



Sioux Empire PSA-  
Sand volleyball  
Athletic Code

RATIFIED 07/21/2023

## TABLE OF CONTENTS

Mission Statement	2
League Structure	2
Team Manager Responsibilities	2
New Player Recruits	3
Team Rosters	3
Playing Rules	4
Ground Rules	6
Court and Gym Conditions	6
Player Conduct	6
Forfeits	7
Playoff Rules	7
Awards	8
Protests	8

### Mission Statement

- A. Sioux Empire Pride Sports Association-Sand volleyball (Sioux Empire PSA-Sand volleyball) is a non-profit adult community-based sports organization created to support the bonds of Lesbian, Gay, Bisexual, and Transgendered (LGBT) fellowship to play sand volleyball in a safe environment of friendly competition; free of discrimination based on age, race, creed, religion, sex, national origin, sexual orientation, gender identity or playing ability.

- B. The Sioux Empire Pride Sports Association-Sand volleyball also fosters knowledge and training in sand volleyball to educate the community it serves as to the physical, social, psychological, and intellectual benefits of athletics.

## League Structure

- A. The structure of Sioux Empire PSA-Sand volleyball shall be determined at the annual August team manager meeting.
- B. The basic rules of sand volleyball are the same across all variations of the sport. Play is typically organized with two teams organized in a formation on either side of a net. Each team attempts to score points by sending the ball over the net to their opponent, with the goal of having the ball hit the ground to end each **rally**.
- C. To begin play, one team **serves** the ball over the net to the opposing team. Once the serve has been received (**serve receive**) the receiving team has up to three contacts before they must send the ball back over the net to continue the rally. The rally continues, with each team allowed as many as three consecutive touches, until either a team makes a **kill**, grounding the ball on the opponent's court and winning the rally; or (2): a team commits a fault and loses the rally. The team that wins the rally is awarded a point and serves the ball to start the next rally. Players rotate clockwise around the court in a set order depending on who has possession of the ball.
- D. Most rallies consist of the first two touches used to set up an attack, where the team tries to put the ball in the most advantageous position possible to score a point against the other team by sending the ball over the net in a way that their opponents are unable to keep the ball from hitting the ground. Players can legally contact the ball with any part of the body.

## Team Manager Responsibilities

- A. Represent their team at the manager meetings (They may designate a proxy in their absence). There are no manager meetings for tournament play.
- B. Report the results of the manager meetings back to their team.
- C. Collect and submit to the Executive Committee: Team Rosters, Sponsor Contributions, and Membership Fees.
- D. Submit a lineup sheet to the score table and before each match. There are minimum of two matches per game with a maximum of three per game for tie breakers.
- E. Maintain team sportsmanship at all SPESA games and events.

- F. The official scorebook for the league will be maintained at the officiating table. Each team when officiating the official scorebook should be responsible for the fair and accurate reporting.
- G. Ensure that all team players participate in the rotation to assist in scoreboard tracking when the other teams are playing and it is that team's turn to track score, line judge, or be down referee. Failure to participate in the rotation of the scoreboard tracking will automatically remove a team's eligibility to play in the final tournament.
- H. Sign the official scorecard immediately following the completion of each game. The signature of both team managers is required and the signed scorecard will be entered as the official final score of the game

## New Player Recruits

- A. Each year Sioux Empire PSA-Sand volleyball shall recruit free agents.
- B. New players that Sioux Empire PSA-Sand volleyball has recruited may join a team of their choosing, be placed on a team needing players to fill their roster, or form a new team.
- C. Teams in Sioux Empire PSA-Sand volleyball needing players shall inform the recruitment director of the desired number of players needed. The recruitment list will be provided to any Sioux Empire PSA-Sand volleyball manager requesting it.
- D. Teams requesting players will be able to try-out players before the start of the season to ensure the team's needs are met. If it is found that the player is not a match for that team, the recruit may change teams at their own will. The notice **MUST** be given to the recruitment director, and, if appropriate, a reason for releasing a player must also be provided.
- E. Teams may form with players of all abilities. Understanding that individual player ratings may disqualify players from joining their team in tournaments where ratings would disqualify the team.
- F. Player participation in Sioux Empire PSA-Sand volleyball is voluntary.

## Team Rosters

- A. A team must consist of at least six (6) active players, but not more than twelve (12) active players (there is no roster limit on non-players).

