

2026



SUMMER SERIES BEACH LEAGUE

**ADULT & YOUTH
PARTICIPANT HANDBOOK**

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GENERAL LEAGUE INFORMATION

Youth Leagues

- **8-week season**
 - 6–7 weeks regular season
 - 1–2 weeks playoffs
- Weekly format:
 - 2 matches vs. different opponents
 - **Timed matches:**
 - 2 x 14-minute sets
 - 1 x 10-minute set (always played)
- **No timeouts** in regular season matches
- Switch sides:
 - Every 7 points (sets 1 & 2)
 - Every 5 points (set 3)
- Playoffs: Best 2 out of 3 sets

Adult Leagues

- **10-week season**
 - 7–8 weeks regular season
 - 2–3 weeks playoffs
- Weekly format:
 - Typically **2 matches (best-of-3 sets)**
- **Timeouts permitted** (1 per set, 60 seconds)

All Leagues

- Rainouts may result in a **1-week extension**

All Schedules, Scoring and Results will be through ISET.

Links will be on the Volleyball Manitoba website.



PARKING

• Sargent Park:

- Park at Cindy Klassen Rec Centre (Sargent Ave entrance only)

• Maple Grove:

- \$5 daily or \$20 seasonal pass
- Adult leagues: limited passes distributed (1 pass per team)
- Revenue from parking directly supports MGRP facility improvements



GAME DAY PROCEDURES

- Equipment (balls, score sheets) provided
- Score sheets pre-filled - only final scores required
 - Ensure all final scores are confirmed by both teams before scoresheet is returned to VM staff.
- Arrive early and be ready to play
- Staff available at control tent
- **Youth:** horn signals timed sets
- **Score submission:**
 - Refereed matches: handled by officials
 - Non-refereed matches: winning team submits to VM staff on-site
- **13U/14U only:** provide a volunteer scorekeeper



REFEREEING

• Adult:

- AA (Men's/Women's): refereed
- All other divisions: self-refereed

• Youth:

- 13U/14U: Court Supervisor + parent/spectator score keeper
- 15U–18U: refereed every second week + court supervisor for non-refed matches.

GENERAL BEACH RULES

(All Divisions)

- No open-hand tipping
- Block counts as a team contact
- No centre line (no interference allowed)
- No screening on serve
- Sets over the net must travel square to shoulders
- Technical timeout at **21 total points** (first 2 sets)
- Switch sides:
 - 7 points (sets 1 & 2)
 - 5 points (set 3)
- Only one player retrieves off-court balls

CONTACT RULES

YOUTH (All Divisions)

- No overhand pass on serve receive
- No overhand first contact (unless hard-driven ball)
- Double contact allowed on 2nd contact if next touch is legal

ADULT

(Unrefereed Divisions)

- Same restrictions as youth
- Teams self-regulate setting standards

ADULT

(Refereed Divisions)

- Contact quality determined by referee



FORMAT-SPECIFIC RULES

2s Youth ONLY

- After losing serve, server must receive on **right side**

3s Youth ONLY

- Rotate clockwise when gaining serve
- Maintain triangle on serve receive

4s (Adult)

- Teams choose substitution style:
 - Rotational or traditional

COACHING

(All Divisions)

- No coaching during play
- Coaching allowed between sets only
- Coaches must:
 - Identify themselves pre-match
 - Be listed on score sheet

SUBSTITUTIONS, ALTERNATES & ROSTERS

Youth

- Substitutions between sets only

Adult

- 2s: between sets only
- 4s: rotational or standard substitution

All Leagues

- All alternate players must be approved in advance by Volleyball Manitoba staff via email. Requests must be submitted a minimum of 5 hours prior to your scheduled match to Alyssa at alyssa@volleyballmanitoba.ca to be listed on score sheet
- Alternates allowed if:
 - Registered VM member
 - Not from a higher division
- Roster changes must go through VM staff by 2:30 pm each day for schedule updates



RESCHEDULING

- Teams must contact opponents directly
- Once rescheduled games are confirmed between teams, please fill out the **Rescheduling Form** located on our website! Should there be any questions about rescheduling, please email Alyssa at your earliest convenience.
- You will be emailed with confirmation that

your game has been rescheduled.

