



River Forest Park District

Sand Volleyball Rules

Last revised 4/11/2023

The River Forest Park District has developed the following set of rules and regulations to govern sand volleyball leagues organized or controlled by the park district.

These rules have been developed as a guide to enjoyable participation. The purpose of each rule is very important. It is essential that all players follow these rules. Rules will not be changed during the season. Any new ideas concerning the rules will be discussed at the beginning of the next Sand Volleyball season or during the organizational meeting.

The Superintendent of Recreation has the final decision-making power in all matters pertaining to the League.

Objective

This league will strive to provide a wholesome and fun recreational pastime to all those interested in athletic programs conducted by the River Forest Park District, abiding to the principles of good sportsmanship, honesty, and fair play regardless of active or inactive participation. Thank you for being a part of our league and we hope your experience will be enjoyable.

Player Conduct and Zero Tolerance Policy

Each Team Captain will be held accountable for the conduct of his/her team members, fans and making sure members play in accordance with all rules and in a sportsmanlike manner. Players are expected to treat opposing players, Park District personnel with respect. There will be Zero Tolerance for unsportsmanlike behavior, including, but not limited to trash talking, taunting, inappropriate language, fighting, threats towards game officials or other players, alcohol, illegal drugs and also tobacco use on any field of play during the games or any behavior that precludes to the safe enjoyment of the game. If more than one person on a team is carrying on, the team will forfeit that game. Anyone exhibiting any such behaviors listed above may be immediately ejected from the premises and may be permanently barred from play or attendance. Ejected players/teams will not be refunded the league fee. The Athletic Manager will make a decision regarding any additional discipline for any of these circumstances.

General Rules and Rules of Conduct

1.) Before participating, each team captain must fill out the roster Google form completely, check the box for reading the waiver, and pay any fees that are due. If this is not completed the team is ineligible and a team will receive a loss for any game in which ineligible players participate. Team captains are responsible for the age requirement of the league and roster additions.

2.) A maximum of 15 players can be on the roster at any one time. **Rosters must be completed on the Google Sheet.**

- 3.) Teams must have at least three players present to begin a game. In the mixed leagues, there must be a minimum of 2 and a maximum of 6 women on the court at all times and a minimum of 0 and a maximum of 3 men on the court at all times. A maximum of 6 players can be on the court. In the case that both teams agree, they may play with more than 3 males. This must be agreed upon by captains and the site supervisor, prior to the first serve!
- 4.) If you know ahead of time that you will not be able to make a scheduled game, please notify us as soon as possible. This will still result in a loss for your team. If you do this twice, then this will count as a forfeit.
- 5.) Game time is the start time, since there are only 3 players needed to start a game we will start all games on time to prevent any games from getting cut short. If not ready in five minutes the first game will be forfeited and an additional five minutes will be given for the 2nd and 3rd games. If a team shows up after the game has been forfeited, they may play a "just for fun" game until 5 minutes before the next match is scheduled to begin.
- 6.) The match will start at the scheduled game time in both league and tournament play. The allowed time for the games is 55 minutes. All games will be rally scoring to 25. In the event of a tie, teams will have to win by two points. There will be a cap of 30 points. Meaning if game is still tied at 29-29 the next point (30) wins.
- 7.) The home team is listed on your schedule and will be allowed to serve first.
- 8.) Teams are allowed one sixty second time out per game.
- 9.) Teams will not rotate players on their respective first serves. On all other side-outs players will rotate one position clockwise and the right back player serves. Note: If a player arrives late, he/she may rotate in at any position. This rule only applies when there are 5 or less players present on the team. Also in case of an injury, a player may substitute at any position.
- 10.) The serve may be hit in any manner with the hand; the foot can not touch or cross the service line.
- 11.) A team cannot play the ball more than 3 times before it crosses the net (a block is not a hit).
- 12.) Any part of the ball touching a boundary is in.
- 13.) Front line players are permitted to spike and back line players can also provided they leave from behind the 10-foot line.
- 14.) When blocking a ball the player may reach across the net but must not interfere with a ball being set up by the opposing team. When spiking, the ball must break the plane of the net if coming from the other side.
- 15.) When playing the ball, there must be immediate impetus given to the ball on contact. Holding, lifting, throwing, and/or carrying the ball are illegal hits and point or side-out will be called by the opposing team.
- 16.) A replay shall be called when two opponents simultaneously hit the ball out of bounds or when opposing players commit a double foul.

