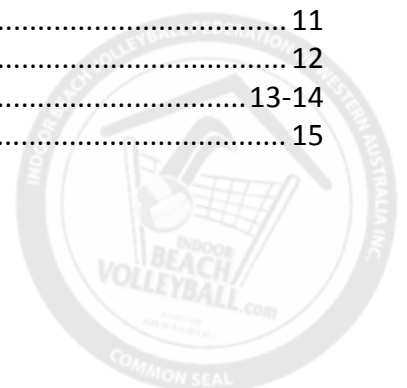




**2016
Erdinger Alkoholfrei
Super League
Players Manual**



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WELCOME

On behalf of the Indoor Beach Volleyball Federation of WA Inc. (IBVFWA), welcome to the 2016 Erdinger Alkoholfrei Super League.

We welcome our new naming right sponsor of IBVFWA, and in particular the Super League Series, **Erdinger Alkoholfrei**. We look forward to all athletes supporting our sponsor as a alcohol free alternative as well as the Alcohol Think Again message.

1. AIMS OF THE SERIES

The Indoor Beach Volleyball Super League has been created to realise the following goals:

1. Provide a competition environment for IBVFWA's elite, developing and social level athletes.
2. To showcase indoor beach volleyball to audiences across WA.
3. To provide marketing opportunities for IBFWA's commercial partners.

2. SUPER LEAGUE STAFF

The Indoor Beach Volleyball Federation of W.A Inc. has appointed the following staff to ensure the smooth running of each tournament.

Administrator and Tournament Director:

Craig Elphick (e): admin@indoorbeachvolleyball.com

All other contacts are available at the IBVFWA website: www.indoorbeachvolleyball.com/where-to-play-2

All players must contact their own centre's Super League Co-ordinator/Management if should have any disputes, questions, judiciary procedures or problems. The Tournament Director will not take any Super League players disputes directly.



3. SERIES CALENDAR



The poster features a vibrant, multi-colored background with radiating lines in shades of blue, green, yellow, and red. At the top center is the logo for 'INDOOR BEACH VOLLEYBALL.com' which includes a stylized net and ball. Below this, the text 'ERDINGER ALKOHOLFREI' is prominently displayed in large, bold, white letters with a blue outline. To the right of 'ERDINGER' is a circular logo for 'ERDINGER WEISSBRÄU'. Underneath, 'SUPER LEAGUE 2016' is written in large, bold, yellow letters, followed by 'FIXTURES' in the same style. A vertical list of fixtures is on the left, each preceded by a small image of a volleyball. At the bottom right, a large volleyball is shown with the 'ERDINGER ALKOHOLFREI' logo on it.

7 May – Port Kennedy
Bye Teams Mandurah, Bunbury

28 May – Joondalup
Bye teams Canning Vale, Ossie Park

18 June – Canning Vale
Bye Teams Malaga, Joondalup

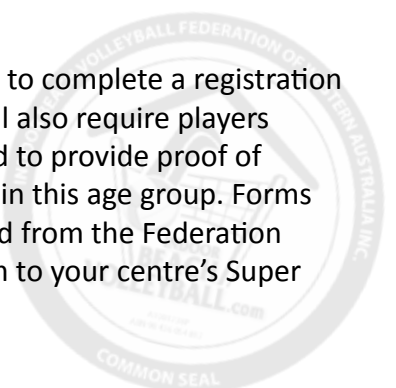
16 July – Bunbury
Bye Teams Fremantle, Port Kennedy

30 July – Osborne Park
SUPER ROUND All Teams Play

20 Aug (Grand Final)
Mandurah

4. PLAYER REGISTRATION

All players competing in the 2016 Erdinger Alkoholfrei Super League are required to complete a registration form and medical form. The Erdinger Alkoholfrei Super League Series in 2016 will also require players that register for an aged competition (35+ women and 35+ men) may be required to provide proof of age. All 35+ players must turn 35 before 31 December 2016 to be eligible to play in this age group. Forms are available from each centres Super League Coordinators or can be downloaded from the Federation Website. All players must also sign their playing sheets on the day and hand them to your centre's Super League coordinator each round.



