



2023

Girls High School Quads 4v4 Sand League

The Sandlot Facility Rules & Policies

All Events at The Sandlot will be staffed and supervised with MSC Staff for your safety and the comfort of all our guests. Please adhere to the following:

1. *At The Sandlot the safety of the athletes, players, and spectators are our top priority!*
2. *Personal items are allowed inside the netting of our sand courts but The Sandlot and The MSC cannot be held responsible for lost or stolen items.*
3. *Water bottles, snacks, and chairs are allowed. Please clean up after yourself and properly dispose of any garbage into the garbage cans. Food tables and coolers are not allowed inside the netting of our sand courts.*
4. *All drinks inside the netting of our sand courts need to have a lid or cover. Water and sports drinks are the only beverages allowed on the sands surface. NO GLASS!*
5. *No jewelry, exposed metal, or hard unyielding plastic on braces are allowed.*
6. *No smoking, alcohol, or illegal drugs allowed inside or outside the premises of The Sandlot or the MSC facility.*
7. *No firearms or weapons allowed inside or outside the premises of The Sandlot or the MSC facility.*
8. *Athletes and participants are only allowed on the sand and playing areas of The Sandlot. Spectators and fans we ask that you watch from outside the 6 court netting in your cars or outside The Sandlot. Feel free to bring pop up canopies and tailgate on the grass along the east side of the courts.*
9. *Water fountains and restrooms are located inside the MSC indoor location. We ask that if athletes need to enter the MSC they do so prior to playing. We don't want sand tracked inside our facility.*
10. *Before entering the doors of our indoor facility, athletes **MUST** wash off all sand before entering the MSC. There is a rinse off area located to the right of our indoor facility entrance.*



The Sandlot Player Conduct & Establishment Policy

Violations of these rules will result in disciplinary action against a player or team including, but not limited to, disqualification from the league, and ejection from the premises.

- 1. Physical or verbal harassment of The Sandlot and MSC staff members, athletes and participants from other teams or your own, and any other patrons of any form will not be tolerated.
 - a. Any repeated or excessively inappropriate behavior will not be tolerated and may result in a player/team ejection or suspension.*
 - b. Suspended/ejected players or teams will NOT receive a refund.**
- 2. Children must be accompanied by an adult at all times.
 - a. At no point are children allowed inside the sand surfaces.*
 - b. The Sandlot & the MSC facility is not responsible for any unattended children.**
- 3. The Sandlot is a pet free zone. Even though we love our furry friends we do not allow pets anywhere on the property.*

The Sandlot Playing Areas & Equipment

- 1. Volleyballs will be supplied by Milwaukee Sting Volleyball Center. If they go over the boundaries of The Sandlot (netting around all 6 courts, parking lot, and areas around our facility) please help find and let the league manager know right away if lost.*
- 2. Each net will be at the correct womens height for this league upon entry. Every net will have antennas. The lines of the sand volleyball courts will be at the proper measurements upon entry. If they come up, please notify the league manager right away.*
- 3. Poles, supports, wooden dowels, and net cables are out of play. If the ball contacts any of these it will be a dead ball.*
- 4. A ball is considered in bounds if it touches the line or makes the line move. A ball is considered out of bounds if it lands completely outside of the sand court or touches any object outside of the court.*
- 5. Netting around all 6 of our courts at The Sandlot will be considered out of play.*
- 6. We ask that you do not hang, grab, lean, or put anything on or around the netting of the 6 courts.*

Team Rosters/Waivers/Substitutions

- 1. Every player on every team must sign and date an injury waiver for their team.
 - a. Waivers must be signed by all players on their roster including substitutes.*
 - b. All waivers must be completed and turned in to the league manager before the first scheduled league night. Failure to do so will result in a forfeit until those waivers are turned in.**
- 2. Every team must submit and maintain a roster.
 - a. Roster includes 4 players including 1 substitute.*
 - b. Team rosters will help determine who is on their specific team and point of contact.*
 - c. A player who is part of a team can not be on a roster of another team playing on the same night and league.**



- d. *All rosters need to be completed and turned in before the first scheduled league night. Failure to do so will result in a forfeit until those rosters are submitted.*

