



ACTION INDOOR SPORTS RINGWOOD

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INDOOR BEACH VOLLEYBALL INFO SHEET

the sport.

Action Beach Volleyball brings your favourite summer sport indoors, so you can play all year round. Beach Volleyball is a great social game, and at Action Sports Ringwood we can cater for the seasoned veteran right through to the beginner.

the team.

There are both pairs and 4 a side competitions available, and both are open (mens, mixed and ladies), graded by ability. There are plenty of grades running each night, so we'll definitely find a standard suitable.

the uniforms.

Teams are encouraged to wear matching colour tops for aesthetic effect.

the ref.

The centre will provide a referee who shall control the game, act as timekeeper and operate scoreboard. It is expected that all players respect the referee and their decisions at all times.

game times.

The game consists of three nine (9) minute sets. All teams are expected to have paid their game fee and be ready to play five minutes prior to their scheduled start time. 48 hours notice must be given if forfeiting any fixtured game. Failure to do so will result in a full game's fee owing.

behaviour.

For the enjoyment of all, games are to be played in a sportsmanlike manner. There is to be no kicking of the volleyball in returning to the other team.

finals.

At the end of the competition season there will be a finals series for the top four (4) teams in each grade. To qualify for finals, players need to have played at least four (4) games throughout the season.

competition points.

The ladder position of each team in the competition shall be determined by the accumulated points awarded, based on the results of games. Points are awarded as follows:

4 points for a win

1 bonus point for each set won (maximum 7 points per game)

basic rules.

Each point is started with a serve from behind the blue back line. Serve can be over arm or under arm action.

From there, teams have a maximum of three hits to get the ball back over the net. There can be no carrying of the ball or double hits. Correct technique can be explained by staff members.

Teams can use any net, bar the back one, to keep the ball alive. Surrounding nets cannot be used in the final hit over.

substitutions.

If you have extra players, they can substitute on the court when you win a point, or at any of the breaks between sets.

coaching.

Professional Beach Volleyball coaching is available for beginners right through to advanced players. For further information, contact the stadium or enquire at the counter.

A full copy of the rules can be obtained upon request and should be read and understood by all players before the start of the season.