

2025 Youth Sand Volleyball Bulletin

Game Specifications:

1. A game ball will be furnished by the location.
2. Each team is given one time-out per game.
3. Match Format:
 - a. All matches will begin at scheduled time with a coach, captain and official meeting prior to the start of the game.
 - b. All teams will receive a 5-minute warm-up with 55 minutes of playing time.
4. Rally scoring will be in effect at all levels of play, winning by two points. Three games/sets will constitute a match with all three games played.
 - a. All 3 games/sets up to 25, capped at 27
 - b. The 3rd game/set will be dictated by time. The team that is ahead at the end of the time will win. Referees will give teams a 5-minute warning

Roster:

1. 13U and 15U - 6 Person League: Maximum of 12 players on roster / Minimum of 4 players to start play

Conduct:

Sportsmanlike conduct is expected of all players, coaches, and spectators. The referee has the power to expel any offender. This includes no vulgar or profane remarks.

Volleyball Rules:

1. During the serve the ball may not be attacked by the receiving team
2. There are no restrictions on player alignment. You must rotate the serve
3. Unlimited substitutions are allowed
4. Let serve will be in effect at all levels of play. If the served ball hits the net and goes over, it is legal to play.
5. While blocking, a player may touch the ball beyond the net, provided they do not interfere with the opponent's play, before or during the attack-hit.
6. It is not permissible to enter another court to play a ball.
7. The ball cannot roll or come to rest on any part of a player's body.
 - a. An exception is allowed during the defensive play of a hard-driven ball, which is an attack-hit or blocked ball traveling at a high rate of speed. In that case, the ball may be momentarily lifted or pushed, providing that the attempt is one continuous motion and the player does not change the direction of the motion while contacting the ball.
8. Players cannot touch the net.



9. Players may not cross the center line/plain while the ball is in play.

Volleyball Rules: (Continued)

10. Incidental contact with an opponent is ignored, unless such contact interferes with the opponent's opportunity to play the ball.
11. While opposing players are not required to avoid the ball or player, they cannot intentionally interfere with any legal attempt to play the ball on their court.
12. If a player crosses the center line and interferes w/ an opponent during the continuation of a play, it is a fault.
13. Service rules:
 - a. Foot fault will be enforced, while serving.
 - b. Screening will not be allowed, in which the serving team intentionally blocks the view of the server
 - c. Players must wait for official to signal the serve.
 - d. 13U Age Specifications:
 - i. Players may serve up to 10 feet inside service line.
 - ii. 1No server may serve more than 3 straight points. If there is no "side out" after 3 straight points, the serving team rotates and continues serving.
 - iii. Players will receive one second attempt, should they miss a serve.
 - e. 15U Age Specifications:
 - i. Players will serve behind the regular service line.
 - ii. No server may serve more than 5 straight points. If there is no "side out" after 5 straight points, the serving team rotates and continues serving.
 - iii. No second attempt serving.
14. Players with any type of cast on the arm, wrist, hand or fingers must gain approval from league director.

Forfeits

1. If a team fails to have the required number of players on the court by 5-minutes after the scheduled match time, a penalty of 2-points per minute will be assessed until that team is ready to play. At 25-minutes the match is forfeited. If a team becomes incomplete due to expulsion of a player, the team loses the game/set by default.
2. Teams are encouraged to play for fun in the event of a forfeit – swap players and just have fun!



You are joining the MPRB Kids Zone

By registering your child in MPRB Youth Athletic leagues you are joining the *MPRB Kids Zone* and agree to the following:

- Kids are #1
- FUN is more important than winning
- Let the coaches do the coaching
- Fans cheer positively (no public displays of anger)
- Respect the officials
- Inappropriate language will not be tolerated
- Keep the facility & grounds clean
- All parks and schools are tobacco & alcohol free
- Be a positive role model

Thank you for supporting MPRB athletics!

The Minneapolis Park & Recreation Board will provide all participating youth with a positive and safe environment. We welcome your ongoing support of our program.