



# Sand Volleyball

## **Adult COED Sand Volleyball- 4x4**

Updated June 2020

BREC ATHLETICS  
6201 Florida Blvd  
Baton Rouge, LA  
225.272.9200

## THE RECREATION AND PARK COMMISSION FOR THE PARISH OF EAST BATON ROUGE

Dear Team Manager,

On behalf of the Recreation and Parks Commission for the Parish of East Baton Rouge, we would like to welcome you as a participant in our Adult Coed Sand Volleyball Program.

Our goal is to offer quality sports programming at affordable prices and see that each participant has an enjoyable leisure experience.

Please read the rulebook at your first opportunity to familiarize yourself with our league's rules and regulations.

We now have an online registration system. You can establish your online account at [www.brec.org](http://www.brec.org). For additional information, you can contact [athletics@brec.org](mailto:athletics@brec.org) or you can also visit our department's web site at <http://www.brec.org/index.cfm/subhome/athletics>.

All managers/coaches must take the SPORTSMANSHIP class. (NFHS Sportsmanship Course <http://nfhslearn.com/courses/37000>) Submit completion certificate with team registration form.

All manager/coaches must take the CONCUSSION training course (Center for Disease Control and Prevention Concussion Training Course <https://www.cdc.gov/headsup/youthsports/training>) Submit completion certificate with team registration form.

Again, welcome to our program. Wishing you and your team a very enjoyable and successful season.

Sincerely,

BREC Athletics

***The Recreation and Park Commission for the Parish of East Baton Rouge reserves the right to make changes to this document as necessary during the season.***



# THE RECREATION & PARK COMMISSION FOR THE PARISH OF EAST BATON ROUGE

## TEAM REGISTRAION

### Player Contracts

*All adult players' registration forms consist of a household information form, adult participant code of ethics and a signed waiver form per player. Every registered player must be listed on the team roster that will be turned into BREC Athletics Department.*



## COACH & SUPPORTER CODE

**NO COACH or SUPPORTER** who is associated with your team is allowed under no circumstances to say (shout/criticize/heckle) anything to a BREC Sports official (Court/Scores Table). Any coach/parent/supporter who is cited with saying anything to a BREC Sports Official will be the result of a technical foul (2 shots) called/charged against the team (issued to the Head Coach) in which the erratic supporter is affiliated. If a second (2<sup>nd</sup>) technical foul is called/charged against the team of the coach/parent/supporter, the team with two (2) Fan/Supporter Technical Fouls will forfeit the game immediately and the Head Coach will serve a one (1) game suspension. Coaches are responsible for the actions of their supporters.

### Acknowledgement of Rule Book & Bylaws

**TO BE READ AND SIGNED BY COACH/MANAGER OF LEAGUE TEAM(S):** I hereby represent that I am the coach/manager of the team(s) participating in BREC league play whose name appears below. I am familiar with and consent and agree to the terms and provisions set forth in this release of the rule book & bylaws, on behalf of myself and/or organization.

**Coach Signature:** \_\_\_\_\_

**Print Name:** \_\_\_\_\_

**League:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Team/Organization Name:** \_\_\_\_\_



## **BREC CODE OF CONDUCT**

- No manager, player, or spectator shall physically/verbally threaten, lay a hand upon, shove, or strike an official, field supervisor, staff member, player and/or spectator.
- No manager, player, and/or spectator shall be guilty of objectionable and/or disruptive verbal demonstrations of dissent at an official's or field supervisor's decision or refuse to abide by official's or field supervisor's decision. No manager, player, and/or spectator shall be guilty of verbal abuse to include references to an individual or group's race, religion, gender, national origin, disability or age.
- Participants shall not use flagrant rough tactics against an opposing player.
- There shall be no unnecessary throwing of equipment, or any other objects.
- There will be no cause for defacement or destruction to any public facility or equipment.
- Participants (managers, coaches, players, etc.) may not falsify their own name or any other player's name on a team roster, scoresheet, or any other league document. The use of ineligible or illegal players is not permitted.
- Individuals and/or teams violating the Code of Conduct will be subject to league discipline action which may include one or more of the following actions: game ejection, game forfeiture, game suspensions, probation and/or seasonal suspension.