4v4 High School Sand League

Summary

1. *Format is 4-on-4.*
 - a. *4 players on a team plus a substitute on their submitted roster.*
 - b. *Each team consists of players that are true to their age per division.*
 - c. *Each match consists of 3 games and will count towards standings (games to 21 rally scoring - win by 2 or first to 23). Matches must be completed within the allotted time (50 minutes)*
 - d. *Rally scoring will be used for all games.*
 - e. *Rock, Paper, Scissors will determine serve, receive, or take choice of side. After each game of the match, teams will switch sides.*
 - f. *Teams will switch sides at 11 in the third game.*
 - g. *Teams playing will keep a verbal score within each game. The server will announce their score first before serving and proceed with their opponents score. Teams are responsible for keeping an accurate score and correctly recording the final scores of each game on the score sheet.*
 - h. *There will be 1 timeout per game allowed that will not exceed 30 seconds.*
2. *Teams will forfeit the first game for the first 10 minutes past start time that they do not have enough players. Teams forfeit all games if not enough players after 20 minutes from start time.*
3. *Please arrive 10-15 minutes early to ensure all players (4) are present for the match and we can start at the appropriate time scheduled.*
4. *A team may rotate in a designated substitute that is on their roster within their team's sideout.*
5. *Players may not touch the adjacent court while playing a ball. If a ball from another court enters your playing area, it will be a replay to avoid injury.*
6. *Any unsportsmanlike behavior will not be tolerated as stated above.*

****Forfeit Notification - If you know in advance that your team is going to forfeit a game, you MUST contact our league manager by 3pm on the day of the league game. We will not refund for forfeited games.****

Volleyball Protocol

1. *A player will need to call her own net. A player will need to call her own touches.*
2. *Profanity of any sort will not be tolerated at The Sandlot or the MSC facility.*
3. *A player may not obstruct the view of the player receiving the ball.*
4. *It is illegal to intentionally interfere with an opposing player trying to play the ball out of the net. You are not allowed to redirect or knock the ball down by placing your hand at the point where the ball is in the net.*

Playing the Game

Serving/Serve Receive:

- *The ball may be served from any point behind the end line of your court.*
- *Server may not step on or touch the endline until the ball is contacted.*



- You are allowed one missed toss while serving. Second toss must be contacted or the serve will be lost and a point will be awarded to the opposing team.
- Servers must be in the correct rotation. If they serve out of rotation, a point and sideout are awarded to the opposing team.
- Players may not attack, block, or set the serve. It is legal in 6s to set the serve, provided it is clean, single touch.
- Serves that hit the top of the tape are legal. (Let serves)

Setting:

- A ball may not be held, lifted, thrown, carried or double-contacted when setting. This will be considered a mishandled ball.
- Spin on the ball in itself after it is set does not necessarily indicate a mishandled ball. A set ball is being called because it is being mishandled, not because it is spinning. However, direction and excessiveness of spin can be an indicator of a mishandled ball.
- When the ball is set into the opponent's court, the setter's shoulders must be "Squared Up" or Perpendicular to the line of the flight of the ball. (Directly forward or backwards with relation to the setters body)
- In 6s it is legal to set the serve, provided it is clean, single touch.
- A player **may not** open hand tip. It is only allowed in 6s league.

Attacking/Blocking:

- A ball that is in any part of the vertical plane of the net may be contacted by either team.
- An attacked ball must be cleanly contact. The ball can not be lifted, thrown, carried or double contacted.
- You may not touch the net while attempting to attack the ball or block the ball.
- A blocked ball may be directed by the blocker but may not be carried by the blocker.
- When a ball is blocked backed into the attackers side, the attacker is not considered to be a blocker and may play the ball with one contact.
- A touch on the block is not considered a contact.

Digging

- Foot digs are legal.
- A ball may not be lifted, carried, or thrown.

Other:

- A player may go under the net as long as it is not interfering with the play of the ball
- Any part of any player may not touch the net

All players are on their honor and need to make their own calls on their side of the sand. Every serve must result in a point, side-out, or a replay. Captains need to be responsible for their team.

THIS IS A SELF OFFICIATED LEAGUE | Good Luck and Have Fun 😊

Please record and report all scores to the league manager after each match.

Thank you for your cooperation and understanding!

MSC and Sandlot Staff