- B. The initial team roster will be determined by the Executive Committee in coordination with team managers from the online registration annually by the March managers meeting.
- C. Addition(s) to the roster may be submitted for each player by using the registration tab on the SEPSA website. Registration will be completed on the external website League Apps; this can be done until the roster deadline, where then a paper form may be submitted until the second week of the regular season of play.
- D. A player may leave/change teams by: notifying the Executive Committee and the team that they are leaving before the first week of scheduled games. The recruitment director must be notified before the first game in which the transferring player is permitted to play for their new team; they will then notify the team managers of the teams involved if not already done so.
- E. Any player in the current year's Sioux Empire PSA-Sand volleyball league is permitted to leave the team that drafted them only by notification to the commissioner through their second week of scheduled games. The commissioner is then responsible for determining which team the player may move to if the player does not already have a chosen team, following Sioux Empire PSA-Sand volleyball new player recruitment procedures.
- F. A team must have a minimum of four (4) roster players to borrow two (2) players from another team for play during that day. The team can choose to play with only 4 players on the court.
- G. Any team can request its roster from the commissioner.

## Playing Rules

- A. Sioux Empire PSA-Sand volleyball in all its official events, shall adopt and conform to the to the following basic rules of the sand volleyball game.

### SCORING

To win a match a team must score more than its opponent in either a 1 game or in 2 out of 3 games

- **1 SET MATCH:**
  - First to 21 pts.
  - Must win by 2
  - No cap

**BEST 2 OUT OF 3:**

- First to 21 pts. If a third game is needed, it is played first to 15 pts.
- Must win by 2
- No cap
- When playing a game to 21.

\*If a 3rd game is needed, the first team to 15 points wins.

## **TO WIN A RALLY**

A rally is a number of hits back and forth between teams. A team scores a point:

- By successfully landing the ball on the opponent's court or one of the opponent's sidelines or baseline;
- When the opposing team commits a fault (examples: double contact, caught or thrown, net fault).
- When the opposing team receives a penalty (red card).

### **STATE OF PLAY**

The ball is in play from the moment it is served until a ball contacts the sand (or other object), fails to cross the net within the team's three contacts, or a fault is called by the referee. Faults include illegal playing actions or penalties.

### **BALL OUT OF PLAY**

From the time it lands or a fault is committed. The ball is out of play when it contacts the sand (or other object), fails to cross the net within the team's three contacts, or a fault is called by the referee. Faults include illegal playing actions or penalties.

## **BALL OUT OF BOUNDS**

The ball is out when it contacts the ground outside of the court lines (without touching them) or contacts an object outside of the court (net post, umbrella, etc.).

## **BALL IN BOUNDS**

The ball lands inside the court boundaries or touches one of the court lines.

### **PLAYING THE BALL**

Team Contacts– Ideal sequence of hits is traditionally referred to as the pass, set and spike.

- Each team has 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.
- Blocking counts as one of the team's three contacts.
- After the block, any player can make the first contact with the ball.

### **ASSISTED HIT: PLAYERS CANNOT HELP TEAMMATES REACH THE BALL.**

- However, a player about to commit a fault can be stopped or held back by a teammate.

## **JOUST: WHEN TWO OPPOSING PLAYERS MAKE CONTACT WITH THE BALL AT THE SAME TIME OVER THE NET.**

- After a joust the receiving team is entitled to another 3 hits.
- If the ball lands out of bounds after a joust, it is considered to be the fault of the team on the opposite side of where the ball landed out.

## **CONTACT**

- The ball may touch any part of the body.
- The ball must not be caught or thrown. It can rebound in any direction.

## **The Pass:**

- Usually the first of a team's three contacts. This is most often used when receiving a ball from the opponents.
- Gives teammates an opportunity to get under the ball and spot up to set the ball.

## **A Set:**

- Usually the second of the three allotted contacts, this contact uses fingertips, not hands, to direct the ball upward.
- Gives the attacker time to accurately spot the ball before contact.
- Ball must be contacted with two hands at the same time (no double contact).
- Ball must not be caught or thrown. The ball can rebound in any direction.
- A set ball can only legally cross the net if the setter's shoulders are perpendicular to the net at the point of contact (forward or backward).  
(Exception: if the referee judges the contact was an attempt to set their partner.)

All actions which direct the ball towards the opponent, with the exception of service and block, are considered as **attack hits**.

The following are some faults of an attack hit:

- Player hits the ball within the playing space of the opposing team (reaching across the net).
- Player completes an attack-hit using an open-handed finger action or if using fingertips that are not rigid and together (an open hand tip).
- Player attacks the opponent's service, when the ball is entirely higher than the top of the net.