IMPORTANT:

- Unplayed games = loss for initiating team
- Preliminary round matches must be completed before playoffs/power pools
- **Early rescheduling is strongly encouraged**

DEFAULTS

- 10 minutes late = set loss
- 20 minutes late = match default
- Default = failure to attend or reschedule
- Penalties for missed matches:
 - 1st: \$40
 - 2nd: \$60
 - 3rd: removal from league

- Must be reported to VM staff on-site & tracked every night.
- You will be invoiced and must pay the invoice prior to your next match. Cash will not be accepted.

WEATHER & AIR QUALITY

- Rain or shine, beach league is a go!
- Play stopped for:
 - Lightning
 - Hail
 - Severe weather
 - Poor air quality

- Updates posted online and via social media
- **Decisions will be made by 4:00PM if the information is available.**

INCLEMENT WEATHER

We will generally play through the weather as long as there is no risk posed to players.

- In the event that lightning is sighted in the immediate area, play will be suspended and will be postponed to a later date. Completed matches will not need to be replayed.
- “Immediate area” will be defined as any lightning that causes thunder within 30 seconds of the strike/flash.
- The Event Staff will be the one(s) to activate the Lightning Delay Policy.
- Attendees must seek shelter and can exit the facility once the suspension is confirmed by Event Staff. Shelter includes nearby buildings; definitely not under trees, umbrellas, tents, etc.
- Should other inclement weather occur (i.e. hail, tornado, driving rain, etc.) the Event Staff will have the authority to suspend play until the conditions improve.

HEAT

During Volleyball Manitoba (VM) Beach Events, an Extreme Heat protocol may be activated based on current weather conditions. In the event the humidex reaches or exceeds 35 degrees, and Environment Canada indicates a Humidex/Heat warning, teams will be permitted the following:

- Drink water while walking between side switches (without delaying the match).
- Technical time-outs at sum of 14 and 28 points, rather than 21.
- Should a team play back-to-back matches, they will be entitled to a minimum 10-minute break between matches.
- Event Staff will have the authority to further extend breaks between back-to-back matches if necessary.
- Environment Canada will be used as the official reporting mechanism for current weather conditions.
- Teams may only drink water as they switch sides, they may not stop on the sideline to drink.

VM will notify all competing players via the following channels should the Extreme Heat Protocol be activated:

- Notification at VM Tent
- Notification through referees in ahead of matches
- Through social media

The Extreme Heat Policy can only be activated by the Event Staff.

In the event the humidex reaches or exceeds 45 degrees, and Environment Canada indicates a Humidex/Heat warning, programs will be postponed.

AIR QUALITY

Play may be suspended if the Air Quality is deemed to be hazardous to athlete safety.

- The Environment Canada Air Quality Healthy Index will be referenced in any decisions.

DARKNESS

Games may be postponed if they extend over 30 minutes past sundown, or at such a time as the Event Staff deem that it is too dark to continue.

KNOW BEFORE YOU GO!

- All weather updates will be communicated to team contacts via email at 4pm (when possible).
- Our social media pages will be updated as well.





PROTESTS

- Only players may raise protests
- Must be resolved immediately
- Staff/Court Supervisor may assist
- Staff decisions are final
- Scores are final once submitted

LEAGUE EXPECTATIONS

- Competitive but respectful environment
- All participants expected to demonstrate:
 - Sportsmanship
 - Respect
 - Fair play

WE LOOK FORWARD
TO A GREAT SUMMER
ON THE SAND!

CONTACT US

GOT QUESTIONS? GET IN TOUCH

CONTACT:

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Volleyball Manitoba (VM) is the governing body for the sport of volleyball in the province of Manitoba. Incorporated in 1977 as a non-profit association, VM services the needs of its members, which include athletes (high performance, developmental and recreational), coaches, officials, and anyone who loves the sport of volleyball.





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