

NEWPORT VOLLEYBALL CLUB BEACH LEAGUE RULES

Revised: 1 June 2025

GENERAL RULES

1. All rules are subject to change at the discretion of the NVC administrators.
2. **ALCOHOL IS NOT PERMITTED** at the volleyball courts and/or parking lot by either participants or spectators. The police patrol the area often and will issue tickets. Violation of the NVC alcohol policy could result in expulsion from the league.
3. **NO DOGS** are allowed on the beach.
4. The League Director is a player within your division who has agreed to arbitrate league rules and maintain standings. The League Director will ensettle regular season disputes in conjunction with the Night Coordinator.
5. The grievance committee will consist of all Beach Night Coordinators.
6. There will be no volleyball leagues during July 3, 2021 to July 9, 2025 to observe the July 4th holiday.
7. Fours teams can have a maximum of 5 players.
8. **WEATHER**: If light / intermittent rain, every attempt will be made to play as scheduled. If raining consistently, the league day **MAY** be canceled. The decision to cancel league play will be made by 5 PM.
9. **WEATHER**: Game play will begin on time and continue without delay in light to moderate inclement weather (rain, wind, cold etc...). If dangerous weather is encountered after 5 PM, once teams arrive at the beach, the Nightly Coordinator and League Directors will convene immediately (even during game play) to determine if it is safe or not to continue with the league play for the evening. In the event of immediate danger due to weather (for example: lightning in close proximity, torrential downpour, hail or extremely high wind that may tear a net system free), players should identify the risk to those around them and seek immediate shelter out of of the weather, but DO NOT break down nets unless instructed to do so by your League Director or Nightly Coordinator. Only the League Directors and the Nightly Coordinator have the authority to end a game before it is completed.

- 9.1. For situations where we have to cancel, i.e. weather, beach erosion or the city/town has requested a cancellation, you will be notified via email, text, and it will be posted on Twitter/and NVC's Facebook page, thus it is extremely important that your email address and cell phone number is correct in your NVC account.
 - 9.2. In the event of a cancellation, the games are typically moved to the end of the regular season schedule. The web page should be monitored regularly for schedule updates. If a division is using a "MAX" schedule (one where rain dates are not built into the schedule), canceled games may not be rescheduled.
10. **NET SETUP:** All players are responsible for the equipment at the beach. Purposely damaging or removing NVC equipment will result in disciplinary actions.
11. **NET SETUP:** All players are expected to help set up the nets. Failure of at least one member of each team to assist with setting up the nets will result in game penalties.
12. **NET SETUP:** Instructions
 - Get the court lines (black for doubles, blue for fours), a Net System, a parts bag (containing four spikes and a sledgehammer), and a game ball from the back of the equipment vehicle.
 - Find the dot on the sea wall or fence to indicate pole placement for your assigned court.
 - Assemble both poles, note that the middle section is not symmetrical and the eyebolts should be toward the top
 - Layout the net and attach the clips to the poles.
 - Drive the spikes farthest from the ocean into the ground first.
 - Pace out the distance for the spikes. Upper Court (furthest from the ocean). As close to the sea wall or dunes as possible, take 2 giant steps to the right/left of the dot. Lower Court (closest to the water), set spikes past the Upper Court's waterside spikes (for high tide issues).
 - Drive the stakes completely straight down into the ground (no angle required).
 - Hook up the fixed support straps (no ratchets, 3 hooks).
 - Pull the net taught on the ground.

- Pace out the distance for the second set of spikes. From the end of the net pole you pace 2 giant steps out and 2 giant steps to the right/left.
- Hook up the adjustable support straps and stand the net poles up (each line has one ratchet).
- Tighten the adjustable support straps till desired tension NOT net height.
- Tighten the bottom of the net with the adjustable strap to the desired height.
- Layout the court lines and secure in each corner with a peg and bungie. The lines should be centered under the net with center line markers inline with the net
- Before you start your match ensure all equipment is neatly gathered in a safe location to prevent injuries and equipment from getting lost in the sand.

SCHEDULING/FORFEIT RULES

13. Rescheduling of regular season matches is expressly **PROHIBITED**.
14. Only the League Directors and the Nightly Coordinator have the authority to end a game before it is completed.
15. Four sets will be played on each court (each night).
 - 15.1. Scheduled times are; (1) 6:00 PM, (2) 6:40 PM, (3) 7:05 PM, (4) 7:30. Note, these times are approximate and sets should start as soon as both teams are available to play. Later in the season, set times may need to be adjusted to compensate for decreasing daylight.
 - 15.2. Newport (Narragansett times are in parenthesis) Net setup starts at 5:45 (6:00). If at least one teammate isn't there by 6:00 or if they are on the beach but don't help setup, that team's starting score for ALL sets that night is 0 - 5.
 - 15.3. Warm-ups start as soon as the net is up and must end by 6:15 (6:30). If the nets aren't setup by 6:15 (6:30), there are NO warmups.
 - 15.4. If a team is not at the court and ready to play by the designated start time of any set, the missing team will

automatically start the set down 5 points (0-5), assuming at least one team member was present to help set up the nets. If the team failed to assist with the net setup, the team will start the set down 10 points (0-10). If the team has not arrived and ready to play after 5 minutes, the set will be forfeited (0-25). If the team arrives in time for the remaining sets, the team will only start the set down 5 points if they failed to help set up the nets.