## **BALL AT NET**

The ball may contact the net while crossing the net, including during a serve.

## **BALL CROSSING THE NET**

A ball hit into the net is playable and may be recovered by the receiving team as long as it's done within the allotted three team contacts.

## PLAYER AT THE NET

### Reaching beyond the net

- Touching the ball beyond the net while blocking is allowed.
- Players can't interfere with opponents movements.
- Ok for hand(s) to pass beyond the net after an attack-hit, as long as the contact was made within the team's playing space.

### **ENTERING INTO OPPONENT'S PLAYING AREA**

- As long as it doesn't interfere with the opponent's play on the ball, players may partially or completely step into the opponent's court during a rally.
- If a player interferes with an opponent's legal play on the ball, a fault should be called. Interference can occur with or without contact with an opposing player or the opponent's court. Contact between opponents is not always a fault.

- B. An official game may be started with a minimum of four (4) players per team. After a game begins, the number of players on the court must remain consistent even if new roster players arrive late. Players may be substituted into the court of play as many times during the match as they wish, but only for the player that they were or are substituted for. Additionally, that player must adhere to the same order of serving as the player they substituted or were substituted. If a team has six (6) players, a late player may be added to the lineup sheet as an available substitute, provided that the score table and the opposing team have been notified.
- C. Only referees and Sioux Empire PSA-Sand volleyball managers or team players are permitted to be on the court during or between games.
- D. Each game will have a minimum of two (2) set matches and a maximum of three (3) if a tie-breaker is needed.
- E. At the end of each set match the teams will switch sides of court. If a third set match is required, the teams will stay on the same side of the court that they were on at the end of the 2<sup>nd</sup> set for the beginning of the third set match.
- F. Managers are required to submit the initial line-up to the score table no later than 6 minutes prior to the start of the 1<sup>st</sup> set match of a new game.
- G. At the end of the final set match opposing teams' players, managers, coaches must meet in the middle by the net and give solicitations for a job well done.
- H. Unless noted on the schedule, new games will begin 15 minutes after the last game finished. Time begins after the previous team players clear the benches from their play and the Up-referee begins the clock count down.
- I. During the 15-minute grace period between games the next two teams that will be playing can use that time to warm up. Each team will receive 3 minutes of combined serve warm-up time, and 6 minutes of individual team warm up for the court.



- J. Teams that are not playing on the court may be listed on the schedule as the "Scoreboard Team". This means that the team listed will be responsible for tracking the official score, substitutions completed during the game, if a ball is hit out of bounds, touched prior to going out of bounds, serves in the correct order, showing the official score to the audience, and other duties as standard with officiating tracking.
- K. Any team not scheduled to be on the court or officiating will be consider to be on a bye and able to use their time as they would like. However, it is that team's own responsibility to pay attention to if their game is coming up and to be present when the 15-minute grace period begins, and on the court as scheduled.
- L. There are an unlimited number of times substitutions can occur, but players may only substitute for the same player. (e.g. player #10 comes in as a substitution for player #15. For the remaining of the match, player #10 may only come in for player #15 and #15 for player #10).
- M. There are no libero's in Sand Volleyball.

## Ground Rules

- A. Unless noted below, out of bounds ball territory is delineated by a straight lines outlining the court.

## Court and Facility Conditions

- A. Courts are to remain free and clear of debris and anything that may be deemed unsafe, which is inclusive of water, loose tape, paper, towels, coaches and/or players who are not playing on the court, etc. It is all players and coaches' responsibility to ensure that the courts maintain safe conditions for play for all players.
- B. Coaches and players that are not on the court playing must maintain a distance from the court boundaries so that it does not impede the line of site for line judges, score officials, or officiating referees. If a team is found to be in violation the team will be provided one (1) warning, and thereafter will cause a point to be awarded to the opposing team.
- C. Players not playing should either be sitting in the chairs provided, or should be standing in conjunction to the last chair and aligned with the chair aisle, clearly outside of the boundary lines and allowing line of site for the line judges.
- D. The first teams that are scheduled to play for the day must arrive a minimum of 15 minutes prior to the start of the day to help set up the nets. The Last teams playing and officiating the scoreboard must assist with the removal of the nets.
- E. All Teams are responsible for policing their own areas and making sure that all trash has been removed from the areas. Failure to properly remove trash from their areas will be fined. If a team cannot be identified as the perpetrator who did not clean their area, all

teams will be equally fined the clean-up fee. This is inclusive of where team fans sit within the stands.