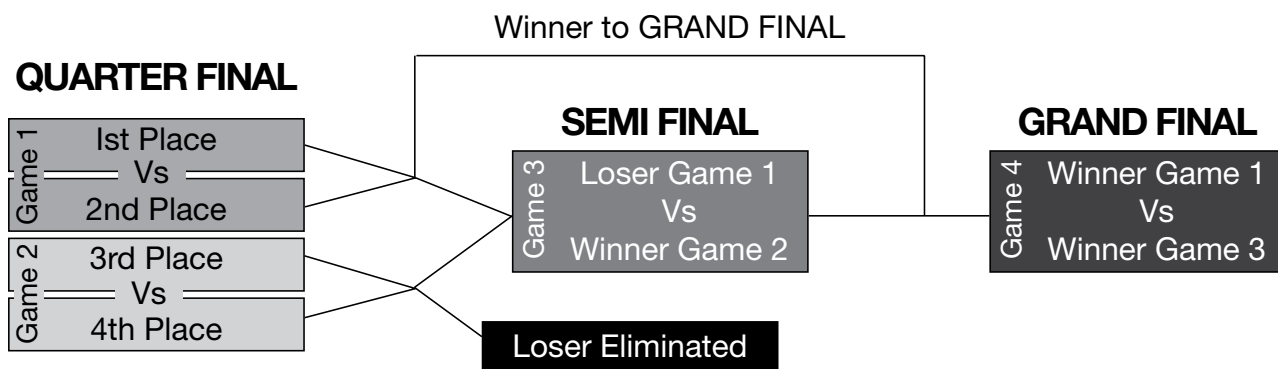
5. COMPETITION FORMATS

- **Preliminary Rounds 1-5 (including SUPER ROUND):**

Team will play opposition centre once per round. Each game is one (1) set. Each game is seventeen (17) minutes duration (no half time or swapping ends).

- **GRAND FINALS**

Teams finishing positions 1-4 on the ladder in each division will qualify for the Grand Final Round to be held in Mandurah on 20 August. Each game is to be conducted over 3 - 12 minute sets. In the event of a draw 1 minute will be added until there is a result.



6. TEAMS

Teams will be as follows:

Mens - 6 Players

Womens - 6 Players

Mixed - 3 Women and 3 Men

(Mixed teams cannot take the court with less than 2 (two) women and 2 (two) men. If the team has only two women, then the maximum number of men that can take the court is three).

No Player can play in more than one team per round, (one player, one team, one round). All players must have played in two full rounds of the same division to qualify to play in the finals round.

7. CAPTAINS

Each team is to have a designated captain. The captain is responsible for the team once it takes the court. The captain is to take control of the team in the case of any dispute with umpires and respectfully ask the umpire to explain. Players arguing and abusing umpires will not be tolerated. Captains are also responsible for signing the Score Sheet at the completion of each game. **Captains are to check score sheets carefully and confirm the scores have been recorded correctly. Once the sheets are submitted they will not be changed.**

8. PLAYING UNIFORMS

All players are required to play in uniforms clearly identifying the centre they are representing. Identical playing shirts are required.



9. COMPETITION BALLS

The ball to be used during the 2016 Super League is the Volley Lite balls displaying the Erdinger Alkoholfrei Logo or balls authorised by the IBVFWA Inc.

10. RULES

Indoor Beach Volleyball Federation of W.A. Inc.
Super League Rules and Regulations (Amended April 2016)

10.1 THE GAME

The ball may be hit with any part of the body above the waist (no intentional head butting), but each side is limited to three consecutive contacts. Teams can only score a point off their own serve. The game is controlled by a determined time frame per game; the team with the highest score at the end of that time is deemed the winner, if both teams finish on the same score at the end of time a draw will result.

10.2 THE TEAM

A team consists of 6 players. In the case of mixed teams; there must not be any more than 3 males on the court for each team at one time. In mixed competitions, players must position themselves male/female consecutively on the court. Substitutions are only allowed during breaks between sets (or unless forced by injury). Rotation of players must be clockwise; no player is permitted to stay in one position. Once the ball has been served, players are free to move positions during the rally, all players must resume their positions before the next service rally.

10.3 SUBSTITUTIONS

No substitution during a set, only a player running late for their game may enter the court or if there has been an injury to a player, and the team have a seventh player. Player may substitute at the end of a set (finals).

10.3 SERVING AND POSITIONS

The ball must be served within 1.5 metres from the back right hand corner of your side of the court. The ball can be served over arm or under arm. One missed ball toss will be allowed, on second ball toss the ball must be served or a foul will be given. The ball must not have contact with any nets whilst being served. All players must serve in rotation. All players are to rotate clockwise on winning the serve, whether your team is serving or you're the receiving team you must stand in your correct rotation. The ball must be hit (set or dug) twice on receiving the serve before returning the ball back over the centre net after this the ball can be hit straight back during the rally.