## **BREC PARK POLICIES**

- No alcoholic beverages may be brought onto or sold on BREC property. (City Parish Ordinance, Title 13: Section 13:1010)
- Pets must always be leashed, and droppings removed. For information on our Dog Park locations, please call 272-9200 ext. 400. (City Parish Ordinance Title 14, Chapter 2, Sec. 14:204)
- Firearms, explosives and weapons of any type are prohibited in all park areas. (City Parish Ordinance, Title 13: Section 13:1011)
- Gambling or games of chance are prohibited on BREC property. (City Parish Ordinance, Title 13: Section 13:90.2)
- Firearms, explosives and weapons of any type are prohibited in all park areas. (City Parish Ordinance, Title 13: Section 13:1011)
- Please help keep your parks clean by placing all trash and litter in receptacles provided at all BREC parks. For safety purposes glass containers are prohibited within parks.
- Sale of merchandise, food and beverage, solicitation of fees or donations, or conducting any type of business or event, including distribution of flyers, signs or other advertising mediums is prohibited without permit from BREC Commission. (City Parish Ordinance Title 3, Chapter 5, Sec 3:90- 93) For additional information regarding permits see Special Events.
- Park patrons are advised to be cautious of purchasing any product or merchandise from a vendor in a BREC park not displaying a BREC Permit or not selling from a designated BREC concession stand.
- Teams/Spectators may not play their own music inside of a BREC park before, during, or after games.
- ***Teams/players violating any BREC park policy may be subject to forfeiture of the game and/or expulsion from the league.***



## Team Manager Responsibilities

- *Team managers serve as a communication between BREC and staff to members of their team. Therefore, it is important that all team managers communicate effectively, pertinent information submitted from the Athletics Department. We ask that all team managers read each document thoroughly and carefully, and as well as all included attachments, if needed.*
  
- **It is the responsibility of team manager to make sure that...**
  - All rosters are submitted and completed, prior to the season startup date.
  - All rosters are updated when new player additions are made.
  - Each player, coach, and/or manager participating has signed their roster/waiver prior to participation.
  - Each player is aware of the rules, procedures, and player code of conduct put in place by BREC
  - The athletics department is notified properly on any forfeited game, so that arrangements are made for the opponent of that team.
  - All rescheduled games, game cancellation, and forfeits are relayed to members of the team.
  - All written protests are submitted to the Athletics Office within 2 (48 hours) business days of the incident in question.
  - All players are in the appropriate color uniform based on HOME or VISITOR bench, with numbers affixed to jersey. ***Players who fail to comply will be ruled ineligible to participate.***
  - That members of their team, fans and/or parents conduct themselves in a manner within accordance of BREC league rules and Code of Conduct.
  - Relay/Forward all player suspension documents to member(s) of their team, if needed.

**TO BE READ AND SIGNED BY COACH/MANAGER OF LEAGUE TEAM(S):** I hereby represent that I am the coach/manager of the team(s) participating in BREC league play whose name appears below. I am familiar with and consent and agree to the terms and provisions set forth in this release, on behalf of myself and organization.

Coach Signature: \_\_\_\_\_

Print Name: \_\_\_\_\_

League: \_\_\_\_\_

Date: \_\_\_\_\_,

Team/Organization Name: \_\_\_\_\_



## COACHES CODE OF ETHICS PLEDGE

*I hereby pledge to live up to BREC's Coaches Code of Ethics.*

*I will place the emotional and physical well-being of my players ahead of any personal desire to win.*

*I will remember to treat each player as an individual, remembering the large spread of emotional and physical development for the same age group.*

*I will do my very best to provide a safe playing situation for my players.*

*I promise to review and practice the necessary first aid principles needed to treat injuries of my players.*

