



**BISMARCK PARKS AND
RECREATION DISTRICT**
Est. 1927

2025

**HIGH SCHOOL COED
SAND VOLLEYBALL**

MANAGER'S HANDBOOK

400 EAST FRONT AVENUE, BISMARCK, ND 58504
701.222.6455 Fax 701.221.6838

www.bisparks.org

FEES

1. The players' fees for the 2025 season are \$40.00/player. These fees and the complete team roster, with player or parent/guardian signature must be turned in at the Park District Office, 400 East Front Ave. by May 21, 2025. You may pay in cash, check or credit card.

ROSTERS

1. The roster minimum is 8 players and the maximum is 20 players. Rosters are due in our office by the registration date noted on the roster. Please have all players' first and last names and ages listed correctly on the roster. **Player or parent/guardian signatures are also required.**
2. To play on a volleyball team you MUST be on the roster. To be on a volleyball roster you must pay the proper fees. There is no "subbing of players on a team".
3. All players must be between the ages of 13-19.
4. Any roster changes must be made at the Bismarck Parks & Recreation District Office, 400 East Front Avenue, Monday – Friday between the hours of 7:30am. – 5:00pm. **ALL PLAYERS MUST BE ON THE ROSTER WITH SIGNED RELEASE PRIOR TO PARTICIPATING IN LEAGUE PLAY.** The date for final roster additions is Friday, June 27, 2025.
5. All players are eligible to play in league play as soon as they are added to their team roster.
6. **Players' fees cannot be switched from one player to another after the final day to add players (June 27, 2025). After that time, if a player is injured or moves, another player may take the place of that player provided we are given the proper written documentation. All roster changes should be made by the team manager.**
7. Players may be rostered on more than one team even if they play on the same night. We do not take any requests for schedule adjustments if a player chooses to play twice on the same night.

LEAGUE PLAY-JUNE 2-JULY (8 WEEKS)

1. Teams will be placed in leagues for an eight-week season. League schedules will be posted online by Tuesday, May 30. Makeup matches may be scheduled for the night that immediately follows a team's last scheduled league night.
2. July 4th week: No league play
3. All leagues will follow the USA Volleyball Rulebook with the exceptions stated in the Bismarck Parks and Recreation District's Managers' Handbook.

INCLEMENT WEATHER-WWW.BISPARKS.ORG

1. **Decisions on canceling league play will not be made until after 4:00pm.** For information concerning the cancellation of play; PLEASE FIRST CHECK OUR WEBSITE AFTER 4pm. All managers will also receive email or text notification. This will only happen if league is cancelled. If you do not see it on the website and you have not received an email, we have not cancelled. If you do not have internet access or email, you may call our office **after 4pm** at 222-6455 to inquire about cancellation. After 5pm, the site supervisor will make a decision about cancellation of play.
2. If matches are called off, the following procedure will be followed (**NEW in 2020**):

- (a) **Scores will be recorded on completed matches. This may result in some leagues with an uneven number of matches at the end of the season.**
- (b) If only one night of league is cancelled, it will not be made up.
- (c) If two or more nights of league play are cancelled, we will make an attempt to schedule makeup matches by extending the season by one week. Team managers will be notified about the makeup matches and schedules approximately 2-3 weeks prior if possible. All makeup match information will be posted on our website. **Please note:** We will most likely makeup an entire night of matches even if one or two matches were completed before league play was called off. **If we makeup a night that had some matches completed and scores recorded, those original scores will be deleted.**
- (d) We will only be extending the season by one week for makeup matches if there are more than two cancellations (only one week of matches will be made up, regardless of number of cancellations). If that week is also a rainout, those matches will not be made up.

CARE OF EQUIPMENT

1. Equipment is very expensive and valuable. Mistreatment of equipment could mean being expelled from a game. These are three areas we will be asking for your help in refraining from while playing volleyball:
 - a. Kicking volleyballs
 - b. Hanging on the volleyball nets.
 - c. Adjusting the height of the net.

Referees have the authority to sanction those players involved in any of the above actions.

FOOTWEAR

1. Footwear is optional for all players. Tennis shoes, aqua socks, etc. are acceptable for players to wear while playing volleyball. Only those items that would give a player an advantage will not be allowed.