10.4 SIDE AND TOP NETS

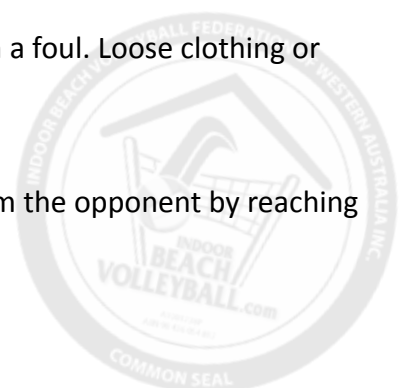
All nets can be used in general play, except when serving the ball, or contact with the top net when it is returned over the centre net to the oppositions side of the court, this is deemed a foul.

10.5 NET TOUCH

Any contact with the centre net by a player whilst the ball is in play will result in a foul. Loose clothing or hair is not considered a net touch.

10.6 BLOCKING

Blocking is the action of player(s) close to the net to deflect the ball coming from the opponent by reaching above the height of the net.



10.7 HITS BY THE BLOCKER

The first hit after the block may be executed by any player, including the player who touched the ball at the block.

10.8 BLOCK WITHIN THE OPPONENT'S SPACE

In blocking, the player may place his/her hands and arms beyond the net provided that action does not interfere with the opponent's play. The player is not permitted to touch the ball beyond the net until the opponent has made an attack-hit.

10.9 BLOCKING CONTACT

A blocking contact is not counted as a team hit. The blocking team will have three hits after a blocking contact. Consecutive, quick and continuous contacts may occur by one or more blockers, provided that these contacts are made during one blocking action.

When a ball is blocked back into an attacking player, the attacker is not considered to be a blocker. Therefore, that contact counts as the first of the team's three hits.

10.10 REACHING

While blocking, a player may touch the ball beyond the net, provided they do not interfere with the opponent's play, before or during the attack-hit.

A player is permitted to pass his/her hand(s) beyond the net after an attack-hit, provided that the contact was made within his/her team's playing space.

10.12 SCREENING IS NOT PERMITTED

Screening - A player or group of players, of the serving team makes a screen by raising of arms, jumping or moving sideways, during the execution of the service, or by standing grouped to hide the flight path of the ball.

10.13 CARRYING

The ball must not be caught or thrown. If the trajectory of the ball is deemed to have changed motion, IE: it does not "rebound" off the body on contact.

10.14 DOUBLE CONTACT

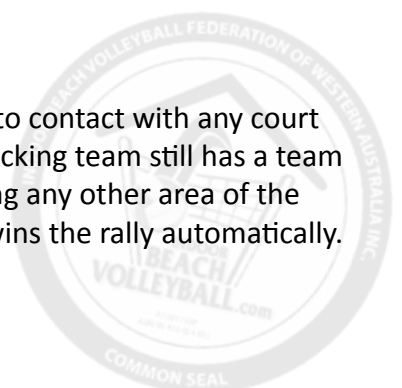
If in the act of playing the ball a player hits the ball twice in succession or the ball contacts a player's hands, arms, or body "non-simultaneously". Spin does **NOT** deem a double contact.

Exceptions:

In defensive action, if the ball is deemed to be hard driven, in this case the contact can be momentarily extended overhead. Also, When blocking the player can contact the ball immediately after the block and this starts the hit count.

10.15 REBOUNDING BALL

After crossing the centre net, if the ball re bounds back over the centre net due to contact with any court fixture or net without any contact from the opposition, play continues if the attacking team still has a team shot available. After crossing the centre net, if the ball rebounds back after hitting any other area of the court apart, and without any contact from the opposition, the defending team wins the rally automatically.



10.16 ASSISTED HIT

in general play a player is not permitted to take support from a teammate or any other structure to assist their play on the ball.

10.17 BALL AND NET ABUSE

Any kicking of the ball may result in a deduction of points; continuation of kicking the ball may result in a send off (**at umpire's discretion**).

Players unnecessarily abusing the nets may result in a send off.
Players may not physically use the nets to assist in general play.

