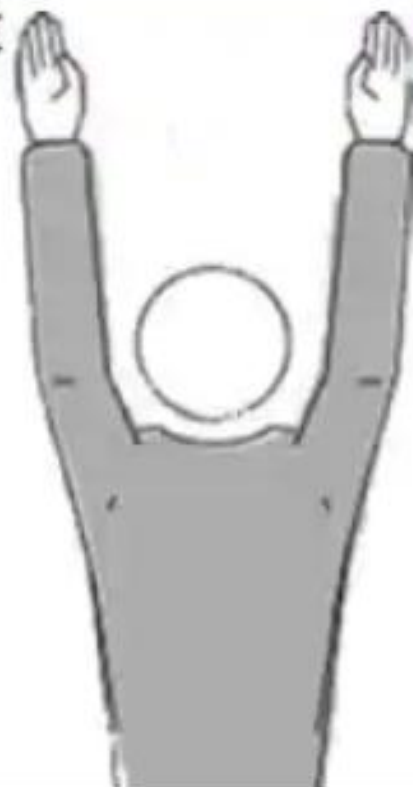


Raise eight fingers, spread open.



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Blocking Fault
or Screening



12

Raise both arms vertically, palms forward.



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Positional or Rotation Fault

13



Make a circular motion with the forefinger.



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Ball "In"

14



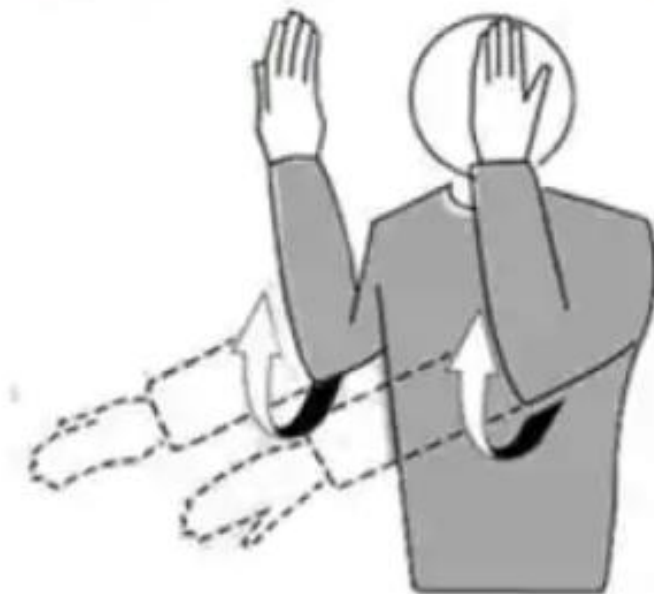
Point the arm and fingers toward the floor.



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Ball "Out"

15



Raise the forearms vertically, hands open, palms toward the body.



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Catch

16



Slowly lift the forearm, palm of the hand facing upward.



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Double Contact

17



Raise two fingers, spread open.



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Four Hits

18

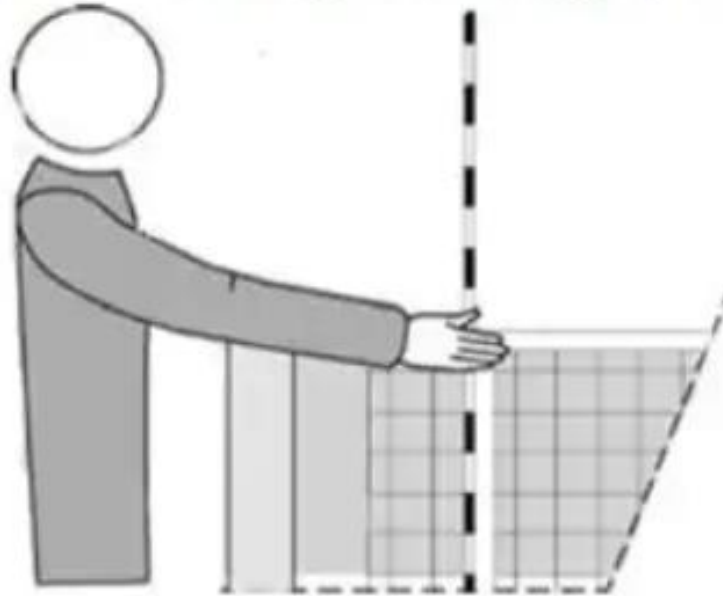


Raise four fingers, spread open.



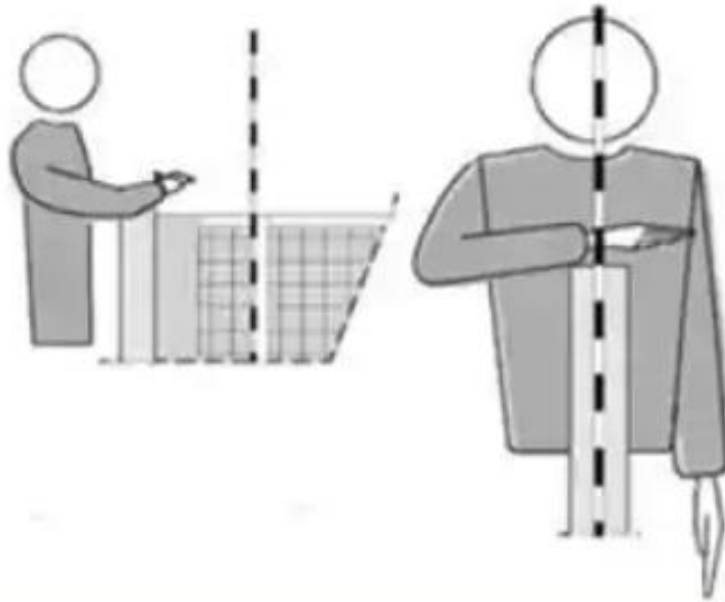
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- (1) Net Touched by Player 19
(2) Served Ball Fails to Pass to the Opponent Through Crossing Space



Indicate the respective side of the net.

