



Culture

The sand volleyball culture is much more laid back than indoor volleyball. It allows for the players to develop self-discipline along with courage. The players determine everything regarding play (who serves first, what side to start on, mishandled ball, etc.) Originating in California many years ago, the lifestyle of sand volleyball has stuck with the relaxed, fun, and competitive environment. **For juniors, parents are not allowed to get involved with competition at all.** This includes yelling things like “ nice cross shot” “ good job blocking LINE”. Appropriate spectating would be “ great block” or “ awesome kill”. In fact, coaches only can get involved during timeouts called by the players. Many clubs and families will bring a 10x10 tent to tournaments and plan on making a day of it. You are encouraged to bring beach chairs, coolers, etc. to the beach in accordance with the beach rules and facilities.

Entering tournaments is the responsibility of the players and their family. Players are welcome to switch partners if they would like for a specific tournament as you are not married to the partner you train with. Signing up for tournaments normally needs to be done 1 week or more in advance. You will likely not receive a playing schedule from the tournament director in advance, but rather a general start time. This is normally an 8am start time with most players showing up around 7:30am.

Facts

Sand Volleyball Rules are Different than Indoors

- 1. Games begin by deciding serve and side. Serve and side can be determined by a coin toss, rock-paper-scissors or other variations.
- 2. When serving, a player may toss the ball only once.
- 3. When receiving a serve, players must forearm, pass the ball, or receive with hands together. Players may not take the serve with open hands, double contact, or lift.
 - A. A “down ball” may be taken as a double contact without a violation.



- A “free ball” should be taken as a bump. If taken with the hands, it must be clean (No double contact. This contact can be judged similar to the “set” or second contact)
- 4. When setting, a player must be facing the way the ball travels
 - i.e. a player may set a ball forward or backward, but may not set a ball over the shoulder to the side.
 - If the wind redirects the ball, this is not a violation.
- 5. When hitting, players may not open-hand dink, or “redirect” the ball with the fingers. The hand must be closed or a “roll shot” can be used.
- 6. Beach courts do not have a centerline. Players can go under the net, as long as they do not interfere with play on the other side.
- 7. When blocking, if the block contacts the ball, it counts as a contact. The team then has two more contacts to put the ball over the net.
 - A. The blocking player may play the ball up after blocking, i.e. take both first and second contacts (same as indoor).
- 8. When refereeing, the team officiating duties are lined out in the tournament format. Parents are not allowed to officiate (or keep official score).
 - Primary Player Referee Duties include:
 - * keep score
 - * record results in pool sheet
 - * help with serving order
 - * help settle disputes (playing teams should call their own violations, and call out the score).
- 9. Any competition disputes are first settled between the teams, then to the work team, if the dispute is not solved, then the teams should ask a tournament official at the tent.
- 10. Court Dimensions: 8 meters by 8 meters per side, for all age divisions.
- We play to 21 points, switching in total score increments of 7. (4-3, 7-7, 12-9, etc.)
- The set must not spin more than 1.5 times. This is why most setting is bump setting on the sand
- **Parents are not allowed to coach, AT ALL. Coaches are only allowed to coach during timeouts called by the players.**



All In FAQ's

Do I need to play All In indoors to play All In Beach? A. No. We welcome all players regardless of indoor affiliation to play with us in the summer.

Do we need a partner to play? A. No, you do not need a partner to join. It helps if you have one to train with weekly, but it is not mandatory. Further, you are allowed to switch partners for different tournaments as desired.

Where and when are practices? Woodstock practices are Monday and Wednesday mornings with two hour time slots. Rockford practices are Tuesday and Thursday mornings with two hour time slots.

Do we need to wear matching uniforms? A. No, Matching uniforms are not required, however we want you to be wearing some sort of All In Beach gear. For tournaments, all players must have their midriff covered when standing straight.

Do beach teams have coaches at tournaments? A. Some do and some don't. We generally do not send coaches to tournaments to coach because they are fairly limited in what they can do during play. Coaches must follow a strict guideline of how they can participate at events. We like to see our players develop the self awareness and confidence while competing.

How do we decide what tournaments to play in? A. We give you a list of events that we support and you get a discount code to use for these events. You are welcome to play in as many events as you would like.

Do we sign up for our own tournaments? A. Yes. There is a link to all of our events at www.allinvolleyball.com and the actual sign up page is www.allinvolleyball.bracketpal.com/signup Make sure to use your discount code.

Do I need a special membership to play on the beach? Yes. We have decided to partner with AVP America, the longest standing beach volleyball organization in this country. This membership is \$20, plus a processing fee, annually, and provides discounts to other outdoors

volleyball stuff. To sign up, visit <https://avp.com/membership-sign-up/> and select “competing athlete” then select AVP America or promoter event.

Help

We are always here for you if you have questions. Please do not hesitate to ask. We can be reached via email, txt, or phone.