

OASIS VOLLEYBALL Men's/Women's/Coed 2x2

2015 / 2016 SAND LEAGUE RULES

Updated October, 2015 Page 1

STARTING AND FINISHING TIMES:

Winter Women's (7:20am, 8:50am & 10:20am start times)

Winter Coed (12:00pm, 3:00pm & 6:00pm start times)

Winter Men's (1:30pm, 4:30pm & 6:00pm start times)

Teams should arrive 5 minutes prior to game time in order to get to check the schedule and order drinks. At starting time you will have 10 minutes to warm up, please use it wisely. The first game will start promptly after your 10 minutes of warm up have ended, indicated by 'the horn'. You will then have 40 minutes to play two (2) games to 25 against your first opponent. The finishing times for the first match are the starting times for the second match and will be indicated by 'the horn'. You will have 40 minutes to play two (2) games to 25 against your second opponent.

FORFEITS: Teams unable to field a full team after the 10 minute warm up time expires, will be charged a point per minute up to 15 points at which a forfeit will be given. Upon arrival of the entire team, both teams will start the second game. If the second game has not been started 30 minutes from the start of the match a 'No Show' and two forfeits will be awarded to the team not present for their games. Please be aware that if your team has more than 1 'No Show' throughout the season, you will be removed from the league and replaced by a team from the wait list. No refund will be given.

GAMES AND MATCHES: REGULATE YOUR OWN PLAY! Oasis matches will consist of two (2) games to 25 (cap @ 27). Both (2) games count towards league standings (i.e., league standings are based on games, not matches). If neither team reaches 10 points in the final game, that game will not affect their records as long as both teams started on time and did not have to forfeit the first game. If a team is running late and must forfeit the first game, the opposing team will collect the win regardless of finishing both games. Teams should "Ro Sham Bo" (Rock, Paper, Scissors) to decide serve, receive, or side, the loser picks from the remaining two choices for game 1, for game 2 the loser of "Ro Sham Bo" from the 1st game chooses either serve/receive, or side.

SCORE SHEETS: Score sheets are provided below the schedules boards each morning. Team captains are responsible for recording the final score of each game and signing off on the score sheet. Score sheets not filled out may result in a forfeit of all games for both teams.

PLAYERS: The Oasis 2x2 volleyball leagues are played with two (2) men for the Men's League, two (2) women for the Women's League & one (1) women and one (1) man for the Coed League on the court. A captain unable to field a team will be awarded the appropriate number of forfeits two (2) forfeits (in the same match) equal one (1) No Show (NOTE: More than 1 "No Show" will nullify a captain's priority for future leagues and may result in a team being removed from the league without a refund).

ROTATIONS: The only rotation you need to worry about is the serving rotation. A player may not serve twice in a row in any game.

SERVE RECEIVE AND SERVING: You must hit the ball on the first toss of the serve (overhand or underhand). If you catch the ball, drop the ball, or allow the ball to drop to the ground, it is an automatic side out. You may serve from anywhere on the back line. If you forget to serve in rotation, it is an automatic side out. You may not block the serve or attack the ball when it is still in the plane. JUMP SERVES ARE LEGAL IN ALL DIVISIONS. You may **NOT** set the serve (see PASSES AND SETS). Please serve the ball in a reasonable amount of time.

CO-ED RULE: In coed 2x2, it is not mandatory to serve the same sex of the opposing team but it is a courtesy rule. Use your best judgment or talk it out with the opposing team prior to play.

REFEREES: The Oasis does not provide referees for our leagues. Teams are asked to call their own games fairly and honestly. A staff member will be available at all times to answer any questions that arise. If discrepancies do arise, please don't hesitate to ask a staff member. Keep in mind that the League Manager retains the right to refund a team's fees and ask them to leave if they seem to have problems with the rules. So if there's a discrepancy, do everyone a favor and just replay the point. Remember we're out to play a bunch of VB. Save the intense stuff for the tournament. NO unsportsman like conduct will be accepted!

SUBSTITUTIONS (DURING GAME): Teams can substitute for a position at any time during the game as long as the serving rotation is consistent throughout the game.

****SUBSTITUTIONS (PLAYER LEVEL): Any player who is substituting for a team must be of the same level of play or lower. If a team is of a recreational level, they may not have a competitive level player as a substitute.**

In the case of a team needing a substitution for league play, an email must be sent to the league manager prior to 4pm on the Friday before the scheduled games. The league manager will reply with approval or non-approval shortly after (level of play will be the determination of approval, if the sub is not approved they may still play but the team must not take any wins). A substitution form must also be filled out by that sub on the Sunday they have been approved for; required fields include substitute's name, signature, email address and phone number along with the teams captain's name they are subbing

for. If a substitute is needed and request for approval **IS NOT** sent by 4pm of the Friday prior to scheduled games, an email still needs to be sent and a substitution form still needs to be submitted. The league manager will have the right to refuse approval of the substitute which will result in a team losing all 4 of their games (however this will keep the team from receiving a 'No Show'). If there are any questions on who is allowed to play in any division, please contact your league manager: sportsoasisvb@gmail.com or 303-466-1760.