AWARDS

1. Individual awards (T-shirts) will be given to the first place team in each league. The winning team's manager will be contacted at the conclusion of the season.
2. If your team is in a league that requires teams to play an unequal number of games, league awards will be decided by winning percentages (i.e. the number of games won by a team divided by the number of games played by a team).
3. TIE BREAKING PROCEDURES: The number of games won by each team will determine team records.
 - a. Games won.
 - b. Head-to-head competition.
 - c. Common opponents.
 - d. Coin Flip

GAME BALLS

1. Game balls will be provided at each location. These balls are not to be used for warm-up or practice. Each team is required to provide their own warm-up ball.

MINIMUM NUMBER OF PLAYERS

1. Each team will need at least 4 players on the court and ready to play to begin a match. Forfeit time for the first game of the match is game time. Forfeit time for the second game of the match is 10 minutes after game time and forfeit time for the third game of the match is 20 minutes after game time.
2. For coed play, teams must also have 4 players on the court, of which at least 2 of these players must be females. A team may NEVER have more males than females on the court.
3. Even though league rules allow teams to play with less than 6 players this is not recommended. If you know that your team will not have enough players on a given night please call the Bismarck Parks & Recreation District Office at 222-6455 before 1:00pm. on the night your team participates in league play.
4. Teams forfeiting more than two matches throughout the season may face expulsion from further league play.

UNSPORTSLIKE CONDUCT



1. No player shall at any time lay a hand upon, shove, strike, abuse physically or verbally, or threaten an official, player, teammate or spectator. Officials are required to suspend the player immediately from further play and report such players to the Parks and Recreation District Representative. Such player shall remain suspended until the Parks and Recreation District Representative has considered the case.
 - Minimum Penalty: Suspension from two league matches, and probation for one year.
 - Maximum Penalty: Suspension from all recreational activities for two years and probation for the following year, plus annual reviews by the Parks and Recreation District Representative.
 - UNSPORTSLIKE CONDUCT is NOT part of this GAME!

PREMATCH/MATCH STRUCTURE

1. Prior to the first game of a match the official will have the managers toss a coin for the choice of service or side. Service and side will alternate in the second game of the match. There will be a second coin toss prior to the start of the third game to decide service and side.
2. Each match will be 45-50 minutes in length and will consist of three games. The first two games will be played to 25, win by two, capped at 27. If the teams are tied at 26-26, the first team to score the 27th point shall be the winner. The third game will be played to 15, win by two, with no cap. All games will be played in rally point format and teams will always play three games, regardless of the outcome of the first two games. If there is a forfeit in the first or second game, the third game will be played to 25, capped at 27.

HONOR CALLS-WHAT ARE THEY?

Bismarck Parks & Recreation District Volleyball leagues are officiated by one official. Honor calls are a way of helping the official on calls that they may have not seen or that the official was screened.

When an official makes a call or misses a call, (i.e. The ball was out, a player touches the ball, a player was in the net) a team or player may assist the official by helping that official correct that call. The ONLY team that may help an official correct a call is the team that would be adversely affected by the changed call. **EXAMPLE:** the official calls the ball “out” and Team A is awarded the ball for service. Team A may “help” the official by letting the official know that the ball was in or good. Team B would then receive the serve/sideout.

GENERAL LEAGUE RULES-SAND VOLLEYBALL

1. Referees will follow the rules set forth in the USA Beach Rulebook with **any exceptions noted below**. The ball handling will be called more relaxed in the lower leagues. Because the USA Beach Rules are geared toward 2-person play, we have made several exceptions.
2. **Players may play on more than one team per night as long as they are listed on each roster and the proper fees are paid.** We will not accept any schedule requests or make any schedule adjustments if a player chooses to play on two different teams on the same night.
3. Players must be between the ages of 13-19 (with parent/guardian consent) and on the team roster prior to participating.
4. Forfeit times:
 - 1st Game-Game time.
 - 2nd Game-10 minutes after first forfeit.
 - 3rd Game-10 minutes after second forfeit.
5. Each team will need at least 4 players (3 in 4 person leagues) on the court and ready to play to begin a match. **Teams (other than 4 person leagues) will play according to 6 person rules even when they are forced to play with less than this amount.**
6. Participants must accept referees' decisions with respectful conduct, without disputing them. In case of doubt, THE TEAM MANAGER may request clarification.
7. **JEWELRY/HAT/GLASSES/FOOTWEAR RULES:** It is forbidden to wear any object that may cause an injury to a player, such as pins, bracelets, casts, etc. Hats, sunglasses and other headgear will be allowed unless it is deemed unsafe by the Bismarck Parks and Recreation District or the official. Footwear is optional. **Activity trackers (Fitbits, etc.) are allowed.**
8. Team managers will toss a coin for the right to serve or receive the service OR the side of court. Service and side will alternate in the second game of the match. There will be a second coin toss before the start of the third game of the match to determine right to serve or receive the service OR the side of court.
3. **Rally Point Scoring.** This method of scoring will be used in ALL leagues. A point will be scored on every service. First two games will be played to 25, capped at 27. Third game will be played to 15, win by two, no cap. Teams will always play three games during the match. If there is a forfeit in the first or second game, the third game will be played to 25, capped at 27. Scoresheets must be signed by both team managers at the conclusion of the match. **PLEASE LOOK AT THE SCORES BEFORE YOU SIGN.**
9. COED PLAY- 6 person
 - a. At no time may the number of males exceed the number of females on the court
 - b. A team may play with 4 females and 2 males on the court or any other combination as long as the number of males never exceeds the number of females and there are always four players on the court.
 - c. Spiking is allowed in all leagues.
 - d. If the ball is hit more than once, a female **MUST** make one of the hits.
 - e. Teams must play true coed whenever possible (three females, three males)

