



BEACH VOLLEYBALL BLAST!

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FREQUENTLY ASKED QUESTIONS

Do kids need to try out before playing beach?

No tryouts for beach. Everyone plays. That's right. Simply sign up and play. No camps, clinics, drills required. Badger Region is all about the junior players actually playing volleyball.



Are there specialized positions in beach?

Nope. Only a left and a right side. Most beach players are well-rounded and can hit, dig and block.

Do you wear kneepads?

On the sand it's not common. If you have had knee injuries or you just feel most comfortable diving for shots with pads on, then you should not hesitate to wear knee pads or a knee brace while playing.



Are beach courts the same size as indoor?

Beach doubles courts are much smaller. Indoor courts are 60' x 30' and beach courts are 26'3 x 52'6. A smaller court ensures rallies will last longer.

CONTACT US

Have questions about beach volleyball? Email membership@badgervolleyball.org or call us at 262-349-9785. Plus, click here for fun video on beach volleyball.



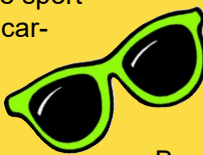
GET EXCITED TO PLAY BEACH VOLLEYBALL

Beach volleyball has become one of the most popular summertime activities. Why play beach volleyball? Well, it's fun! Benefits of the sport include conditioning, cardiovascular exercise, improved agility, and provides outdoor social activity.

Traditionally when athletes are first playing in the sand, they need to get their "sand legs." Many athletes notice the sand is constantly shifting under their feet



forcing quick position changes using muscles which are often neglected. Over time sand volleyball players develop excellent endurance and stamina.



Getting outside is really good for mental and physical health.

Beach volleyball provides the opportunity to get outside, enjoy some fresh air, exercise, and make new friends. Get a group of kids together, grab a court at a local park and play. Pick up games can be great for kids who are new to the game.

ADVICE FROM THE EXPERTS

Olympian **April Ross** said there is one big difference going from the indoor game to the beach. "It's the mental endurance. "You can't have any mental letdown. You have to approach each one with intensity and emotion."



When asked if he believes indoor players should also play sand volleyball, former Stanford University women's coach **John Dunning** says yes and that "playing sand can help a player in a variety of ways, including enjoying the game for a longer time and benefiting from the mental aspect of playing on a two-person team."



INDOOR VS. OUTDOOR DIFFERENCES

Outdoors: Beach/grass/sand rule

Games played to 21 points

Playing conditions (wind, sun, texture of the sand) are up to Mother Nature to decide. That's why you switch sides every seven points

Teams consist of two players. There's no bench and no substitutions. Once you step on the court, you don't get to leave until the game is decided

Very tight rules on double contacts — therefore you'll see less overhand setting taking place. No setting is allowed on first contact

Beach players must use their palm, locked or curled fingers to hit a short shot over the net

You can penetrate under the net provided you do not interfere with your opponent

Antennas are rarely used except in pro competition. In the absence of antennas, the posts act as antennas for all purposes except player contact

Indoor volleyball rule

Games played to 25

Athletes don't have weather to contend with. You've got four walls, a roof and good lighting

Indoors, you have six athletes on the court at one time and bench players who can sub in (in addition to a libero).

Rules regarding double contacts (especially on first contacts) are more relaxed to allow for longer rallies

Open-hand tips are allowed.

Center line violations can occur if an athlete causes a safety risk or gains an advantage going past the center line

Indoor rules strictly stipulate the use of antennas to define the crossing space over the net.

