



EEVB LEAGUE MANUAL
2025 EDITION

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1 League Contacts

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Social Media: Follow us @EastEndVolleyball on [Facebook](#) and [Instagram](#)

1.1 sportsYou

EEVB utilizes the sportsYou app to communicate with customers directly for each specific league site and night. This is the main source of communication for all leagues. Both captains and all players on the team should join the app. Join the corresponding sportsYou group for the site and night you play to stay informed. All codes are listed at eevb.net/sportsyou-codes or click the link below.

[sportsYou League Group codes](#)

1.2 Special Promotions:

Player specials from league sponsors are announced on the sportsYou app.

Follow EEVB on social media for new updates and exciting promotions all season long.

Suggestions: Please send any suggestions or clarification requests to EEVB at eevb@optonline.net

2 Equipment

2.1 Nets & Boundary Lines: EEVB provides each league site with nets and boundary lines. Last losing team on court rolls ropes up boundary ropes and brings them to check-in area.

View Video: [HOW TO properly Roll Up Boundary Rope](#)

2.2 **Volleyballs & T-Shirts:**

- League fees include one beach volleyball per team, and one t-shirt for all players on the team roster.
- On the first night of the league, EEVB provides each team with a brand new beach volleyball. This ball is the teams to keep, and to bring to play with each week. Teams should write their name, their captain's name and phone number, or whatever distinctive marks they want to add to ensure the ball can be returned to them if lost or left behind.
- T-Shirt Night is announced for each league site, and teams will be provided with a bag of their team's shirts, and sponsor products.
- Announcements about where and how to pick up t-shirts and team volleyball will be posted on sportsYou.

2.3 If there are any equipment issues, please post in the sportsYou app immediately. EEVB staff will see the post and address the issue.

3 **Team Formats**

3.1 **Division:** EEVB leagues offer different divisions depending on the league site and night. The most common divisions are Coed 6s and 4s.

3.2 **Team Size:**

- 6s team fees include up to 10 players on the roster.
- 4s team fees include up to 6 players on the roster.
- Additional players may be added to the roster for an additional \$20/player for each addition.

3.3 **M: F Ratio and Team Composition:**

- **Coed 6s:** Minimum 2 women required on the court for each team.
 - If only 1 female is available to start play, only 4 males can fill out the team.
 - At no time can a team have 5 males on the court.
 - Any team that starts play with 1 female and 4 males will begin the game with a 0-3 score, even if the missing female arrives during the game (she can still join in right away).
 - 1 female and 1, 2, or 3 males will not be penalized (score starts at 0-0).
 - No female player results in a forfeit. The games can still be played, but all games will be forfeit losses for the team without females.
- **4s:** Any combination of males and females is acceptable for this division, from all males to all females.

3.4 **Subs:** Teams can use any players on their roster. Teams that are short players may borrow from another team on their court *only*. Any team borrowing a player will start the game down 3 pts. The goal is to have teams play games all night and not to get forfeits. This rule only applies during the regular season and not for the last night or any playoff or championship match.

4 League Format

4.1 Court Assignments: All schedules will be listed online at the start of each week. There is no need to check in each night. Your team should report to their designated court.

- Court assignments can be found on our website > eevb.net > Leagues > select your league site from the dropdown menu > scroll down until you see the Schedule dropdown menu > select the night you play. This will bring you to the schedule for your night. Double check that the date at the top of the schedule page matches the night you are playing. Scroll down the list of courts to find your team by your captain's first and last name or your team name. Note that there can be multiple teams with the same name so it's best to search for your captain's name. Once located, look to the right to see your court number.
 - If using Chrome on your phone, you can click the three dots (...) at the bottom right of the screen and select Find in page and enter your captain's last name to find your court for the night.
 - If using Safari on your phone, click the Share icon at the bottom center of your phone screen and scroll down to "Find on Page."