10.18 FOULS

The point or serve is lost when:

- The ball touches the ground.
- Team plays the ball more than three times in succession.
- The ball touches a player below the waist.
- A player touches the ball twice consecutively (except on a block).
- A player touches the centre net. The ball touches the top net (except when setting to your own player).
- A player blocks or spikes the ball back over the centre net off the serve (eg. must be two hits off a serve) from the receiving team.
- The ball does not pass over the net on the serve.
- The umpire calls a carry, double hit, top net or net touch. A player interferes with an opponent's player.
- The serve is made from outside the serving area.
- A player kicks the ball.
- A player attacking or defending reaches over the net.
- A player abuses the umpire.
- The ball hits a net when served.
- Player/players screens the server.
- Blood Rule - Must come off the court at once.

10.19 UMPIRES

The game is controlled by an umpire who scores and keeps the time. In any sport, there are close calls where players will disagree, but the umpire's decision is always final. **Any arguing with or abuse directed at an umpire can result in a point deduction, followed by a send off.**

The centres that are on a bye for the particular round are required to supply umpires to adjudicate that round. The following shows which centres are responsible to supply umpires.

ROUND 1 - MANDURAH AND BUNBURY
ROUND 2 - CANNING VALE AND OSSIE PARK
ROUND 3 - MALAGA AND JOONDALUP
ROUND 4 - FREMANTLE AND PORT KENNEDY



11. COURT SCHEDULING

Schedules for each round will be available from member centres, our website or facebook.

12. FORFEITS

Any team later than 5 minutes for the start of their game will award the opposition team 5 points. Any team later than 10 minutes will result in an automatic forfeit.

Each centre is required to advise the Administration Officer of the teams entered for the season prior to their first round. Once these teams have been entered into the competition they are required to field a team in all 4 preliminary rounds (including the SUPER ROUND). Failure to field a team will result in zero points being awarded to the forfeiting team.

13. FIRST AID SUPPLIES

A basic first aid kit is available from the Tournament Director. Ice is available from the front desk at all member centres. A defibrillator is also on hand for emergencies. All serious injuries require an injury report to be completed. These are available from the Tournament Director.

All other first aid supplies, such as strapping tape, are to be provided by players.

14. POLICIES

All of IBVFWA's policies can be found at: www.indoorbeachvolleyball.com/policies/

- Alcohol Policy
- Anti-Harassment Policy
- Communication Policy
- Concussion Management Policy
- Diversity & Inclusion Policy
- Event Risk Management Plan
- Information Communication Technology Policy
- Misconduct Policy
- Member Protection Policy (including codes of conduct)
- Constitution



15. TERMS AND CONDITIONS

15.1 Players Responsibility

All players are responsible for being informed of all relevant information regarding events, including start times, locations etc. If you are unsure of the location or your starting time, please call Contact your Centre Coordinator, check the website or Facebook.

15.2 Grievance or Complaints

Any player with a legitimate complaint should communicate it to their centre's Super League Coordinator who will liaise with the Tournament Director. If necessary, the Tournament Director will consult with the IBVFWA Inc. committee for a resolution. Under no circumstances will abusive actions towards staff or other competitors be tolerated.

15.3 Players Code of Behaviour

Players must accept referees' decisions with respectful conduct and without dispute. In case of doubt, clarification may be requested. If any penalties are issued, it must be recorded on the score sheet.

All players will abide in a sports person-like manner, in accordance with the IBVFWA Rules, the IBVFWA Members Protection Policy and Codes of Conduct

15.4 Theft of IBVFWA State Series Equipment

IBVFWA has ZERO TOLERANCE on stealing. Any person to be found in possession of IBVFWA or member centre equipment without permission will face automatic suspension from future events.

We ask all players to respect IBVFWA and member centre equipment.





MEMBERSHIP AGREEMENT & CODE OF CONDUCT FORM

NAME: _____

I hereby agree to the following terms & conditions upon participating in any **2016 Erdinger Alkoholfrei Super League**.

