

# AIA Beach Volleyball Quick-Guide

## Equipment:

- Net 28' long. Height at center: Women 7'4 $\frac{1}{8}$ " and Men 7'11 $\frac{5}{8}$ ." Antennae required.
- Court 26'3"x 52'6"square to 37'1" short diagonal. Lines 2" wide are inside the court.
- Ball: light-colored, approx. 26" circumference, 9-10 oz. weight, at 2.5 to 3.2 psi

## Teams:

- Two Players with no substitutes. One player must be designated as **Team Captain**.
- **Only the team Captain** may interact with the referee to call T/O, or to request explanation of rule.
- Uniforms are shorts/tops or bathing suits. Player #s should be visible.
- Cold weather gear as necessary (suggest @<60deg). Snug fitted Lycra or similar undergarments are suggested.

## Spirit of the Game:

- *Teams play without outside intervention or assistance of any type.*

## Coaches:

- They may only participate in drills on court prior to the timed warm-up, but they may advise from the sideline.
- During play, they observe from the player area. They may not address the officials or the opposing team at any time.
- Instruction may only take place during timeouts, between sets, and (non-disruptively) during side-changes.
- Coaches may **suggest** to their captain that the team request a timeout.

## Match Format:

- Match Play: Best-of-three Sets played to 21, 21, (15). Rally scoring and win by two.
  - At coin toss the winning captain chooses serve, receive or side A/B
  - The opponent chooses among the remaining options, and both teams state their serving order.
  - Teams switch sides every 7 points during regular sets. They switch sides on 5's in a deciding set.
  - Deciding sets: Play to 15, win by two and T/O in the (3<sup>rd</sup>) set.
  - Timed warm-ups (10 min): Only the four players share unlimited access to the entire court (Use good sportsmanship)
    - 3 min informal, coin toss at 7, refs call "5 minutes" formal warm-up. Finally, 1 min court prep
    - Coaches are not allowed to participate physically, once the ten minute period begins

## During the Set:

- Teams enter court from the end-line, then approach the net to shake hands with opponents.
- Officials identify the correct server and *actively prevent wrong-server faults*.
- Service Order: Players alternate terms of service.
- Position Faults: Players (other than server) must be on court at moment of service (no other requirement).
- Screening: Serving team may not impede the receiving teams' view of the server AND the flight of the ball.
  - **In the spirit of fair play, players should use hand signal & opponent should adjust position, without delay**
- Delay: The routine time between rallies should be 12 to 15 seconds.
  - Extra time (a little) may be allowed after long rallies, in locations without banners, or ball-retrievers.
  - Violations result in *Delay Warning*, with subsequent occurrences leading to *Delay Penalty*.
- **Use a full "Signal Sequence:" Whistle, award rally, & show nature of fault. (as indoor)**
- After 7 points of play, indicate that teams should quickly switch sides (not stopping in team area).
  - A "Technical Timeout" (TTO) after the 21<sup>st</sup> point of sets 1 and 2 is suggested in most formats.
    - No TTO in a deciding (3<sup>rd</sup>) set.
  - Each team may also call one Timeout per set. *Total duration* of all Timeouts is 60 seconds.
    - 15 sec to move to player areas, 30 sec TO, (whistle at 45 sec), 15 sec to return to play.
- The interval between sets is 1 minute.
- After the first set, the 2nd referee offers the team that lost the first coin-toss "first choice" for set 2.
  - Then the other team makes the remaining choice, and both teams declare their service order.
- If there is a deciding (3<sup>rd</sup>) set, the 1<sup>st</sup> referee should (but 2nd referee may) conduct another coin toss, and offer the usual choices.
- *At the end of the match protocol, all players meet near the ref stand to shake hands with officials.*
- Disputes: **The Captain** may occasionally approach the referee to request an explanation of a call (not judgment related).
  - The referee(s) must offer an explanation based upon the Rules.
  - Officials should be approachable, but the flow of the match must be maintained.
  - **The Captain** has the right to protest rules misinterpretations/misapplications, but not judgment calls or sanctions.
  - Coaches may not address the officials at any time. **Coaches are subject to delay & individual sanctions.**
- Warnings and Sanctions: **Individual Sanctions given to Coaches apply through the match.**
  - Team Delays are sanctioned by showing a Card On Wrist: Yellow = warning, Red = Penalty and loss of rally
    - Delay sanctions **remain in effect through the set.**
    - Multiple Delay Penalties may be awarded within a set/match.
  - Individuals guilty of Minor Misconduct should be verbally warned.
    - Further incidents result in Formal Warning (Yellow Card).
  - Subsequent issues are sanctioned by Penalty (Red Card).
  - Rude Conduct is sanctioned (1<sup>st</sup> instance) by Penalty (Red Card).
  - Expulsion or disqualification of players rarely occurs, but results in loss of set or match, respectively.