4.2 Start Times: The leagues are scheduled to start at 6 pm (except Jones Beach: 7 pm). EEVB understands that many players come from work and may not make it to the beach on time so we allow the first game to start as late as 6:30 pm. Teams should follow the schedule as listed on the schedule sheet if all teams are there and ready to start at the same time.

- If a team scheduled for the first game is not there yet, the first 2 full teams to arrive at the court should begin play.
- ***If 2 full teams are not present at 6:30 pm, then the first two teams listed on the schedule sheet (Team A and Team B) must start playing regardless of how many players they have available.***
- If one team is not ready to start for game #1, a forfeit will be awarded to the team that is not ready to play. The 2nd game on the schedule will then start at 6:40 pm. If the scheduled team is not ready at 6:40 pm, then a forfeit will be awarded to that team.
- If your team is running, late post that on the sportsYou app so that the other teams can get started rather than waiting for a late arriving team.

4.2.1 Last Game Start Times: No new games will start after the time listed on schedule. This time will change as the season progresses and the sun sets later or earlier. This does not apply to Jones Beach, which has lights. The last games for Jones Beach must start by 10 pm. No new games after 10 pm.

4.3 Schedule Format: 3 teams are assigned to each court.

- The winner of the 1st game stays on and plays the 3rd team on the court, then once that game is complete, the Game 1 loser plays that 3rd team. Continue this order until dark. Teams will always play two games and sit for one. You do not have to finish every game listed on the schedule. At the end of the year when it gets dark earlier most nets will not finish all 9 games in a 3-team pool. Teams may only play each other 3 times max per night in games that count towards the league standings. If there is still time left, teams may play pick up until the sun sets.
- Teams are scheduled to play 6 games each night, conditions permitting.

4.4 Game Format: Games are played to 21 points. Must win by 2 points, no cap.

4.5 Forfeits: If a team forfeits for the entire evening, each team on the net will receive 3 wins against the missing team. The remaining teams will then play against each other 4 times

with all games counting towards the win-loss records of the two remaining teams. In a 4 or 5-team pool, each team will receive 1 win by forfeit against the team that forfeits, and the forfeiting team will receive 1 loss for each team in the pool. EEVB reserves the right to not award forfeits if we feel that teams did not show up due to weather conditions. Only EEVB staff will make that decision.

- If a team posts in sportsYou by the start of the league (6 pm for all leagues other than Jones Beach, which is 7 pm) notifying the league that they will not be able to make it, that team will only receive 4 losses rather than 6 losses. The other teams schedule for that court will still get 3 wins each from the forfeit team.
- On 3-team nets where 1 team forfeits, use one of the 2 following schedule scenarios:
 - Option 1: The 2 teams should then play each other 4 times.
 - Option 2: Merge with an adjacent court so that there are now 5 teams playing on 2 courts. There is a 4-team and 5-team schedule on each schedule sheet. This will give you more playing time and opponents than Option 1.
 - If two 3-team courts next to each other in the same division both have a forfeit team, the courts can combine and form a new 4-team schedule on two courts.
- Teams must show up every week or they will receive forfeits. If you are away, please find substitutes for that week. You can avoid a forfeit by having at least 2 players show up. In coed 6s divisions, there must be at least 1 female present on the team. Teams can play with less than the required number of players.
- Teams that forfeit 2 or more weeks in a row are subject to removal from the league without a refund.

4.6 Referees: There are 3 teams on each court. The team not playing should supply a referee/scorekeeper. Basic rules discussed in section 5.

4.7 Recording Results: Circle the winning team's letter on schedule for each game played, scores are not necessary to record. Do not mark top area (win/loss column for office use only); only the wins circled on schedule will be counted. Please verify before leaving that all wins are properly recorded. This is the only way we know the results. Please put a distinct line through any games that were not played. Results are recorded on the honor system. Please do not abuse this system.