17.) Simultaneous contact of the ball by two parts of a person's body are allowed and considered one hit. When bumping a serve or spike, this is a legal single hit. When two players of the same team contact the ball at the same time it is one play and either can play the next hit when blocking. When opposing players contact the ball simultaneously any player can make the next play which will be considered the first contact by that team.

18.) As a general rule it is illegal for a player to touch the net, interfere with the opponent under the net, or make successive contacts on the ball.

19.) A player may not block, or spike a serve.

20.) A player may cross the center line with his/her feet as long as a part of the foot/feet remain on or above the center line and the player does not interfere with an opponent.

21.) Teams are asked to call their own lines and illegal hits, net fouls, etc. Teams will keep score and should email scores to Karen Stille, Superintendent of Recreation at kstille@rfparks.com

22.) For weather related issues, updates can be found on our website at rfparks.com. Refer to the Captain Contact Sheet to communicate cancellations and/or makeups. If lightning is detected in the area, the **Park District's Lightning Prediction System** will activate.

Ties at the end of the season will be broken down as follows:

For Divisional Standings:

- 1. Overall Win-Loss to determine divisional standings (will include inter-division match results).**
- 2. Head to head competition**
- 3. Least amount of points allowed, awarding good defense. (games between tied teams only)**
- 4. Points scored, awarding offense. (games between tied teams only)**
- 5. Repeat #2, but for the entire league against all teams.**
- 5. Repeat #3, but for the entire league against all teams.**

River Forest Park District Lightning Prediction System

The River Forest Park District's Lightning Prediction system is in place at Keystone, Centennial (Library), Constitution (north of Willard School) and Priory Parks. The system has been provided for your safety; please understand how the system works and what to do when an alert is sounded.

When lightning is imminent, a single 15-second horn blast will alert of the impending danger, as will a flashing strobe light at each location. When this occurs, parks and facilities are deemed closed, and all activities should cease immediately. Park patrons should then seek safe shelter in a building or automobile.

When the danger of an imminent strike has passed, you may return to outdoor activities upon hearing three short 5-second blasts, the "all clear" signal. The strobe light is a second indicator of "all-clear", only if it is not flashing. If the strobe light remains on, the danger of lightning is still a possibility, and facilities will remain closed.

As a second reminder, fields and facilities of the Park District are deemed closed when the Lightning Prediction System is activated. All activities are to be stopped immediately upon the sound of the horns or the flashing of the strobe lights, as the danger of a lightning strike may be imminent. Your cooperation is critical to the success of this unique program, as well as the safety of you, your team members, and the many families and friends of our sporting community.

The Lightning Prediction System will be on duty April through November each year, from 8:00 a.m. until 10:00 p.m.

Common sense needs to be used when dangerous weather conditions are approaching or exist. Don't wait for the Prediction System to sound before you vacate a facility. If severe weather is approaching, or if you hear thunder or see lightning, please seek safe shelter immediately.

Lightning Quick Tips

- Warning Horn will sound (15 second blast) when a potentially dangerous weather situation is approaching.
- Clear the field immediately & seek proper shelter (building or automobile).
- Wait for all clear (3 short horn blasts).
- System operates 7 days per week, 8am to 10pm.
- Signal horns may not be at your site, but at a site within earshot. If you hear the alarm, clear the field.
- If weather is threatening and no alarm is heard, clear the field.
- Lead by example. Clear the field when necessary and prudent.
- Call the Park District at 366-6660 for more information.
- Thank you for supporting this community-wide safety program!