*I will do my best to organize practices that are fun and challenging for all my players.*

*I will lead, by example, in demonstrating fair play and sportsmanship to all players.*

*I will ensure that I am knowledgeable in the rules of each sport that I coach, and that I will teach these rules to my players.*

*I will use those coaching techniques appropriate for each of the skills that I teach.*

*I will remember that I am a youth coach, and that the game is for children and not adults.*

***By placing your email below, you are giving permission for BREC staff to send updated league information, as well as upcoming BREC leagues/events in the future. Please print legibly.***

Email address: \_\_\_\_\_

**TO BE READ AND SIGNED BY COACH/MANAGER OF LEAGUE TEAM(S):** I hereby represent that I am the coach/manager of the team(s) participating in BREC league play whose name appears below. I am familiar with and consent and agree to the terms and provisions set forth in this release, on behalf of myself and organization.

Coach Signature: \_\_\_\_\_

Print Name: \_\_\_\_\_

League: \_\_\_\_\_

Date: \_\_\_\_\_

Team/Organization Name: \_\_\_\_\_



# THE RECREATION & PARK COMMISSION FOR THE PARISH OF EAST BATON ROUGE

## BREC 4 x 4 Sand Volleyball BYLAWS

### GAME

#### Team Composition

1. Four players for each team will be on the court competing at one time and teams must be comprised of at least two males or two females with no limit to roster size.
2. A minimum of three players must be present to start the match with the difference in gender not being greater than one (Ex: two males and one female or two females and one male).
3. **No more than two players on a team may be a member or coach of a volleyball club that plays competitively.**

### Equipment

1. Participants are allowed to use their own volleyballs if desired as long as both teams are able to agree on the match ball. A ball can be provided if needed.

### Ground Rules

1. The winner of a coin toss will determine his/her choice of team area and service. The winner of the coin toss will serve the first set and the third set, if needed. The loser of the coin toss will serve the second set. After each set of a match, the teams will change playing areas. (In the third set, teams will change sides once a team has scored eight points.)
2. The Serve:
  - The server shall stand with both feet behind the rear boundary line. There are no restrictions as to how the ball may be served except that it must be clearly hit, not thrown or pushed. Side out is declared when a served ball hits the net and does not pass over. A ball that contacts the net and continues over constitutes a legal serve.
  - Blocking and spiking the ball on the serve is illegal.
3. **Substitutions:** All substitutions will be made in the serving (right back) position, and the substitute will immediately become the server. All substitutes must make one complete rotation. A player late in arriving for a team of less than four can only rotate in when his/her team has the serve, and must enter in the serving position.
4. **Rotation:** All players are required to play every position on the court as they rotate. Players will rotate clockwise to the next position after their team sides out. Each player



must play all four positions including two in the front row and two in the back row, or one in the back row if a team is playing with less than four players. If facing the net, the serving position will always be in the back row on the right.

5. Any player may contact the ball with any part of the body, above or below the waist.
6. A ball touching any part of a boundary line is in.
7. It is permissible to run out-of-bounds to play a ball, however, a ball that has crossed into another court may not be played.
8. Players are not permitted to scoop, hold, or throw the ball. The ball may not visibly come to rest on the player's hands, fingers or any other part of the body.
9. A player shall not make successive contacts of the ball unless he/she has blocked a spike at the net. One person may play the ball twice during a volley but not twice in succession.
10. A ball, other than a serve, may be recovered from the net provided the player avoids contact with the net and does not catch or hold the ball.
11. The ball must always be returned over the net by the third contact, unless a block is the initial contact in which case the ball must be returned by the fourth contact.
12. Spikes are legal.
13. **Blocking:**
  - A successful block is accomplished when either the ball rebounds off the hands of the blocker and directly back into the opponent's court or deflects off the hands in such a way that the blocker's team may play the ball.
  - An attempt to block does not constitute a block unless the ball is contacted during an attempt.
  - The team which has contacted the ball in an attempt to block shall have the right to three more contacts with the ball in order to return it to the opponent's side if the ball falls in their area.
14. **Net Play:**
  - A player may reach under the net as long as he/she does not interfere with an opponent's attempt to play the ball.
  - A player may reach over the net to complete a spike which was begun on the player's own side of the net.
  - A player may reach over the net to block, but not interfere with the opposing team's play.
  - A player may never touch the net.