- It is the winning team's responsibility to circle your wins on the results sheet.
- Please keep the sheet as neat as possible to make it easier to see the results.
- If you need to make a change, please write a note on the sheet explaining what happened.
- Please write *FORFEIT* next to any missing teams.
- Not every game listed on the schedule needs to be played. Schedule is set up for teams to play 6 games a night. During the first half of the season, you should get all the games in, but later, as the sun sets earlier, you may not play all games. That is OK. The standings are based on winning percentage and not total games played.
- The schedule sheet will list a time after which no new games can be started. If the weather is bad, it may be dark earlier so some teams may not want to play the last game due to darkness. We expect that all teams will act like responsible adults and can figure when it is not feasible to play due to darkness or weather.
- If you do not get all your games in, please make sure that they are crossed off on the schedule sheet. Write *DARK* next to any games not played.

- **IMPORTANT: Please check your results at the end of the night to make sure all your results are listed correctly.**
- To inquire about a results discrepancy please send an email to eevb@optonline.net mentioning:
 - League Site (ex. Long Beach, Tiana Beach, Jones Beach, etc.)
 - League Night (ex. Monday, Tuesday, etc.)
 - Division and Team Captain (ex. Rec 6s / John Smith)
 - Your question/discrepancy
 - We will then refer the message to the person handling results for your league who will then check and correct the result, or send you a photo of the result sheet to show you what was recorded.
- **Note:** If a team is missing all the female players but male players are present, the team will be allowed to play their scheduled games even though all games played will be forfeits as described above.
- We suggest taking a photo of the schedule sheet as you leave the beach in case there are any changes made after you leave.

4.8 League Championships and Playoffs:

- All division champions will be determined by winning percentage. Some leagues may add playoffs, which will be announced to all captains.
- Prizes will be awarded to the top 4 teams in all divisions.
- **League Championships Tournament:** All teams are eligible and invited to the end of season League Championships in Long Beach on Saturday of Labor Day weekend.
 - This is event is open to all EEVB league teams from every league site and division.
 - Entry Fee: \$20/team
 - This is new for 2025. We will donate all fees to a local charity (TBD).
 - This is a full-day tournament starting at 9:00 AM, free entry fee.
 - Teams will be seeded based on record at end of regular league play. Prizes will be awarded to 1st and 2nd place teams in all divisions at the tournament.
 - Come out and enjoy a fun day on the beach with family and friends!

5 Weather Delays/Cancellations

Weather Updates: Download the **sportsYou app** on your phone and join the group for your league site & night.

[sportsYou League Group codes](#)

In case of cancellation due to inclement weather, we will post a message on the EEVB Facebook page and sportsYou app after 4 pm notifying league delays or cancellations. EEVB makes decisions based on the radar map on the Weather Channel, not on anything written or broadcast elsewhere. Often, when the weather is bad in the morning or afternoon, it will clear up by the 6 pm starting time (7 pm for Jones Beach).

If it looks like a line of showers is coming through, we may wait an longer than 4 pm to see how it develops. EEVB errs on the side of playing while trying not to inconvenience

players. Rainouts are unusual, but they happen.

PLEASE NOTE THAT WE WILL NOT MAKE PLAYERS COMPETE IN UNSAFE CONDITIONS. ANY TEAM CAN STOP PLAY AT ANYTIME IF THEY FEEL CONDITIONS ARE UNSAFE. We treat players as adults who can decide whether they think it is safe to play or if conditions call for suspending play. Rainouts are part of the season, unfortunately.

There are no refunds or make-up dates for rainouts or league cancellations that are outside the control of the league.

6 Rules & Regulations

The official beach volleyball rulebook can be downloaded at FIVB.org. FIVB stands for Fédération Internationale de Volleyball. These rules are followed by all professional tours around the world, including at the Olympics, which is where most people are exposed to the sport.

This rulebook covers basic rules, and very technical topics relating to the high-level international doubles tournaments that lead to the Olympics. The basic rules are broken down to minute details that affect high level games, much like the NBA rule book would for Knick games. Keep this in mind when reading and trying to apply this rule book to league-level play

For additional rule clarifications and answers to frequently asked questions, check out this comprehensive article up from our beach volleyball education partner, [Better at Beach](#).

