

## TIME TO START THINKING ABOUT SOME SUMMER TIME FUN?

### How About Playing Volleyball Outdoors?

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Clubs in the Delta Region are hosting outdoor sand & grass tournaments for junior players & adults this summer! Look below for the Summer Schedule to see the events already on the Delta Region schedule.

Great News!! If you have a 2018 USAV membership—no additional membership fee is needed to play sanctioned outdoor volleyball ...AND, you will still be covered with USAV insurance (*hopefully, you won't need it though*).

Most events are doubles—so, grab your best friend and head to an event and have some fun! What if your best friend is not a member? No worries, they can register for a five month Summer Membership for just \$10. Tell them to go to the region website and click on: “Summer Only Membership”.

### WHY PLAY BEACH VOLLEYBALL?

- Doubles provides the best in random, game-like volleyball experiences with a high number of contacts per person. Each player's weaknesses are practiced throughout the game - if you're a bad passer, you get served. If you're a bad setter, you partner is served and you must set.
- You are forced to become a better player, and to extend your range on defense as you are required to cover the entire court. You develop communication skills with a single partner before moving on to a 6-person system. You are able to enhance strength and conditioning through increased movement.
- You learn the responsibility of playing every play with your partner. Whether it's on the beach or grass, 4-on-4 or 2-on-2, outdoor volleyball is a fun and effective way to gain valuable playing experience and to get an edge on other players. Play hard, play often and play outdoors to become a better all-around player.
- You get to coach yourself!
- Collegiate Beach Volleyball was approved to become a championship NCAA D1 sport in October, 2014 and D2/D3 in January, 2015.

Beach Volleyball is on the rise with many NCAA schools adding Beach Volleyball to their athletic programs, with additional opportunities for scholarships. The University of Central Arkansas in Conway is competing in its first Beach Volleyball Season this year. They have a couple home matches remaining---check out their schedule [HERE](#) and go root them on!

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## QUICK RULES of THE GAME

- Rally Scoring: 2 games to 21, with third game to 15 (if necessary) or 1 game to 28 (rally scoring)
- 4 team pools will play 2 games to 21 with no tie breaker, 6 team pools will play 1 game to 28 points
- Juniors will referee each other's matches during pool play and all bracket play with the exception of championship matches
- Block counts as a contact
- No Open hand dinks/tips
- One Toss per serve
- Players may not "set" the ball or contact the ball with finger action in an attempt to play the ball when receiving the serve.
- Any contact with any part of the net by a player's body is a violation.
- Players handling the ball must set the ball in direction they are facing or directly behind them (shoulders squared) when returning the ball over the net.
- Side Changes in multiples of seven (7) when the set goes to 21 or 28. Side changes in multiples of five (5) when the set goes to 15.
- Time-Outs: Each team is allowed one 30 second time-out per set.
- Active coaching is limited to time-outs and in between sets and matches. In addition for the IBVL and Club Championships only, active coaching is allowed during side changes. The coach may not enter the court. The interaction must take place during the time allowed when players change sides of the court and play must immediately begin after the side change.
- For the 12U divisions, all contacts that are hit overhand are considered a driven ball. The first contact may be received with multiple contacts (on the same attempt) or may take the ball with an open hand or set.
- Athletes may wear socks or sand socks during competition. No shoes, sandals, etc. may be worn during competition.

Note about boys playing: Boys 13 and under can play with a male or female partner, and can play against teams of girls. If a boy under 13 is playing in the girls division of a tournament, he must play up an age division. Boys over the age of 13 must compete in a boys division, provided there are enough teams to make a boys division. If a boy under the age of 13 wins a tournament, they will be asked to play up an age division in their next tournament.

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## Teams and Uniforms:

- Two Players with no substitutes. Only the team Captain may interact with the referees, to request timeout or explanation of rule.
- Players must play barefoot or in sand socks. Sand socks are highly recommended due to the expected high temperatures during this time of year. No sandals or tennis shoes will be allowed during play.
- Uniforms are required, as per event requirements. (*Note: some region events do not require uniforms (check with event coordinator prior to entering event).*)
  - Shorts with tops or bathing suits are typical requirements.
  - Legal uniform numbers are 1 or 2, in traditional beach doubles.
  - When uniforms are required, they should be worn from the coin toss onwards. Numbers should be visible.
  - Cold weather gear (sweats suits, Lycra undergarments etc.) may be allowed (guideline temperature: “below 60 degrees”)

**WANT TO HOST A SUMMER EVENT?**

**The summer calendar will be coming out soon. Just notify the Delta Region and ask for a Summer Tournament Application for 2018 AND, have some FUN!**