- As a registered player of **IBVFWA** I undertake at all times to represent myself in a way that will not bring myself, my centre, **IBVFWA** or the sport of indoor beach volleyball as a whole into disrepute.
- As a registered player of **IBVFWA** I undertake to abide by the guidelines as included in the Indoor Beach Volleyball Federation of WA Member Protection Policy and Codes of Conduct.
- As a registered player of **IBVFWA** I acknowledge that there are risks involved in playing indoor beach volleyball and agree to indemnify **IBVFWA** and / or their volunteers and employees from liability for any injury or loss suffered whilst participating in activities involving **IBVFWA** and its member centres. I confirm that I am physically and mentally capable of playing indoor beach volleyball.
- As a registered player of **IBVFWA** I acknowledge that **IBVFWA** will not be responsible for any financial loss or damage or injury that I may incur whilst playing indoor beach volleyball. I understand that it is my responsibility to ensure that I have adequate additional insurance cover for all my personal needs.
- As a registered player of **IBVFWA** I understand that my personal information will only be used in accordance with the objects and purposes of **IBVFWA** and in relation to its data-base.
- As a registered player of **IBVFWA** I hereby authorise and grant **IBVFWA** or their sanctioned agents the right to use my name, voice, likeness and biographical material for the limited purposes of publicising, promoting and advertising the program, and for filming, televising and broadcasting, web casting, broadband and related IP/TCP internet presentations of the same.
- By signing this form I hereby give **IBVFWA** permission to publish any images (photographs / videos) taken of me on the Indoor Beach Volleyball Federation Website, Facebook or any other public forum where the Federation decides to promote the image.
- By signing this form I hereby give **IBVFWA** or their member centres the right to make use and show, from time to time and at its discretion, motion pictures, live, taped or filmed television and video footage through any medium including digital and internet protocols of the player taken during the program without further compensation and hereby waive any right to such compensation for player and their heirs.
- By submitting this signed form, I agree to these Terms & Conditions, (& the relevant Indoor Beach Volleyball Federation of WA and Regulation and Competition By-Laws.) I understand that this is an agreement between myself, **IBVFWA** and their member centres to abide to these terms, and that they may be subject to sanctions if they have been found to be in breach of these Terms & Conditions.

The term of this Agreement shall be from Round 1 & May 2016 until Midnight on 20 August 2016 (Grand Finals).

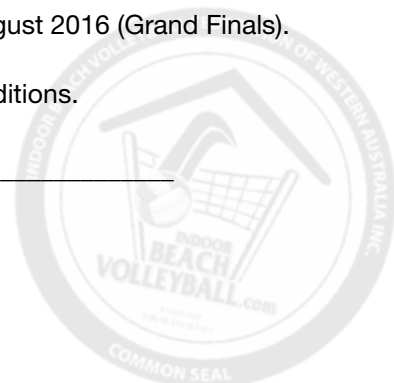
By signing this Agreement form, I hereby agree to comply with the above Terms & Conditions.

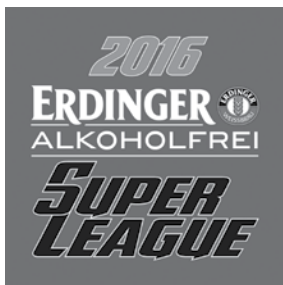
Signature: _____

Date: _____

Parent's/Guardian's Signature: (U18 players)

_____ **Date:** _____





MEDICAL INFORMATION & INDEMNITY

CENTRE

Name: Email:

Address: Post Code:

Date of Birth: Phone: (h) (m)

Additional information

(Please circle and If yes, please give details)

Hepatitis B injections: Yes No Date last tetanus injection:

Heart Problems: Yes No Respiratory Problems: Yes No

Allergies: Yes No Recent Illness: Yes No

Drugs/Medication Required: Yes No Drug Reactions: Yes No
(e.g. Penicillin allergy)

Operations: Yes No Blood Pressure: Yes No

Phobias: Yes No Diabetes: Yes No

Any Pre-Existing Condition that may require preventative treatment: Yes No

If yes, please provide details: _____

Medicare No Reference No Expiry Date

Private Medical Insurance Yes No

Fund Name Member No Reference

Emergency Contact

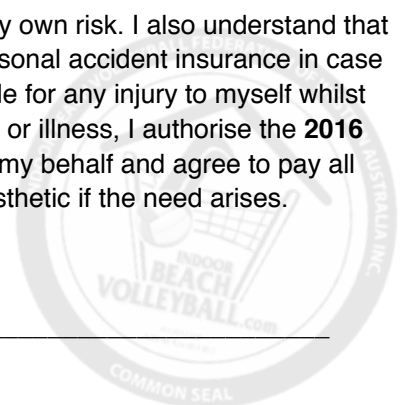
Address:

Phone: (h) (w) (m)

INDEMNITY:

I understand that I am participating in the **2016 Erdinger Alkoholfrei State Series** at my own risk. I also understand that the **Indoor Beach Volleyball Federation of W.A. Inc.** advises that players take out personal accident insurance in case of injury. I will not hold the **Indoor Beach Volleyball Federation of W.A. Inc.** responsible for any injury to myself whilst participating in the **2016 Erdinger Alkoholfrei State Series**. In the event of an accident or illness, I authorise the **2016 Erdinger Alkoholfrei State Series Tournament Director** to seek medical attention on my behalf and agree to pay all medical expenses incurred. I further authorise qualified practitioners to administer anaesthetic if the need arises.