6.1 Basic League Rules

6.1.1 **Net Violations:** It is illegal to touch the net inside the playing area at any time during play. (The only time you can touch the net is if an opponent hits the ball into the net causing it to contact you. This only happens on blocks or sometimes when playing defense close to the net). For league play, since we do not use antenna, the entirety of the net will be considered the playing area.

- This is a safety issue. We have all been at the net and seen an opposing player charge towards the net to hit or block the ball and end up body-slammng a player on the other side of the net. Or worse, landing under the net into the opponent and coming down on their foot causing injury, or landing on the opponent's foot and rolling an ankle. Remember, this is not a contact sport. Most volleyball injuries occur with this type of aggressive play at the net. We need players to immediately call "NET" on themselves when this happens, stop play, and award the point to the opposition. There will be many times where an exciting play is made to save a bad set or to block an opponent's hit that results in a player ending up in the net. This will always be part of the game. And it will always be illegal. Please get in the habit of calling these net violations on yourself, it's good karma.

- More arguments will occur when a player grazes the net. Many times, even when there is a referee, a player will barely touch the net, and the referee will not have seen it/called a violation. Sometimes, the net moves slightly as the ball goes by because the ball hit the net even though it appears the blocker hit the net. This is where honor calls are important for successful league play. If you hit the net, you should call it on yourself at this point. After the play, if you feel your opponent hit the net, it is OK to ask. But you must accept the player's answer and move on. If a call cannot be agreed upon, do not argue, replay the point.

6.1.2 **Pursuit:** Players may not pursue a ball by running onto an adjacent court. If a player steps into another court or on the boundary line of another court, even after playing the ball, this is a violation and the opposing team will be awarded the point.

- This is a safety issue to make sure players from adjacent courts do not run into each other.

6.1.3 **Double-Hits:** The ball cannot be hit twice during play. The ball must clearly rebound from the player's body part.

- **Exception:** On the first ball over the net, including serve receive, the ball can be double hit if it occurs during one action to play the ball and a finger setting action is not used.
- It is legal to use techniques such as clenched fist(s), or the heels of the hands, in serve receive attempts. This is legal whether the hands/fists are together or apart.
- It is also legal to receive serve "open-handed with finger action," but strict hand-setting judgment must be applied to the contact.

6.1.4 **Carry:** Carrying the ball is not allowed. To avoid a carry, the motion must be upward and clean. There is no specific rule regarding how low the ball can be or how fast it must be set, but the key factor is that the ball should be released in one smooth, upward motion without holding or throwing it.

- **Exceptions:**
 - In defensive action of a hard driven ball. In this case, the ball can be held momentarily overhand with the fingers.
 - In judging an attack as "hard-driven," the referee must consider the following:
 - Player's action: "reactive" (double allowed) or "intentional handset" (not allowed)
 - Speed and trajectory of the ball
 - Distance between attacker and defender.
 - A serve is not an attack; therefore, the "hard-driven" exception does not apply.
 - If simultaneous contact by the two opponents at the net leads to a "held ball" – common in a joust.

6.1.5 **Blocking:**

- **Definition:** Blocking is the action of players close to the net to intercept the ball coming from the opponent by reaching higher than the top of the net, regardless of the height of the ball contact. At the moment of contact with the ball, a part of the body must be higher than the top of the net.
- **Block Touch:** Block does not count as a touch in 6s or 4s. A team still has 3 hits available after a block touch. However, it does count as a touch in doubles.
- **Blocking a Serve:** You cannot block a serve. This is illegal and will result in a point for the serving team.

6.1.6 **Timeouts:** Each team is permitted one 60 second timeout per game.

6.1.7 **Play Under the Net, and Interference:** Since there is no centerline on the beach, players may contact any part of the opponents' court if they do not interfere with the opponents ability to play.

- If a player interferes with an opponents' ability to make their next play, the player's team will be called for the fault and lose the point. Interference is a fault that results in a point, not a replay.
- Incidental contact between opponents does not constitute interference, (bump knees, step briefly on toes, etc.)
- Interference can occur without physical contact. (ex: fallen player under net prevents defender covering short).