### **Match Time and Length**

1. The first team to win the best 2-of-3 sets wins the match. All sets will be played to 15 points with rally scoring, and a team must win by two.
2. If inclement weather occurs while matches are in progress, the decision to continue or stop will be made by the Recreation Manager or Center Supervisor on site.
3. Should a postponement be necessary due to inclement weather, the BREC Athletics staff will contact team captains. The decision whether to postpone play will be made by the BREC Athletics staff by Noon of the day of play.
4. All matches will start at their designated times. If a team is not ready to play within 10 minutes of the match's scheduled start time, the match will be declared a forfeit.



## OFFICIALS & SCHEDULES

All officials will be furnished and approved by BREC.

All games will be played at the sand court indicated on the schedule. Games will be played as scheduled.

All teams will play at least eight (8) to ten (10) game season.

## UNIFORMS

Matching t-shirts/jersey and bottoms. Similar colored t-shirts/jersey, other than grey, with 6" number on the back. **No hats with bills. No "do-rags". No sunglasses. No Jewelry. No flip flops or opened toed shoes. Uniform violations will result in a player being deemed ineligible for the game.**

## PLAYER/TEAM DISQUALIFICATION

All Non-athletes/coaches are responsible to see that their team meets all eligibility requirements. If a player is found to be ineligible prior to the start of a sanctioned competition, the player will be expelled from the competition and the team will continue. If a player is found to be ineligible after the competition has started, the player will be expelled from the competition and the team will forfeit all games in which the ineligible player was listed on the official score sheet. The team may continue to participate, if applicable, without the expelled player.

## ROSTER DISPUTE

Teams that want to dispute the opposing team's roster may do so the first ten (10) minutes before the game. After ten (10) minutes, the right to dispute is forfeited. Roster disputes are done by checking driver licenses and/or any government issued ID, if a player does not have a valid picture ID the player will be removed from the game and cannot play until he or she shows proof. The player will have until the next game to show proof or the team will forfeit all games that the disputed player has played in.

## CONDUCT RULES

We ask that you always maintain a positive approach throughout the league and adhere to the following guideline:

Game officials shall have the respect and support of the coach. The coach shall not indulge in conduct which will incite the players or spectators against the officials. Public criticism of the officials or players is unethical

The coach should respect his opponents, display gracious behavior during competition and require his players to conduct themselves in similar fashion. Before and after the contest, rival coaches should meet and exchange friendly greetings to set the correct tone for the event.

Coaches shall actively use their influence to enhance sportsmanship by spectators

## PLAYER BEHAVIOR

Any coach, or player verbally or physically abusing a game official, opposing player, or any other individual, will be ejected from the game and must leave the facility immediately. Any player refusing to leave will cause his team to forfeit the game. In the case of physical abuse or extreme unsportsmanlike



conduct, additional disciplinary action can/will be taken by BREC's Athletic Department including but not limited additional suspensions and/or removal from the league. **COACHES WILL BE HELD RESPONSIBLE FOR THE ACTIONS OF THEIR TEAM MEMBERS AND FANS.**

## **SUSPENSIONS**

A player who is ejected from a game will be required to leave sight and sound of the facility within 2 minutes. If a player fails to leave after an ejection, the game will be forfeited by the umpire. Managers should see that your player leaves promptly. If any player is ejected from the game, he/she shall be automatically suspended for a minimum of one game, additional punishment could be handed down pending review by BREC staff. If the player is ejected a second time, he/she will be suspended for the remainder of the season, or if circumstances so warrant, be suspended from participation in any program and/or facility of BREC indefinitely, pending review by staff.