10. SERVING

- a. The server may move freely across the end line.
- b. The server must contact the ball within five (5) seconds after the official authorizes service.
- c. The ball may hit the net on the serve.
- d. The ball shall be hit with one hand or any part of the arm after being tossed or released and before it touches the playing surface. Only one toss is allowed.
- e. A service executed before the official's authorization is cancelled and replayed. A player may not repeat this more than once during any term of service.

11. Each team rotates clockwise on the serve. The team that receives the serve will rotate before their first service. Servers are allowed to serve anywhere across the endline. For teams that start with less than the maximum number of players, late arriving players may enter the game on the first dead ball after they are ready to play. Late arriving players may not rotate directly into the serving position.

12. SUBSTITUTIONS (This is a BPRD Rule)

- a. Substitutions **MUST** be made one of two ways:
 - 1) In the center back position
 - 2) Person for person
- b. The substitution pattern must remain the same for an entire game. It can be changed at the beginning of a new game.
- c. If at any time, the substitution pattern is broken (e.g., missed rotation), the players on the court at that time will have to play out the remainder of the game.
- d. Exceptions would be made for injuries or expelled players.

Males can only sub for males and females can only sub for females.

13. If any part of the ball touches the boundary line, it is considered good and in bounds.

14. Each team will be allotted two thirty-second timeouts/game.

15. **HONOR CALLS** – These calls will be accepted as long as they are against the team that is making the honor call (i.e. If the official calls a ball out against Team A and Team B states that the ball was in or good, the official will accept this and change the call).

16. Players may not block or attack the serve. (See attack-hit faults)

17. Team hits

Simultaneous contact with the ball – Two or more players may touch the ball at the same moment.

When two or more teammates touch the ball simultaneously, it is counted as one contact. If teammates collide, no fault is committed. Any player may play the ball next if the simultaneous contact is not the third team contact. If there are simultaneous contacts by the two opponents over the net and the ball remains in play, the team receiving the ball is entitled to another three hits. If such a ball goes out, it is the fault of the team on the opposite side.

19. Characteristics of the hit

The ball may touch any part of the body. The ball must be hit, not caught or thrown. It can rebound in any direction. **Simultaneous contacts:** The ball may touch various parts of the body, provided the contacts take place simultaneously.

Kicking is not allowed. The ball can rebound from any part of the body, including legs and feet, but legs/ feet must be planted or stationary at time of contact.

Consecutive contacts: At the first hit of a team, provided it is not made overhand with fingers, consecutive contacts are permitted provided that the contacts occur during one action. During the first hit of the team if it is played overhand using fingers, the ball may NOT contact the fingers/hands consecutively, even if the contacts occur during one action. Exceptions: (a) At blocking, consecutive contacts by one or more players, provided that they occur during one action. (b) Extended contacts: In a defensive action of a hard-driven ball, the ball contact can be extended momentarily even if an overhand finger action is used. (Plays involving finger action require special attention. If the play is defensive and reactive in nature, as in the case of a hard-driven ball, momentarily held or double-contacted balls are not considered faults. Furthermore, the may apply to the second touch of a team if the block contact was slight and the ball is still a hard-driven attack or to the defensive action (first team contact) after a ball has been blocked. If the player decides/intends to use finger setting action to contact an off-speed attack, the contact must be “clean”.