6.1.8 **Ball on the Court:** Play will stop if a ball comes on the court. This is a decision that is made by the referee. If you are playing on a net that chooses not to have the 3rd team referee, then the 2 teams must determine whether to stop and replay or continue playing.

- If a ball comes on from another court a player seeing it should yell, "ball" and the point will be replayed. Sometimes the ball comes on just as a play ends or skirts through the far corner not affecting play and does not result in a replay. But without the 3rd team refereeing the players will have to make a fair and honest call.
- If a ball comes on and a team quickly knocks it off the court and continues playing but the other team sees the ball and stops playing, the teams will have to make an adult decision about whether play was affected and should the point count or be replayed.
- The reason behind this rule is to avoid injury caused by a player stepping or landing on a ball they do not see. This can cause serious injury, and you should always error on the side of safety.

6.1.9 **Screening:** On opponent's request, a player must move or bend over to prevent screening.

6.1.10 **Serve Toss:** Only 1 toss per serve. If you don't like your first toss, you cannot let it hit the ground and try again. You must serve the first ball that you toss up to serve.

6.1.11 **Let Serves:** This occurs when the ball hits the net on its trajectory to the opponent's side. Let serves are legal, always.

6.1.12 **Open-Hand Setting:** This is the act of taking and releasing the ball overhead with your fingertips.

- Generally, a bad set occurs when the ball visibly comes to rest or if it is clearly double contacted. Rotation does not indicate a bad set. There are two types of ball handling faults: *Catch Ball* and *Double-Hit*. Both result in a point for the opposition.
- Balls that significantly move downwards, or visibly come to rest, are *Catch Ball* faults., aka *deep dish*, *held ball*, *carry*, or *lift*.
- Clearly distinct and separate contacts of the ball constitute a *Double-Hit*.
- Spin is not a fault, though it may be an indication that a *double-contact* fault has occurred.
- Balls can be intentionally set to the opponent's side of the court regardless of the setter's shoulders being square to the target (where you intend to send the ball) in 3s and 4s. In doubles, you are allowed to hand set the ball over the net if your shoulders are square to your target.

6.2 Sixes-Specific Rules:

- 6.2.1 **Rotation:** Teams must rotate in a clockwise manner. Players subbing in must sub into the same position. Most teams sub in at the server position.
- Team receiving serve must rotate before their first service of game. If you are receiving the first serve, you should put your first desired server in position 2 (top left of the court) so that they are the first server when you rotate.
 - Players must be in proper rotation when serve is contacted, but can switch positions at the time the ball is contacted for service. *This is more of an advanced technique from the indoor game, this will not affect most teams.*
- 6.2.2 **Back-Row Attacks:** Back-row players must be 10 feet away from the net to attack ball. Back row players cannot block. Since there is no 10 ft line on a beach court, players need to use an approximation. We expect players to determine in a civilized manner whether a player jumps in front or behind the imaginary 10 ft line.
- 6.2.3 **Open-Hand Tipping:** Open one-hand tipping is permitted in 6s.

6.3 Fours, Triples & Doubles-Specific Rules

- 6.3.1 **Rotation:** There is no rotation order or positioning in doubles, triples or fours, players can start anywhere on the court, no back row faults. Only the serve order must be maintained.
- 6.3.2 **Open-Hand Tipping:** No open one-hand tipping permitted.

6.4 Doubles Rules & Procedures

- 6.4.1 **Subs:** If a partner does not show up for a regular season game a player may pick up any player from another team that is not playing with no penalty.
- 6.4.2 **Open-Hand Setting:** Any ball set back intentionally over the net must be square with the player's shoulders, i.e., the ball must be directly in front or directly behind the player. Side setting over the net is illegal.
- A set that drifts over the net is considered unintentional and therefore legal.
- 6.4.3 **Block Touch:** Block counts as a touch in doubles. The team has two additional hits to send the ball back across the net.