



City of Hastings  
Parks & Recreation Department

## ADULT SAND VOLLEYBALL RULES & REGULATIONS

1. All league rules are governed and interpreted by the league director and/or game referees
2. Play will be governed by official USAV Rules and City of Hastings League Rules & Regulations
3. The Hastings Parks & Recreation Department reserves the right to modify/change, add, or remove any rules or regulations during the season

### PLAYING RULES & REGULATIONS

#### RULE & REGULATION 1: COMMUNICATION & GAME CANCELLATIONS

1. The Hastings Parks & Recreation Department reserves the right to adjust league format during the season
  - a. Cancelled games are not guaranteed to be made up
  - b. Decision on game cancellations can be obtained by phoning the weather line at (651) 480-2392
2. It is the responsibility of each manager to maintain regular communication with the League Director for league information, rescheduling of games, tournament brackets, rulings, and standings
3. League Director is Phil Vargas, [pargas@hastingsmn.gov](mailto:pargas@hastingsmn.gov) or (651) 480-6181

#### RULE & REGULATION 2: LEAGUE STANDINGS

1. Standings will be available at <http://www.hastingsmn.gov/parks>
2. Each game won is worth one (1) point towards team standings
3. All teams will be seeded for the tournament based on their regular season record, in the event of identical records the following tie breaker system will be used:
  - a. 1<sup>st</sup> tie breaker ..... Head to head record
  - b. 2<sup>nd</sup> tie breaker ..... Better score differential in head to head games
  - c. 3<sup>rd</sup> tie breaker ..... Better score differential in all regular season games
  - d. 4<sup>th</sup> tie breaker ..... Coin flip

#### RULE & REGULATION 3: PARTICIPANT CONDUCT & EJECTIONS

1. Hastings Parks & Recreation Staff or the game referee have the authority to issue a forfeit to any game, eject players, managers or fans without warning
2. Managers are responsible for the behavior and actions of their players and coaches
3. The Code of Conduct (found at the end of these rules) will govern incidents and occurrences related to ejections
4. Players who are ejected must leave the park immediately and may not return to the park for the remainder of the day
5. A player ejected twice in the same season may be suspended for the remainder of the season and/or tournament

#### RULE & REGULATION 4: ALCOHOL & TOBACCO

1. Any player bringing any tobacco product or alcohol beverage onto the court may be ejected, any argument may lead to further penalty
2. City Ordinance prohibits the use of tobacco at any park or outdoor recreation facility
3. City Ordinance prohibits the use of glass containers at any park or outdoor recreation facility

## **RULE & REGULATION 5: EQUIPMENT & COURTS**

1. Game balls will be provided by the Hastings Parks & Recreation Department
2. Nets should be adjusted to the correct height prior to the first match by one of the first teams scheduled to play
  - a. Nets will be set at 7'4" for women's leagues
  - b. Nets will be set at 8' for co-rec leagues

## **RULE & REGULATION 6: TEAM ROSTERS**

1. Monday, Wednesday & Thursday players must be at least sixteen (16) years old prior to the start of the season, players under eighteen (18) years old must have a guardian sign the roster
2. Tuesday players must be at least fourteen (14) years old prior to the start of the season and must be twenty (20) years old or under for the duration of the season, players under eighteen (18) years old must have a guardian sign the roster
3. Each team roster is to be submitted prior to the start of the team's first regular season game, teams must have between a minimum of six (6) and a maximum of twelve (12) players on its roster
4. A team may add players until the completion of half of the regular season
  - a. Teams wanting to add additional players after the deadline will need permission from the league director
  - b. No player additions will be allowed during the tournament, all players must be listed on the roster by the last night of the regular season
5. Roster changes must be done on the existing roster, rosters are kept at the Pioneer warming house
6. Players may not be on more than one (1) roster in the same league
7. All players must sign the roster
8. All players must carry a photo ID

## **RULE & REGULATION 7: ELIGIBILITY OF PLAYERS**

\*Please keep in mind that during regular season games our league prefers to play over forfeiting, if you feel a team is consistently using non-rostered players please contact the league director.\*

1. Eligibility protests must be made prior to the start of the players second game
2. Teams that are short players must have all non-rostered subs approved by the opposing team manger before the game begins; failure to do so may result in forfeit; the umpire needs to be present during this non-rostered player agreement
  - a. If the non-rostered subs are not approved by the opposing team manager the game will result in a forfeit unless the team is able to field a minimum of four (4) or more rostered players
3. A team manager may request an eligibility protest of any player during a regular season match or tournament match
  - a. During a regular season match, the player protested will provide the referee with a valid ID, the referee will record the name on the ID, and the match will continue under protest, a decision on the players eligibility will be made when the referee contacts the League Director with the name of the player protested
  - b. During a tournament match, the match will stop immediately, the player protested will provide Hastings Parks & Recreation Staff with a valid ID, a decision on the players eligibility will be made before the match continues
4. A player is ineligible if:
  - a. The player does not have a valid ID
  - b. The player's name does not appear on the roster
  - c. The player's signature does not appear on the roster
  - d. The player does not meet the age requirements
  - e. The player appears on more than one (1) roster in the same league
5. Penalty for using an ineligible player results in ejection of the ineligible player and the team using the ineligible player forfeits the match, a team repeatedly using an ineligible player may be removed from the league