16. **FORFEIT POLICY:** If a team does not show up on a night they are scheduled to play AND has not made prior arrangements, then a no show fee is to be given to your opponents with their portion of the no show fee. A no show check will not be collected by NVC. However, you will owe your opponents a total of \$80 if you “no-show” (see definition in the league rules) your matches. You will have one week to reimburse your opponents on your own. After that, the NVC treasurer will bill you electronically. You will not be allowed to play in any future-season NVC events (tournaments, indoor leagues, or beach leagues) until the bill is paid. **(Updated 2021)**
 - 16.1. “Prior arrangements” means **IN ADVANCE**, the team notifies their opponents and the league director that they will be forfeiting their sets prior to **NOON** on the day of the play. If notification is sent after NOON, the opponents must acknowledge/respond to the forfeit notification in order to avoid the No-Show check being cashed. This policy is in place to avoid teams showing up at the beach without an opponent to play against.
 - 16.2. The team that forfeited will have one week to reimburse your opponents (\$40/team) on your own. After that, the NVC treasurer will bill you electronically. You will not be allowed to play in any future-season NVC events (tournaments, indoor leagues, or beach leagues) until the bill is paid.
 - 16.3. If a player/team “no-shows” for a second time, then the team may be removed from the league without a refund, and all players on the team may be banned from playing in all leagues for the current session (including substituting for other teams).
17. In the event that both teams forfeit, then both teams will receive losses for the sets and the score will be recorded as 0:0 for all sets.
18. If a team learns that one of their opponents is forfeiting and then decides to forfeit their remaining matches, the original forfeited sets will

be recorded as a loss for both teams and scored as 0:0.

GAMEPLAY RULES

19. Games will be self refereed - **HONESTY IS THE BEST POLICY**. If a dispute cannot be resolved quickly, the point will be replayed.
20. Use a coin toss, odd/even, rock/paper/scissors, roll-offs, shell game, etc. to determine choice of side/serve for first set. Alternate the choice for the second set if playing the same team.
21. Two timeouts per set with a duration of 30 seconds each.
22. Time between sets will be one (1) minute
23. Imaginary antennas will be used to judge out of bounds for balls traveling across the net. Just as with real antenna, the imaginary antenna extends directly up with no end (no matter how high a ball is, if it passes over or outside the imaginary antenna, the ball is out). The ball must travel COMPLETELY inside the antenna to be good. If a quick determination of a ruling cannot be agreed upon, please replay the point.
24. **DOUBLES**: “Block plus 2” for ALL doubles divisions – the block is considered the first contact; therefore only 2 more contacts on that side.
25. **FOURS**: “Block plus 2” does not apply to Fours divisions - three (3) contacts are allowed even if the ball is touched by the block.
26. Ball Handling Clarification:
 - 26.1. **SERVE RECEIVE AND FIRST BALL OVER**: No hand setting of the first ball in any division except OPEN (see below). Double contacts are legal (with non-finger body parts) if the contact is made in a single action. Hard driven balls may be held momentarily or double contacted in a “beach dig”. A hard driven ball is defined as a ball contacted above the height of the net with a downward trajectory, thus forcing a reactive defensive play.
 - 26.2. **SETTING**: Hand sets are legal on the 2nd or 3rd contact only. The hands must act together smoothly, or a “double hit” should be called. Spin is not a fault... but spin is an indicating factor of

a possible fault. Sets that visibly come to rest or are redirected are “held ball” faults.

- 26.3. When a player uses a hand setting action to intentionally put the ball in the opponent’s court, the player’s shoulders **MUST** be facing the same direction (either forwards or backwards) of the trajectory of the ball (i.e. you can not “side set” the ball over the net). The ball must have limited sideways ball rotation as the ball is leaving your hands. No double contacts, lifts or held balls.
- 26.4. **OPEN ONLY:** Hand setting of the 1st contact is legal, but must be judged as a beach hand set, not indoor serve receive.
- 26.5. **DINKS:** No openhand dinks or open handed tips are allowed.
- 27. No position rotation is necessary. Only rotation of serve is required. Team Captains shall ensure proper service rotation.
- 28. Players may touch sand on opponent’s court provided they do not touch the net (inside of the antennas) or interfere with the opponent’s play. Interference with an opposing player or prevention of the team from making a play on the ball is a fault.
- 29. Reverse COED (women's net), the male player **MUST** jump from completely behind the 10' line drawn in the sand. No part of the male's foot may be in the trough created by the drawing of the line if an attack is made. An attack being defined as contacting the ball from above the height of the net with a downward trajectory.

