

Cape Coast Beach Volleyball

PARTNER/TEAM POLICY

CCVC encourages you to register with a partner, but we do accept single players. We will help to partner you up with a teammate with a similar skill level, but there is **no guarantee** that we will be able to find you a partner. CCVC will allow non club member players to sub in to play tournaments for a **\$15 registration fee per tournament**. It is important that you discuss your schedule with your partner to discover any conflicts. As there are only 2 players on a team, you don't have players "on the bench" that can sub in. It is important you communicate your commitment with your partner, early on.

WEATHER

Practice will run at the coaches/directors discretion, meaning we may still practice in slightly rainy conditions if there is no thunder and/or lightning. **Player safety is priority!** If you don't hear from your coach, presume that practice is still on, even in the rain. Many times afternoon showers are very short. The majority of the time this will be communicated through email. **When weather conditions are questionable please check your email before you leave for practice.**

PRACTICE

Practices are scheduled for Tuesdays and Thursdays. Practices will be held at the Cocoa Beach Pier. There will be two sessions an evening. **Session 1 – 5:00 until 6:30, Session 2 – 6:30 until 8:00.** Practice sessions will be determined primarily by age, but skill level and transportation will be considered.

Plan to bring **plenty** of water and a towel to every practice. Conditions could be very hot and hydration is very important.

AGE DIVISIONS for USA and AAU

These are the age divisions for USA and AAU tournaments in 2010.

18:U – Born on or after September 1, 1991

16:U – Born on or after September 1, 1993

14:U – Born on or after September 1, 1995

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| DATES HAVE CHANGED!!! |
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TOURNAMENT SCHEDULE

- **May 22nd** K-92FM "Adult" Fundraiser – *Cocoa Beach*
- **June 5th** *CCVC – *Cocoa Beach*
- **June 12th** AAU Florida Regional Championship – *OVA (2 Day)*
- **June 19th** *CCVC – *Cocoa Beach*
- **June 20th** AAU National Qualifier – *OVA "U12-U14"*
- **June 24th** AAU National Qualifier – *Cocoa Beach "U16-U18"*
- **July 10th** *CCVC – *Cocoa Beach*
- **July 11th** USAV National Qualifier – *Siesta Key*
- **July 15th** *CCVC "Queen of the Court" (*must qualify*)
- **July 17th** CCVC – "Possible 2 Day or Makeup"

TUITION

\$175 Includes:

- All practices
- T-Shirt
- *3 CCVC Local tournaments & Queen of the Court (*must qualify*)

CONTACT INFORMATION

Daren Bolton – Director

Cell = (321) 863-9508

Email = durwoodbolton@yahoo.com

USA Volleyball Beach/Indoor Rule Differences

USAV has sanctioned the international FIVB smaller 8mx8m court.

