



Frequently Asked Questions

Why play doubles?

According to the American Volleyball Coaches Association (AVCA), "Sand volleyball when trained appropriately will help indoor athletes improve basic ball control, fitness level, decision making and shot selection". It is now recognized as a NCAA sport and it is anticipated that there may be more opportunities for scholarships for young ladies in the future. Most important it's just down right FUN!

Do you need uniforms or coaches?

No set uniforms are required to participate and coaches are not necessary. Should you have a coach they may speak to their players only during time outs and between sets. Coaches must be RMR Adult Members with a current background screening.

What age division do you sign up for?

Teams must register in the age division of the oldest player on the team. Some age divisions may be combined to create a better tournament format. Age definitions are the same as what is used for RMR USAV Junior Events.

Do you need to be a member of the Rocky Mountain Region to participate in these events?

Yes, but if you are already a regular junior member of the RMR during the 2010 - 2011 season your membership carries over to the RMR Beach Series. If you are not a current regular junior RMR member there is a "Junior Summer Membership" available to you at a reduced rate of \$35.00. Here is a quick link to join now <http://www.rmrvolleyball.org/membership/indexMembership.html>

How do you register and pay for the event?

It is quite easy, fill out the tournament registration form and pay the \$50.00 fee (cash or checks only). Checks should be made out to RMR - USAV. Send form and fee to RMR Volleyball 4155 E Jewell Ave Suite 909 Denver, CO 80222. Day of registration is accepted, depending on space availability.

Are late registrations accepted?

Yes walk up registrations are accepted, the tournament fee will be \$75.00, Sand Divisions are limited to 20 teams, so sign up early.

Are refunds available?

Full refunds are only available prior to the event deadline or cancellation due to weather.

Tournament entry acceptance and results?

Pre registered teams will be notified via email the Thursday before the event. Confirmation will include day of event, check in times, directions and other pertinent event information. Teams Entered and Results will be posted at rmrvolleyball.org

Who officiates at tournaments?

Teams within the pool or bracket will officiate and keep score. No, you do not need any certification to do this, however, it is recommended that you know the basic rules. If in doubt ask the tournament director.

Rules in a Nutshell:

- ◆ The USAV Outdoor beach rules will apply.
- ◆ A set (game) is played to 21 points switching sides at multiples of 7. A match is best 2 out of 3 sets, with the first two sets played to 21 points and if necessary a 3rd set to 15 points switching sides at multiples of 5.
- ◆ No open hand tips are allowed.
- ◆ If you intentionally set the ball over the net the ball must be within your shoulders (no side setting or setting away from your shoulders).
- ◆ Player may go under the net as long as they do not interfere with play.
- ◆ A block counts as one of your maximum of 3 contacts per side.
- ◆ As with indoor any double contact on a first ball received over the net, as long as it is in one attempt to play the ball, is legal with the exception that should a player take the volleyball with an overhead setting action it must be judged consistently the same as any "set" that is being allowed.
- ◆ Setting the ball outdoors is judged more strictly than the sets allowed indoors. A volleyball spinning after it has been set is not a fault but can be an indicator of an illegal contact.
- ◆ A hard driven ball (judged by how hard the ball is hit and distance from the net) may be momentarily caught and redirected (beach dig). A served ball is never considered hard driven.

Is there a difference in an Indoor Volleyball and Outdoor Volleyball?

Yes, there is. The Outdoor Volleyball is a little bigger and heavier to help play in the weather elements. Due to these factors it is highly recommended that an outdoor volleyball be used. Outdoor volleyballs will be provided. The RMR recommends the Molten Outdoor Volleyball.

What about weather issues?

In the Sand Division play will continue on through most weather (wind, rain, etc) except for lightning and hail. Determination of any weather issues will be left to the on site Tournament Director.

What to bring to a tournament?

You should bring outdoor volleyball, towel, beach chair, umbrella, sunscreen, food and drinking water. Did we say lots of sunscreen and water!

Contact Information?

Tournament Entry and RMR Membership Questions: (303) 584-0377 Ext 1. or wendy@rmrvolleyball.org