SCORING RULES

- 30. All leagues will play four sets per court per night during the regular season.
- 31. COED will play one set on women's net and one set on men's net against each unless stated otherwise.
- 32. The number of teams that make playoffs and the playoff format will be determined by the nightly coordinator and league director and may be adjusted if there are multiple rain-outs during the regular season.
- 33. The points per set will be determined at the beginning of the season by the nightly coordinator and league director. However, if at the end of the

season when daylight is limited, the points per set may be reduced at the discretion of the nightly coordinator and league director.

34. Sets to 21 (win by 2) are point capped at 23, sets to 25 are point capped at 27 and sets to 28 are point capped at 30.
35. Change sides every seven (7) points for all sets played to 21 or above. Sets played to 15 will change sides every five (5) points. The side changes will be direct without delay
36. The winning team is responsible for reporting all set scores to the League Director.
37. Standings will be available from your League Director and will be posted on the NVC website. Each team is responsible to verify the scores are entered correctly and must contact the league director as soon as possible if any errors are found.
38. League standing will be based on overall set won/lost records. Ties in the standings at the end of season will be broken by the following criteria: 1) Head to head set record. 2) Head to head point differential. 3) Overall point differential.
39. For divisions with pools, ties within the pool will be broken by the following criteria: 1) Head to head set record, 2) Set record within the pool (if sets were played against teams outside of the pools, i.e. "cross-over"), 3) Head to head point differential, 4) Point differential within the pool, 5) Overall point differential. For the playoffs, the first place teams from each pool will be ranked according to the criteria in the rule above, then the second place teams will be ranked.

SUBSTITUTION RULES

40. Players are responsible for finding their own subs and must notify their league director of all subs.
41. Subs **MUST** be a current NVC beach member. For insurance reasons, no players outside of the NVC beach leagues are allowed to substitute. An illegal sub will result in the forfeit of the sets/matches.
42. Once a set has started, subs will not be allowed until the set has finished. If a player is unable to complete a set due to injury or other unforeseen circumstances, the set will be forfeited and the forfeiting team will receive the number of points they had when the forfeit

occurred. Following the forfeited set, “legal” subs will be allowed with league director approval for any sets remaining that night. If a player is not able to complete a match during playoffs, the match will be forfeited (in doubles). In the Fours division, the team must complete the match with the remaining players.

43. **DOUBLES:** Substitute players are allowed from within your own league. If no substitute can be obtained from within the league, the entire NVC Beach League (Two’s and Four’s) can be searched, but all substitutes must be from an equivalent or lower league level. Captains must notify the League Director of any substitutions before play commences and League Directors will keep track of team substitutes. There is NO penalty for a substitution, however, to be eligible for playoffs, a team must play together in at least half of their regular season scheduled sets/matches. At least one of the players on the roster must participate in every match. In the event that neither player can make the match, it will be recorded as a loss, however it is recommended that two legal substitutes be found so that your opponents can still play. (**Updated 2021**)
44. **FOURS:** No more than two (2) subs on a Fours team. All subs must be from same division level or lower. If subs are not available from the Four’s division, then subs can be obtained from any NVC league, same division or lower. Subs must be of equal or lesser ability of the teammate for which they are subbing. All substitutions must be approved by the League Director. An illegal sub will result in the forfeit of the match.
45. **FOURS:** A team must have a minimum of 3 players on the court.
46. **PLAYOFFS:** Substitutions are allowed but must be pre-approved by the League Director, be a player from your own division that did not make playoffs, and cannot be used to better the team. If you are in a division where all teams make playoffs, consult your league director.
47. **REPLACEMENTS:** A team member can be replaced permanently without restriction at any point up until the end of the 5th week of league. Any player(s) taken off a roster may not return as a full member or sub, unless they play in another NVC league. For insurance reasons, any new player must have a AVP America Membership. If a permanent replacement is required after the deadline (due to injury, transferring out of the area, etc), the League Director and the Night Coordinator must approve the replacement and the team may not be eligible for playoffs.

PLAYOFF RULES

48. Rankings for playoffs will be based on the regular season win percentage. Ties in the standings at the end of season will be broken by the following criteria: 1) Head to head set record. 2) Head to head point differential. 3) Overall point differential.
49. Format of quarterfinals, semifinals, and finals will be determined by the League Director and/or the Nightly Coordinator and will be dependent on weeks available and available daylight.
50. If a playoff team knows in advance that they will be unable to make it to the beach for the playoffs, their slot in the playoffs will go to the next highest team in the standings (and so forth until the playoff bracket is full). If it is a pool based division, then the next spot in the playoffs will go to the team with the best record, regardless of pool. If a playoff team does not know in advance that they will not be able to play in that round of playoffs that match is marked as a forfeit and the opponents proceed to the next round of playoffs.
51. SCORING: Unless explicitly stated, the playoffs will be single elimination best-of-three matches. The nightly coordinator may change the format if daylight is an issue and/or the number of weeks available for playoffs is reduced. At the discretion of the nightly coordinator/league director, the point cap may be removed for the playoff matches.