## Playing Actions and Faults:

- Blocks:
  - The block contact counts as first team contact; either player of the blocking team may make the 2nd team contact.
  - Block contact can lead to "four hits" calls against the blockers' team.
  - Blocks may legally "re-direct" the ball, but "catch and throw" action should be judged as a "Held ball"
  - "Joust" between opponents is legal. Any player may make next play as 1<sup>st</sup> contact.

- Ball under the net:
  - Players may contact any part of the ball until it has passed completely through the plane below the net.
- Simultaneous Contact by teammates:
  - If teammates touch the ball simultaneously it counts as 2 team contacts. Either player may make the 3<sup>rd</sup> contact.
- Net:
  - **Net-contact is a fault if it occurs at the top net tape or antenna above the net while playing the ball.**
  - **Some Exceptions: It is a fault to move the net horizontally to create "extra space" to play the ball.**
  - **It is a fault to contact the lower net when it interferes with the opponent or hinders their movement.**
- Centerline encroachment:
  - There is no centerline. Players may contact any part of the opponents' court as long as they do not interfere.
- Interference
  - A player who interferes with the opponents' ability to make a fair play must be called for the fault.
    - Signal "net fault" and say "interference" (interference is a fault that results in a point, **not a replay**).
  - Incidental contact between opponents does not constitute interference, (bump knees, step briefly on toes etc).
  - Interference can occur without physical contact. (ie: fallen player under net prevents defender covering short).
- Pursuit:
  - Is legal in beach volleyball.
  - First ball must pass over or outside an antenna.
  - *A player may pursue under the net... even through your opponents' court!*
  - The ball must be played back over or outside the same antenna.
  - Third contact must send the ball legally through the crossing space (between the antennas).
  - Opponents may not interfere with legal pursuit (the key to this call is whether the ball passes "outside" the antennas).
- Ball Marks:
  - The ball is "in" if it physically touches the line.
  - **The referee (not the players)** may occasionally opt to review a ball mark, if they feel it is necessary.
  - A ball that *contacts the line* or inside the line is "in" (lines moved during the play should be replaced to judge).
  - Smooth sand and well-tended lines are critical to accurate lines-calls.
- Hand setting:
  - There are two ball-contact faults to consider: "Catch Balls" (Held) and "Double Contacts."
  - Sets that visibly move down then up, or visibly pause, are "held-ball" faults.
  - Similarly, contacts that visibly re-direct the ball are judged as "catch ball" contacts (*exception: block contact*).
  - Clearly distinct and separate contacts of the ball constitute a "double-hit."
    - Spin is not a fault... but spin may be an indication that a fault has occurred.
    - Double-contact during first team contact *without finger action* is NOT a fault.
      - First-team-contact with finger action MAY be called for double-contact, (subject to "hard driven attack" call)
      - ❖ Note "hard driven attack" see explanation below.
- Defense
  - It is legal to *momentarily* catch (hold) a "hard driven" ball
    - *Underhand defense utilizing finger action, both palms facing upward, is prohibited.*
  - It is legal for any *first contact* to strike two or more parts of a defender's body during a single action to play the ball.
  - Double-contact with overhand finger action is not allowed.
    - **Unless the double-contact was in defense of a "hard-driven attack".**
      - In judging an attack as "hard-driven," the referee must consider the following:
        - 1) Distance between attacker/defender
        - 2) Speed of ball
        - 3) Was the play as "reactive" (allowed) or as an "intentional handset" (double not allowed)
- Serve Receive:
  - Served balls are (by rule) "not an attack hit".
  - It is legal to receive serve open-handed, but **strict hand-setting judgment must** be applied to the contact.