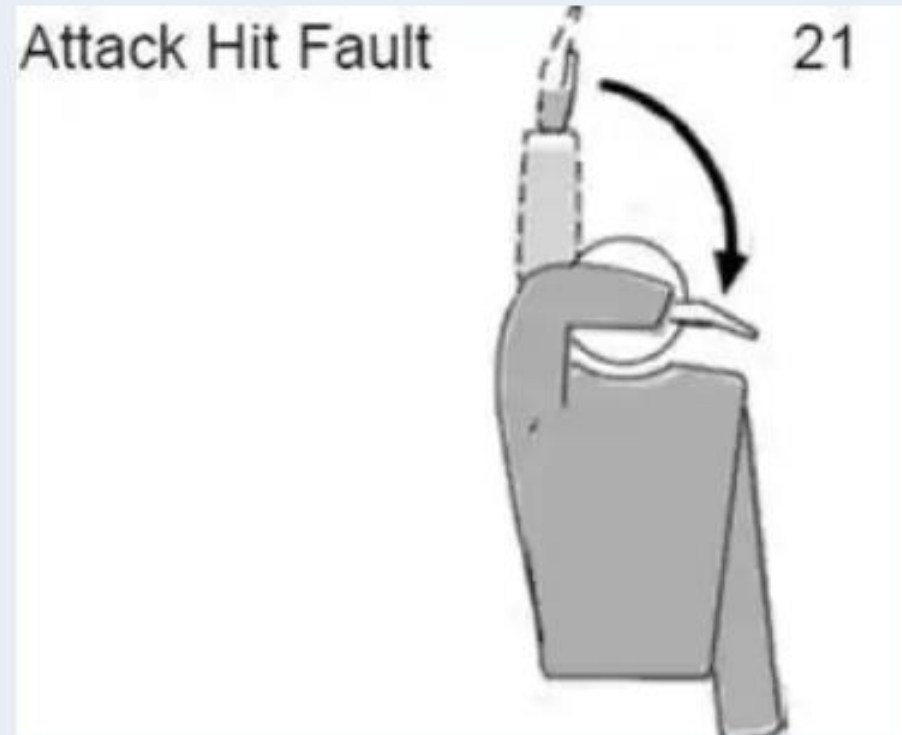
Reaching Beyond the Net 20



Place a hand above the net, palm facing downward.



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Make a downward motion with the forearm, hand open.



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Penetration into the Opponent 22
Court
Ball Crossing the
Lower Space or the
Server Touches the
Court (End Line)
or the Player Steps
Outside His/Her
Court at the Moment
of the Service Hit



Point to the center line or to the respective line.



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Double Fault and Replay 23



Raise both thumbs vertically.



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Ball Touched

24



Brush with the palm of one hand the fingers of the other; held vertically; USAV: Brush fingers of opposite hand once over palm of vertical hand.



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Delay Warning/
Delay Penalty

25



*Cover the wrist with a yellow card (warning) and
with a red card (penalty).*

Illegal Contact - Coed



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4's Rules – Sand and Grass

- Players can stay in the same spot and not have to rotate, they do have to serve with in a consistent order
- **New 2024** A contact of the ball using the fingers of one or two hands to direct the ball toward a teammate is a set. A player may set the ball in any direction toward his/her team's court. Setting over the net for any reason is not allowed and will be considered a fault.
- **New 2024** When contacting the ball with one hand, other than for setting the ball toward a teammate, the ball must be cleanly hit with the heel or palm of the hand.



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Reverse 4's rules

- Same rules as 4's for sand and grass. Only addition is men can't attack or block a ball within 3 meters of the net
- Men can attack behind the 3 meter line, women can hit and block anywhere on the court



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Other notes for this league

- Any net contact is a fault except for hair and net touch outside of the antennas
- 10 foot (3 meter) line for backrow attack to be estimated by the referee
- Only captains (identified in the pre-match coin flip) may dispute a call with a referee
- All teams play 3 sets to 25 if time allows. For situations where time is running out, tell the captains that you will play a shorter 3rd set and make sure they agree that the shorter set is fair for both teams



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Most Importantly...

- Make calls quickly and confidently
- Be honest to players, if you miss something or were blocked from seeing a play, tell them and ask them what they saw or call a re-do.
- Do not make calls that you aren't confident in
- Some of the people you are reffing people have a vast volleyball knowledgebase, if they have feedback, take it and use that to improve without making it personal
- You are a referee, actions toward players outside of being a referee including coaching, flirting, using profanity, or any other acts that are not becoming of a ref can cause the players to feel uncomfortable.



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Questions?

Feel free to call or text 6122973282 or email quentin.johnson@mpnexuslevel.us with any questions



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