

VOLLEYBALL BEACH



KANSAS CITY Mo.

Program Information

Thank you for playing your sand volleyball with us. We hope your involvement in our programs will bring you hours of solid fun, exercise and excitement!!!

All players and spectators who enter Volleyball Beach complex and the surrounding area do so at their own risk. Everyone watches and plays at their own risk. Adults are solely responsible for children they bring to Volleyball Beach and the surrounding areas.

Types of Leagues

C (Less Competitive): Very recreational in nature. This level is recommended for teams that are unfamiliar and/or inexperienced with the game of volleyball. The main objective is to get the ball over the net. Spiking and overhand serves (three in a row; the fourth must be underhand) are allowed. This league is recommended for teams that are “one hit” in nature.

B (More Competitive): More competitive than “C” league, but still a relaxed recreational league. This level of play allows spiking and overhand serves (three in a row; the fourth must be underhand). This level also allows *slight* lifting and carrying. This league is recommended for teams that are sometimes “one hit” and sometimes “three hit” **teams**.

A (Power): Features strict volleyball play under the rules set forth by the US Volleyball Association (<http://usavolleyball.org>). No lifting, carrying, etc. This level is limited to the very experienced and competitive player.

Types of Play

Co-ed Leagues: These leagues play with three men and three women on a side. There can be more women per side than men, but not more men than women. The female hit rule (if it takes more than one hit to get it over the net a female must hit it) is in effect.

Moonlight leagues: These leagues play any combination of men and women. They are almost exclusively four and two person leagues. The female hit rule is not in effect.