- **You switch sides within games.** Wind, sun, and variable lighting on outdoor courts at night all point to the need for switching sides within games. Rally games to 21 points or more switch on multiples of 7. Rally games to 15, switch on multiples of 5.
- **Block counts as a team contact in outdoors doubles and triples.** O13.1.3 states *for doubles and triples competition only: Blocking does constitute a team contact, and any player may make the second contact of the ball after the block.* Indoors, the block is never considered one of the team's three allowable contacts.
- **Stricter calling of sets on the first ball.** Outdoors, it is illegal to double contact the first ball if the ball is not hard-driven and if "finger action" is used. Indoors, it's now legal to double contact any first team contact, which has led to some ugly, yet legal handling of free balls and serves. To legally double a first ball with a "set" you have to be defending a hard-driven attack. That means, you're not receiving a serve. It also means you're defending an opponent's attack on a ball that's moving fast enough such that the referee can judge that you didn't have time to play the ball any other way. Outdoors, it is conceivable (but unlikely) that a serve could legally be "set" by the receiving team, however, this contact is judged with the same scrutiny as a normal set (not double contacted, etc.). *Applicable rules: O13.4.2, I14.4.3.2. In fact, it better be absolute nectar, or expect to get called!*
- **Restriction on setting the ball over the net.** Indoors, there are no restrictions on this action. In fact, the term "set" is not even defined in the indoor rules. However, outdoor rules require a "setover" to be perpendicular to your body. An exception is made for sets to a teammate that happen to get blown over the net: *O13.4.5 If the ball is intentionally set into the opponent's court, the player must contact the ball with two hands above his/her shoulders and set it directly forward or directly backward with relation to his/her body. O13.4.5 Commentary: A legal set directed toward a teammate that crosses the net because of the elements is not a fault, regardless of the player's body position.*
- **No open hand tips/dinks.** This is a no-no outdoors. Alternatives include palms, heel of the hand, locked straight fingers (cobra), knurled fingers (poke), or the back of the hand.
- **Legal to lift/push/carry a hard driven ball.** Outdoors, it is legal to momentarily lift or push a "hard-driven ball" on the first team contact. This type of contact allows for overhand "beach digs" that would be ruled as lifts indoors. "Hard-driven ball" is defined as "an attack-hit or blocked ball traveling at a high rate of speed, as judged by the referee). Outdoor rule 13.4.3.1 states *"In that case, the ball may be momentarily lifted or pushed, provided the attempt is one continuous motion and the player does not change the direction of that motion while contacting the ball."* As of 2004-05 and beyond, it is also legal to double contact such a hard-driven ball. The spirit of this rule is to keep the ball in play longer. In doubles, obviously there is a lot of court to cover, so the rules give some leniency to allow for longer rallies.
- **No center line.** There is no center-line in outdoor volleyball. You can penetrate under the net provided you do not interfere with your opponent.
- **Lower ball pressure.** Outdoor ball pressure is 2.5-3.2psi. Indoor balls are much harder at 4.3-4.6psi.
- **No penalty for serving out of order (doubles only).** If an out-of order server is discovered, no penalty is charged. The offending player continues serving, and that team's service order is simply reversed such that no one player serves 3 times in a row.
- **No antennas.** Indoor rules strictly stipulate the use of antennas to define the crossing space over the net. Outdoors, however, antennas are rarely used except in pro competition. In the absence of antennas, the posts act as antennas for all purposes except player contact. O2.5, I2.3
- **Stricter screening rule (2's and 3's).** Unlike the indoor rule (17.7) which prohibits only groups of 2 or more passive players from screening, the outdoor rule prohibits individual player screening as well. O16.7.1 states "On an opponent's request, a player must move sideways or bend over or down [to prevent screening]." In the pros, you will often hear the receiving team request that the blocker move left or right so they can have a clear view of the server. Of course, it's illegal for a single player to wave their arms, jump, or move with the server in both outdoor and indoor rules.
- **Can retrieve a ball from opponent's side of the net.** Indoors, once you've hit the ball completely across the net, your team can no longer play it. Outdoors, however, your partner may be able to bail you out of a shamefully shanked pass that crosses the net outside of the crossing space: *14.1.2 A ball completely crossing the net below the net or entirely outside the antennas (posts) may be recovered within the limits of the three team contacts [Rule 15.1.3 and 15.1.4]. 14.1.3 A ball completely crossing the net above the net and within or over the antennas (posts) may not be recovered.*
- **Match format.** Currently (2004-05), USAV beach rules dictate a best of 3 match where the first two games are played to 21 points rally scoring switching every 7 points, and a deciding game if needed is played to 15 points rally scoring, switch every 5 points. No point cap, win by two. You may see different formats depending on the tournament director.
- **Service tossing error (no longer a difference).** This was new for 1997-98--no service tossing errors are allowed under outdoor or indoor rules.

IF THE SERVER RELEASES THE BALL FOR SERVICE AND DOES NOT COMPLETE THE SERVICE, THE TEAM WILL BE PENALIZED WITH A LOSS OF RALLY.