



2026 ADULT SAND VOLLEYBALL LEAGUE INFORMATION & RULES

Dickinson Parks & Recreation



DPRD PROGRAM CONTACT PERSON:

Wilson McLaughlin, Recreation Supervisor | 701-260-456-2903 or Office 701-456-2910

ALL FEES PAID:

- Player Fee = \$50 / Sponsor Fee = \$135

All sponsor and player fees **MUST BE PAID IN FULL** when team registration is submitted to DPRD or it **WILL NOT** be accepted!!! It is the Team Manager's responsibility to collect all fees ahead of time and submit them as one team registration. **DO NOT** tell players to stop at DPRD and pay.

REGISTRATION DEADLINE: April 23, 2026 (By 5:00 p.m. @ DPRD Office)

LEAGUE PLAY NIGHTS: Women: Tuesday Nights (May 19 – July 28)
 Coed: Thursday Nights (May 21 – July 30)

*League Schedules will be posted on our website: www.dickinsonparks.org

*All Matches will be played at Turtle Park (2352 Broadway West)

PLAYER ELIGIBILITY: Players **ages 15 and up** by 1st night of league play. **Players age 15-17 MUST HAVE written parental consent; parents must sign the roster on the signature line.**

LEAGUE STRUCTURE:

- DPRD OFFICE HOURS: Monday thru Thursday, 7:30 a.m. – 5:00 p.m. / Friday 7:30 a.m. – 1:30 p.m.
- PHONE: 456-2074 WEBSITE: dickinsonparks.org E-MAIL: wmclaughlin@dickinsonparks.org
- League schedules and standings will be posted on DPRD website: dickinsonparks.org
- All teams will play approximately 11 matches (league round robin play + league tournament).
- League play will be round robin format. Teams may not play everybody the same number of times (dependent upon the number of teams in the league).
- Teams will be accepted with returning teams receiving preference based on the previous year. Any new teams will be accepted on a 1st come basis, up to maximum teams allowed. Any preference is based on team submitting complete registration packet by deadline.
- Roster addition or changes **MUST** be taken care of at the Recreation Office during normal business hours. **NO PLAYER IS ELIGIBLE TO PLAY UNTIL SIGNED UP ON THE LEGAL ROSTER & PAID IN FULL.** This **WILL NOT** be accepted at the playing facility sight. **Players can only be rostered on one team per league (women's and coed).**
- **REFUNDS** (player fee and/or sponsor fee) will only be given prior to the registration deadline. Individual player fee refund may be processed after that on a case by case situation. Replacement of a player on the roster **MUST** be reported to and recorded by DPR prior to the replacement player's participation. Reimbursement of player fee for replacement of player on the roster is to be handled within the team.
- **LEAGUE CHAMPIONS** will receive T-Shirts. **TOURNAMENT CHAMPIONS** will receive a plaque. Tournament play may involve additional divisions and juggling of teams between leagues based on their league record.

- **CANCELLATION** of any matches due to weather (rain, high winds, etc.) will be made by 4:30 p.m. if possible. League Play cancellation will be communicated through the “Group Me” App. Also, check our website at dickinsonparks.org
- **CHILDREN MUST BE SUPERVISED!** Please keep children seated a safe distance away from the playing area for their safety.
- Dickinson Parks & Recreation does not carry insurance for participants in any city sponsored programs, and will not be held liable for injuries that occurred during the activity.

PLAYING RULES:

Play shall be governed by United States Volleyball rules with the exceptions listed below.

- **MATCH TIME IS FORFEIT TIME!** (Use cell phone as official time) Any team that has 7 unannounced game forfeits may be dropped from the league and all players would be ineligible to be picked up by another team or play in any tournament games.
- **FORFEITS:** Team forfeiting 1st game of match has 10 minutes from scheduled game time to field a team and play the last two games of the match. As soon as 3rd player arrives within the 10 minutes, the 2nd game is to be started. If can't field a team at the 10 minute mark – the remaining two games are forfeited.
- **PLAYERS ON THE COURT:** Team play consists of 4 players (minimum of 3 needed to start the game). There is no rotation order except for the purpose of serving.
- If a player arrives late and team is playing shorthanded, that player may enter the game on the first dead ball at any position on the court. If you have full team, the player may join in your team rotation or substitute.

COED Teams must have a player of both genders on the court at all times.

Team may play with (max of 2 men) (max of 3 women) on the court, but must field as normal of team as possible; alternating positions on the court. If a gender is short a player, and that player arrives late, said player is to take the proper place on the court at the 1st dead ball to put that team at 2 men & 2 women.

We have **eliminated** the female contact rule for multiple contacts on a side (**female no longer has to make a contact**).

NEW: LEAGUE PICK-UP PLAYER RULE: Teams may pick-up a max. of two (2) players for a total of 4 players for league games (to help eliminate forfeits). Pick-up player must be on a DPR Sand Volleyball roster (women's or coed). Pick-up player can only be from a team up to one (1) league level higher than the team picking them up. Each league will have a level designation behind the league title at the top of the schedules. **EX: Women's Classic (W1), Women's Olympic (W2), etc.** **NO Fee** as player has already paid a player fee. **YES – you can pick up a player from the team you are playing. Pick-up player's name MUST be noted on the score sheet.**

- **ROTATION:** When beginning the game using rotation, it must be used throughout the game – no substitution. Each person must begin at the middle position of the back row and make a complete clockwise rotation, ending by serving.
- **SUBSTITUTION:** When beginning the game using substitution, it must be used throughout the game – no rotation. A player must report in to the official on a dead ball when making a substitution. This is a player for player substitution. Ex. “B” substitutes for “A”. This establishes an “A-B” substitution. “A” can only re-enter for “B” & vice-versa. There is no limit to length or number of substitutions between “A” & “B”. Neither “A” nor “B” can substitute for any other player. (Exception: If a player gets injured and no substitute is available, the player that was substituting will replace the injured player. The injured player may not play the remainder of that game).