## **EJECTIONS**

All ejections carry a mandatory suspension of the next scheduled game. If a player is ejected twice (2) within one playing season, they are not allowed to participate within the playoffs or league for the next year until player's parent/guardian and coaches have contacted Athletics Department for a hearing on the matter.

## **PROTEST**

All protest must be made on site prior to play resuming. Only team captains can confer with the officials. Protest must be lodged only for misinterpretation of rules. Protest must be lodged properly in writing and must be submitted to Athletic Department within two working days (Mon.-Fri.) after protested incident. If the protest is upheld the \$25.00 fee will be returned. The protest fee will be forfeited if the protest is not upheld.

## **RETURNED CHECKS**

Teams will be eliminated from any further league play for non-payment of league fees.

## **FORFEITS**

### **Game time is forfeit time!!**

- The field supervisor's or official's watch represents the official time. Any time five players are on the field; the game must start.
- Teams with fewer than five (5) players will be given a forfeit.
- The score of a forfeited game will be 7-0.
- In the event of a double forfeit each team will be credited with a loss with the score being recorded as 0-0.
- Forfeit Limits: A team which exceeds its maximum limit may be dropped from the league without a refund. Maximum limits:
  - Teams which play one game per week .....2 forfeits within the playing season
  - Teams which play two games per week .....3 forfeits within the playing season



## REFUND POLICY

No refunds and/or household credit will be given unless a league has not played 50% of league games before the league is cancelled. *All refunds and/or household credits will be determined by the Athletics Department discretion.* If rule violations result in a team being removed from the league, the following refund formula will be used.

- Teams expelled between the date of registration and the beginning of their leagues first game **will forfeit 100%** of their registration fee.
- Teams expelled after the start of their first game **will forfeit 100% of fee.**

## RAIN MAKE UPS

In most cases, teams will receive at least one week notice of schedule changes.

In emergencies, teams may be asked to play with less notice.

Managers will receive a rain make-up schedule through email upon games being rescheduled.

## ROSTER CHECKS

BREC staff reserves the right to randomly check team rosters for player validity. The manager is responsible for keeping up-to-date team roster records. This practice can eliminate any question as to whether a team member is eligible to play. Players must present BREC staff with a form of photo identification upon request. Any player or team information which is not correct on a team's roster, and/or the use of illegal or ineligible players will result in league discipline.

## PLAY-OFFS

Play-offs will consist of the top six (6) teams from each league, if applicable.

### Injury, Bleeding or Open Wound:

A player/substitute, manager, coach, trainer, or other team member or sports official who is bleeding or who has an open wound shall be prohibited from participating further in the game until the bleeding is stopped and the wound covered.

1. If treatment can be administered in a reasonable amount of time the individual would not have to leave the game. The length of time that is considered reasonable is umpire judgment.
2. If excessive time is involved, the re-entry rule would apply to players.
3. If there is an excessive amount of blood on the uniform/bandage must be changed before the individual may participate.

### Concussion Protocol:

Any player that exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not be returned to play.



### **Communicable Disease Procedures:**

While risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing potential or transmission of these infectious agents should include, but not be limited to, the following:

1. The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform it must be changed before the athlete may participate.
2. Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood or other body fluids is anticipated.
3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
4. Clean all blood contaminated surfaces and equipment with a solution made from proper dilution of household bleach (CDC recommends 1-100) or other disinfectants before competition resumes.
5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
8. Contaminated towels should be properly disposed of/disinfected.
9. Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards and other articles contain body fluids. The referee shall not permit any team member to participate if in his/her judgement any item constitutes a safety concern, such as, but not limited to, a player's fingernails or hairstyles.

***BREC reserves the right to re-evaluate the rules and place improvements in place for any current rules and/or violations. BREC reserves the right rule on any items not covered in the document and to expand the rule basis. Rules that are not covered in the BREC rules and operating code, will automatically defer to Futsal Laws of the Game rules and procedures.***