## **RULE & REGULATION 8: REGULATION MATCH & FORFEITS**

1. Matches
  - a. Regular season matches consist of three (3) games
  - b. During tournament play matches will consist of the best two (2) out of three (3) games
2. Teams will flip a coin prior to the first game of a match
  - a. The winner of the coin flip shall choose to serve/receive or side of the court, the losing team will choose the remaining option
  - b. The serve switches teams after the first game
  - c. Teams shall switch sides at the conclusion of the first game
  - d. Another coin flip will occur prior to the start of the third game of the match
  - e. During the tournament the choice will automatically go to the better seeded team
3. Each team will receive one (1) thirty (30) second timeout for each game of the match
  - a. Timeouts do not carry over from one game to another
4. A ten (10) minute grace period will be granted for each game of the match
  - a. After ten (10) minutes the first game will be forfeited and so on and so forth until the minimum amount of players arrive or all three (3) games are forfeited
  - b. Matches will begin once each team has a minimum of four (4) players
5. A team must have a minimum of four (4) players to start and complete a match to avoid forfeit
6. If both teams forfeit a tournament match the team with the better seed will advance
7. Managers need to inform the Hastings Parks & Recreation Department by 3:00 p.m. on the day of their scheduled match if they are unable to field a team or they may incur a \$25.00 forfeit penalty
8. Forfeits will be scored as a 21-0 loss

## **RULE & REGULATION 9: SCORING**

1. Rally scoring will be used, all games are to twenty-one (21) points, teams must win by two (2) points or be the first team to score twenty five (25) points

## **RULE & REGULATION 10: POSITIONING**

1. Teams with extra players may substitute or rotate in

## **RULE & REGULATION 11: SERVING**

1. During serve 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

## **RULE & REGULATION 12: PLAYING THE BALL**

1. On serve receive the ball cannot be attacked or blocked on the first contact
2. The receiving team may set a serve
3. It is legal for any first-team contact to strike two or more parts of a player during a single attempt to play the ball
4. The ball may contact any part of the body as long as it is legally hit
5. Backline players, while within ten (10) feet of the net, may not play the ball into the opposing court if contact is made when any part of the ball is above the top of the net, the ten (10) foot line will be judged by the official
6. Contact with any part of the net by a player is a fault
  - a. No fault will be called when loose hair touches the net
  - b. No fault will be called when the force of a ball hit by an opponent pushes the net into the player
  - c. Contact with the poles or referee chair is not a fault
7. Players may contact any part of the opponent's court as long as they do not interfere with the opponent's play, a player who interferes with an opponents' ability to make their next play will be called for a fault

## **RULE & REGULATION 13: CO-REC MODIFICATIONS**

1. A maximum of three (3) men may be on the court at any one time
2. A minimum of two (2) women must be on the court at any one time
3. There cannot be more men than women on the court at any one time
4. There may be more women than men on the court at any one time
5. Men and women must position themselves in an alternating fashion when possible
6. Men must substitute or rotate in with other men, women must substitute or rotate in with other women
7. These rules may be modified if the opposing team agrees prior to the start of play

## **ADULT SPORTS CODE OF CONDUCT & SPORTSMANSHIP AGREEMENT**

All rules will be strictly enforced. The term "individual" includes the following: manager, player, coach, or spectator. The term "official" includes the following: umpire, referee, league director, or city staff. A team is responsible for the conduct of its individual players and spectators. Conduct fees may be charged in full or partially if the Code of Conduct and Sportsmanship Agreement is breached.

No Individual Shall:

1. At any time lay a hand upon, shove, strike, or threaten an official or individual.
  - a. Minimum Penalty ..... Suspended from the league for one (1) calendar year
  - b. Maximum Penalty ..... Banned from all City of Hastings Adult Leagues
2. Be guilty of objectionable demonstration of dissent by throwing equipment, or any other forceful actions
  - a. Minimum Penalty ..... Warning by official
  - b. Maximum Penalty ..... Ejection from game
3. Be guilty of using unnecessary rough tactics in the play of the game
  - a. Minimum Penalty ..... Ejection from game
  - b. Maximum Penalty ..... Banned from all City of Hastings Adult Leagues
4. Be guilty of an abusive verbal attack upon any official or individual on or off the field/court of play
  - a. Minimum Penalty ..... Ejection from game
  - b. Maximum Penalty ..... Suspended from the league for one (1) calendar year
5. Use profane, obscene, or vulgar language in any manner at any time on or off the playing field/court
  - a. Minimum Penalty ..... Warning by official
  - b. Maximum Penalty ..... Ejection from game
6. Appear on the field in an intoxicated condition or under the influence of any type of drug that will infringe on the player's safety or the safety of others
  - a. Penalty ..... Removed from game
7. Be guilty of any demonstration of unsportsmanlike conduct
  - a. Minimum Penalty ..... Warning by official
  - b. Maximum Penalty ..... Suspended from the league for one (1) calendar year
8. Be guilty of breaking park rules or ordinances
  - a. Minimum Penalty ..... Warning by official
  - b. Maximum Penalty ..... Suspended from the league for one (1) calendar year