## Player Conduct

- A. Coolers with food and alcohol (NO GLASS) is allowed within the guidelines of the Digz Volleyball Courts. However, Individuals that are intoxicated will be removed from gameplay. Players with multiple offenses may be removed from Sioux Empire PSA-Sand volleyball for the remainder of the season.
- B. Players who appear to be under the influence will be removed from gameplay immediately as they endanger themselves and others. Players with multiple offenses may be removed from Sioux Empire PSA-Sand volleyball for the remainder of the season.
- C. Violating the Sioux Empire PSA-Sand volleyball mission statement or demonstrating unsportsmanlike conduct will not be tolerated. Players in violation may face immediate removal from the game and Sioux Empire PSA-Sand volleyball for the remainder of the season.

## Forfeits

- A. A team will forfeit a game if it fails to have four (4) players ready to play after 15-minutes warm-up/grace period before the game begins.
- B. The forfeiting team will be responsible for paying all of the facility fees for the 1 hour of the forfeited game.
- C. If a team notifies the Assistant Commissioner (or the Commissioner in their absence) and the opposing team's manager by noon on Friday before the game in question, a forfeit shall be declared, and the requirement to pay the gym fees will be waived. Once a forfeit has been declared, it cannot be reversed.
- D. A team will forfeit a game if an ineligible player (has not paid their Membership Fee, has not filled out their registration form, or has been suspended by the Sioux Empire PSA-Sand volleyball) plays for the team in that game.

## Tournament Rules

- A. Regular Season will be four (4) to six (6) weeks with the final week begin a group activity of attending a local indoor college volleyball match. The fee for players is included in team fees. Any additional tickets needed for guests will be an additional fee determined by the Volleyball Commissioner.

- B. Tournament Games are governed by Playing Rules (above) detailed with the following exceptions: The Championship and "if necessary" set matches will begin at a score of 0 for all set matches.
- C. The format for the tournament shall be a double-elimination tournament unless an alternate format is established by the Executive Committee at a meeting before the start of the tournament games.
- D. A player shall be eligible to participate in the playoffs if they have attended at least half ( $\frac{1}{2}$ ) of their team's regular-season games. The regular season submitted scorebook shall be the official record of game attendance.
- E. The higher-seeded team will be matched against lower seeded teams during the tournament. If enough teams. In the event that there are only three (3) teams a round robin will be played with the two teams of the highest wins competing for the final 1<sup>st</sup> and 2<sup>nd</sup> places.
- F. If two (2) teams are tied at the end of the regular season (same win-loss percentage) their order of finish shall be determined by:
  - a. Face-to-face record.
  - b. score-differential face-to-face.
  - c. Overall score-differential.
  - d. A coin flip
- G. If a team forfeits more than one (1) game during the regular season, their first (1<sup>st</sup>) Playoff game may automatically be counted as a loss at the discretion of the Executive Committee.

## Awards

- A. Awards given are:
  - a 1<sup>st</sup> through 3<sup>rd</sup> place
- B. Additional awards may be added at the discretion of the Executive Committee and or the Board of Directors

## Protests

- A. Types include misinterpretation of a playing rule (must be made before the next serve); Illegal serve made by a player; Illegal substitution or re-entry (must be made while said player is in the game); or Ineligible player (can be made at any time).

- B. The protesting on-court team captain shall immediately notify the up referee, a member of the Executive Committee, and the opposing on-court team captain that the game is being played under protest. The up-referee will then be required to sign and note the protesting team's scorebook, "protest."
- C. The protesting manager and captain shall prepare a written protest. It shall contain the following: date, time, and place of the set-match and game; a copy of the signed score sheet of the game; the rule and section under which the protest is being made; and a brief description of the game situation at the time of the protest, including the names/numbers of the players involved.
- D. The written protest shall be filed with the SEPSA Secretary within three days of the game in protest. If the Secretary is on a team involved in the protest, the written protest shall be filed with any other SEPSA officer not involved in the protest. The SEPSA officer receiving the protest shall notify the opposing manager and allow them to comment on the protest.
- E. The Executive Committee shall render judgment on the protest within two weeks of its receipt. If a member of the Executive Committee is on a team directly affected by the protest, the Commissioner shall appoint a manager from another team to replace them.
- F. A copy of the judgment with a brief explanation shall be given to each manager involved in the protested game. This judgment shall also be read into the minutes of the next managers meeting. At this meeting, either team involved in the protest has the right to appeal the ruling to the Executive Committee.