- **MATCH** = (3 games to 21 pts – must win by 2 pts. / pt. cap at 23)
- **1ST SERVE:** Coin toss determines which team serves 1st. Loser of toss will serve 2nd game. Coin toss again to determine 3rd game server.
- **TIME OUTS** = One 30-second timeout per game.
- **BASIC GAME RULES:**
 - Server has 8 seconds from whistle to serve.
 - Server is allowed only 1 toss.
 - Any 1st-receive by a team may be a double contact if it is judged to be one attempt.
 - The ball may be hit with any part of the body, as long as it is not a carry.

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.

- **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. Exceptions: In defensive action of hard-driven ball. In this case, the ball can be held momentarily overhand with the fingers as well as doubled with the fingers.

Successive contacts: A player may have successive contacts with the ball during a single attempt to make the team's first contact provided the fingers are not used to direct the ball. The ball may touch various parts of the body, only if the contacts take place simultaneously. Exceptions: (a) At blocking; consecutive contacts by one or more blockers is authorized, provided that they occur during one action. (b) At the first hit of a team, unless it is played overhand using fingers, the ball may contact various parts of the body consecutively, provided that the contacts occur during one action.

- 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.
- 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.
- 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/service will be awarded.
- 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.
- 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.
- 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.
- **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).

- If a player contacts the ball completely above the height of the net and the player's foot is touching or has last touched the ground on or in front of the attack line, the attack-hit must have an upward trajectory.
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- **Attack hit faults:**
 - A player hits the ball within the playing space of the opposing team.
 - A player completes an attack-hit using an "open-handed tip or dink" directing the ball with the fingers.
 - A player completes an attack-hit on the opponent's service, when the ball is entirely above the top of the net.
 - A player completes an attack-hit using an overhand set that give the ball a trajectory not perpendicular to the line of the player's shoulders except when setting to his/her teammate or contacts the ball completely above the height of the net, while his/her foot is touching or has last touched the ground on or in front of the attack line and does not direct the attack-hit with an upward trajectory.

FOOTWEAR/HATS/EYEWEAR

- 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.
- Players may wear hats and visors. Other types of headwear will be allowed. Players wear these items at their own risk.
- Sunglasses, glasses and other types of eyewear are allowed. Players wear these items at their own risk.

DRINKING

- Drinking during league play is not allowed. Please save your drinking until after your match.
- Any player who is under the influence of alcohol during a match may face expulsion from further league play.
- **GLASS CONTAINERS ARE NOT ALLOWED ON PARK PROPERTY.**
- Please clean up your mess. Teams may be penalized for leaving trash in their team area.
- **Player under the influence of alcohol, drug, or stimulants** while participating shall result in a minimum of a one game suspension and probation for the remainder of program season.
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PLAYER CODE OF CONDUCT:

All players are expected to conduct themselves in a sportsmanlike manner at all times!!! This is a recreational program. The "Heat of the Moment" excuse is not acceptable. This is not an all-inclusive list. Items and situations not listed will be ruled upon by the proper DPRD Program Supervisors.

- Any team found to be using an ineligible player will be penalized as follows:
 - All games with ineligible player will be forfeited.
 - Team Manager and violating player will be suspended for 1 match.
 - Team will be on probation remainder of season with any further infractions subjecting team to suspension for remainder of season.

UNSPORTSMANLIKE BEHAVIOR PENALTIES:

Profanity of any sort is deemed unsportsmanlike and will not be tolerated!

- Casual Profanity said in frustration of a player at himself loud enough for a spectator to hear will be penalized by awarding opposing team 1 pt and the service.
- Any team/player which, in the judgment of the official, intentionally wastes time by not retrieving the ball in a timely matter, may receive a "Delay of Game" penalty (1 pt. and loss of serve).

Unsportsmanlike Behavior: Given at official's discretion whenever official feels a player(s) are conducting themselves inappropriately. This should be enforced so situations do not escalate to having to eject a player.

- **Unsportsmanlike PENALTY:** (1st Warning = Award opposing team 1 pt. & the service) (2nd Warning = Award opposing team 2 pts. & the service. If 2nd Warning is on same player – the player is ejected for remainder of the evening + team’s next match.

Depending upon the severity of the unsportsmanlike act, an official may eject a player immediately.

A 3rd Warning to a team (includes all players) will result in FORFEIT of the match.

- **1st EJECTION of season on a player** = Player sits out remainder of that match + next scheduled match for that team.
- **2nd EJECTION of season on a player** = Player is suspended for the remainder of the season (including tournaments).

NOTE: (Fighting) No player shall at any time lay a hand upon, shove, strike or threaten an official, player or DPR employee.

- Officials are required to suspend the player immediately and report such player to the DPR League Supervisor
- Such player shall remain suspended until the case has been reviewed by DPR League Management.
- **MINIMUM PENALTY:** Suspension from 1 league match.
- **MAXIMUM PENALTY:** Suspension from all DPR recreational activities indefinitely + annual reviews by DPR League Management.
- **Player removed from facility:** When a player continues to cause problems, and is removed from the facility (minimum penalty of 1 match + additional penalty at discretion of DPR).
- **Pertaining to ejections:** If the ejection is in the last match of the season, the suspension will carry over to the next DPR adult program the suspended player participates in.