20. Contact with the net by a player is not a fault, unless it is made during the action of playing the ball, or it interferes with play. Incidental contact of the hair is never a fault. Some actions of playing the ball may include the actions in which the players do not actually touch the ball.
21. A player may reach or penetrate into the opponent’s court and/or space under the net, provided this does not interfere with the opponent’s play.
22. A player may run outside their court to play a ball, but MAY NOT enter another court while playing or after playing the ball. If a player does enter another court, the ball will be called dead immediately and a point/serve will be awarded.
23. If a ball from another court enters the court, DO NOT stop play until you hear the official’s whistle. If the ball is not interfering with a current play or is on the opposite side of the net, the ball should be tossed back to the other court without stopping play.
24. Only players who are in the front row at the time of service may legally accomplish blocking. Back row players may not block or participate in a block, but may play the ball in any other position near or away from the block. Blocking or attacking the serve is prohibited. However, if the block containing the back row player does not touch the ball, the attempt to block is not considered to be a fault. **(EXCEPTION: In 4 Person all players may block and attack. In coed play, if only one male player is in the front row at the time of serve a back row male player may participate in a block but may not hit or attack the ball).**
25. In blocking, a player may place hands and arms beyond the net, inside the antennas, provided this action does not interfere with the opponent’s play. The player is not permitted to touch the ball beyond the net until the opponent has made an attack hit.
26. A blocking contact is NOT counted as a team contact. The blocking team will have three contacts after a blocking contact and any player may make the contact.
27. A player is permitted to pass his/her hand beyond the net after his/her attack hit, provided that his/her contact has been made within his/her own playing space.
28. **Attack hit:** All actions to direct the ball toward the opponent, except when serving and blocking are considered attack hits. An attack hit is completed the moment the ball completely crosses the vertical plane of the net or is touched by a blocker. Any player may carry out an attack hit at any height, provided that his/her contact with the ball has been made within the player’s own playing space (except on a serve).
29. **Attack hit faults:**
 - a. A player hits the ball within the playing space of the opposing team.

- b. A player completes an attack-hit using an open-handed finger action (“open-handed tip or dink”) or if using fingertips that are not rigid and together (**FOUR PERSON PLAY ONLY, tipping allowed in six person**)
 - c. A player completes an attack-hit on the opponent’s service, when the ball is entirely above the top of the net.
 - d. A player completes an attack-hit using an overhand pass which has a trajectory not perpendicular to the line of the player’s shoulders except when attempting to set to his/her teammate. (**FOUR PERSON PLAY ONLY**)
30. Any **unsportsmanlike conduct** will be subject to sanctions using red/yellow cards. If any player is suspended from a match they will be subject to further penalties or suspension from league play.
- (a) **Minor misconduct** is not subject to sanctions. It is the duty of the official to prevent teams from approaching the sanctioning level. This is done in two stages; (1) issuing a verbal warning, (2) use of a yellow card. No sanctions are given with a yellow card but it is a warning that the team is reaching the sanctioning level for the match.
 - (b) **Sanctions**
 - (1) Rude conduct: action contrary to good manners or moral principals.
First and subsequent occurrence: Red card, point awarded to opposing team, loss of rally
 - (2) Offensive conduct: defamatory or insulting words or gestures or any action expressing contempt.
First: Player expulsion from game (Y/R together), Subsequent: Player disqualification (Y/R apart)
 - (3) Aggression: actual physical attack or aggressive or threatening behavior.
First: Player disqualification (Y/R apart)
31. **Misconduct before and between sets:** Any misconduct occurring before or between sets is sanctioned according to the sanction scale and the sanction is applied in the following set. If misconduct occurs after the completion of the match, the sanction may occur the following week.
32. Any team forfeiting 2 league matches will be subject to removal from league play.
33. NO GLASS CONTAINERS ARE ALLOWED ON PARK PROPERTY. Please help keep our parks clean and safe for all to use and enjoy.
34. Smoking is not allowed on the courts or anywhere in the sand area.
35. Pets are not allowed on the courts for obvious health reasons.
36. **INCLEMENT WEATHER** – Please check at www.bisparks.org for any cancellation information. After league has started, cancellations will be up to the site supervisor. In case of severe weather during league play, an air horn will sound indicating the officials should get down from the ref stands and that players should find shelter.
37. Any team disregarding or violating the rules and policies set forth by this league may be suspended from further league play.