TIME-OUTS: Each team is allowed one (1) time-out per game. Time-outs are 30 seconds.

SPIKES: All players can legally spike the ball as long as it is not the serve.

DINKS: No open-handed dinks are allowed. An opened hand allows the player to affect the direction of the ball by using fingertips in conjunction with the twist of the wrist. The ball must leave the hand clean (i.e., the player may not "steer" the ball like an indoor open-handed shot). Cobras and knuckles are allowed.

PASSES AND SETS: PLAYERS MAY NOT "SET" THE SERVE (i.e., the serve must be "passed" with a bump (hands together below the waist), or with your hands together (above the waist). Players should call their own hand sets, with "cleanliness" being dictated by the night and level of the league (i.e., lower-level leagues should be a venue to learn and practice setting so most sets will be okay, within reason – ask League Manager what goes on in your division), while higher-level leagues will be expected to have higher-level sets!! **ALL SETS OVER THE NET MUST BE AA (NO rotation)** and must leave the setter's body square to the player's feet and shoulders (i.e., two-man rules, straight forward or back). Balls can be played off any part of the body as long as they are not carried, lifted or rolled (i.e., kicking is allowed).

HARD-DRIVEN BALLS: In a defensive action of a hard-driven ball, the ball can be doubled overhand with the fingers. The Oasis' definition of a "Hard-Driven Ball" is a ball that travels its entire flight path, from the hitter's hand to the digger's hands, in a downward direction. This means, in 99% of the instances, the hitter jumped to hit the ball (i.e., if you can't reach above the net, it is impossible to hit the ball down without jumping). **Furthermore, a serve is never a hard-driven ball, and may NEVER be taken with open hands.**

UNDER THE NET: Players may go under the net as long as they do not interfere with another player's ability to get a ball. If the ball touches you while you are under the net, it is a point for the other team. If you interfere with a player on the other side, point for the other team. **IF ANY PLAYER COMES UNDER THE NET IN AN AGGRESSIVE MANOR, THEY WILL BE ASKED TO LEAVE THE BUILDING.**

BLOCKS: For ALL 2x2 Competition Only: A blocking contact DOES count as a team contact. The blocking team will have only two contacts after a blocking contact to return the ball to the other side of the court.

OUT OF BOUNDS AND BOUNDARY ROPES: If a ball touches any of the black nets surrounding the courts or walls along the courts, the ball is dead and a side out is awarded. If the ball contacts the ceiling or anything hanging from the ceiling the ball is still in play as long as your team has another hit available (3 hits total) **AND** the volleyball has not crossed the plain of the net. If the ball contacts the ceiling and proceeds towards the other side of the court or breaks the plain of the net, the ball is dead and a side out is awarded. If the antennas are contacted by the ball the play is dead. If the ball goes outside the antenna the play is dead unless you can do this: <http://www.youtube.com/watch?v=GIMhA8rr1Z4>

GOING ON THE OTHER COURTS: If there is a scheduled game on the adjacent court you are not allowed to make a play on that court. If you do, the play stops and it is a point for the other team.

ADDITIONAL PLAYERS: Teams may add additional players, no more than four (4), to their roster through the evening of the 6th week without penalty.

RAIN/SNOW DAYS: Keep in mind that we rarely cancel any league since our goal is to play as much ball as possible and the weather can change in a matter of minutes. Our standard policy is post updates on our website as the weather and conditions change. There are occasional days where the weather will be obvious, that play is, or will be cancelled and common sense should dictate. On those rare days, when it is truly miserable, you will know we are canceling. When possible, we will post cancellations on the website www.sportsoasis.com as early as possible. Rain/Snow days **will not** be made up. Just because it's raining/snowing in Denver doesn't mean that it is raining/snowing in Broomfield.

CAPTAINS' PRIORITY: During 1993, VOTR created a priority system that rewards returning captains and also creates some attrition so new teams have an opportunity to get into the league. The order of priority is as follows:

- Returning Captains: Guaranteed a spot on the same night & same division. Completed paperwork with payment must be turned in by the end of the 6th week of the current league.
- Returning Captains: Returning Captains wishing to switch to a new night will be given priority for any openings on a new night; in the order their paperwork is submitted for the new night. Paperwork must be submitted prior to the returning team deadlines in item above. These teams will be given priority in front of new teams on the waiting list.
- Everyone Else: All other captains or players are considered new teams. New teams, in the order their completed registration form with payment was submitted, will be given any remaining openings on the nights of their choice. Any remaining spots will be given on a first come, first filled basis to teams signing up at the last minute.