Player's Signature: _____ Date: _____
(Parent's signature if player is under 18 years of age)





INDOOR BEACH VOLLEYBALL FEDERATION OF W.A. INC.

INCIDENT MANAGEMENT

Stop, Talk, Observe, Prevent further injury (STOP)

Centre Managers, staff and tournament directors (staff) need to be able to respond to emergency situations. These can range from a minor injury to something more serious.

It is good practice for all staff to undertake first aid training, should a more serious incident occur.

Staff should:

- have access to a telephone to call an ambulance
- have information about the participants' medical history (especially for ongoing health issues such as asthma, epilepsy or diabetes)
- know how to access first aid equipment (blankets, first aid kit, ice, etc.)
- ideally, be able to administer basic first aid
- ensure an injury report form is completed.

STOP procedure

The STOP procedure helps staff to assess whether an injury may be severe and to determine whether the participant should continue with the activity.

S	Stop
T	Talk
O	Observe
P	Prevent further injury: <ol style="list-style-type: none">1 Severe injury: get help.2 Less severe injury: RICER (Rest, Ice, Compression, Elevation, Refer and record).3 Minor injury: play on.

Summary

STOP procedure: Stop, Talk, Observe and Prevent further injury.





INDOOR BEACH VOLLEYBALL FEDERATION OF W.A. INC.

INCIDENT MANAGEMENT

Rest, Ice, Compression, Elevate, Refer and record (RICER)

RICER regime

For management of sprains, strains, corks, bumps and bruises, follow this procedure:

What	How	Why
REST the participant	<ul style="list-style-type: none"> Remove the participant from the competition area using a method of transport that will prevent further damage. Place the participant in a comfortable position, preferably lying down. The injured part should be immobilised and supported. 	Further activity will increase bleeding and damage.
ICE applied to the injury	<p>The conventional methods are:</p> <ul style="list-style-type: none"> crushed ice in a wet towel/plastic bag immersion in icy water commercial cold pack wrapped in a wet towel. <p>Apply for 20 minutes every two hours for the first 48 hours.</p> <p>Caution:</p> <ul style="list-style-type: none"> Do not apply ice directly to skin, as ice burns can occur. Do not apply ice to people who are sensitive to cold or have circulatory problems. 	Ice decreases: <ul style="list-style-type: none"> swelling muscle spasm secondary damage to the injured area.
COMPRESSION applied to the injured area	Firmly apply an elastic compression bandage over a large area, covering the injured part as well as above and below the injury.	Compression reduces swelling and provides support for the injured part.
ELEVATE the injured area	Raise the injured area above the level of the heart whenever possible.	Elevation decreases bleeding, swelling and pain.
REFER and record	<ul style="list-style-type: none"> Refer to an appropriate healthcare professional for definitive diagnosis and continuing management. Record your observations, assessment and initial management before referral – send a copy of your records, with the participant, to the healthcare professional. 	To obtain an accurate definitive diagnosis and for continuing management (including anti-inflammatory medication) and prescription of a rehabilitation program.

Summary

RICER regime: Rest, Ice, Compression, Elevate, Refer and record.



INDOOR BEACH VOLLEYBALL FEDERATION OF W.A. INC.

Injury report form



Injury details: <i>This report reflects an accurate record of the injured person's reported symptoms of injury</i>		
Name of person injured:	DOB: / / (Day/Month/Year)	
Date when injury occurred: / /	Date when injury is evident: / /	
Person injured: <input type="checkbox"/> Player <input type="checkbox"/> Staff <input type="checkbox"/> Other:	Gender: <input type="checkbox"/> M <input type="checkbox"/> F	
Supervising Staff Member: _____ (Signature)	Witness: _____ (Signature)	
First aid provided by: _____ (Signature)	Time of first aid: :	Initial treatment: <input type="checkbox"/> No treatment required <input type="checkbox"/> CPR <input type="checkbox"/> RICER <input type="checkbox"/> Crutches <input type="checkbox"/> Sling/splint <input type="checkbox"/> Dressing <input type="checkbox"/> Strapping <input type="checkbox"/> Massage <input type="checkbox"/> Stretching
Nature of injury: <input type="checkbox"/> New injury <input type="checkbox"/> Aggravated injury <input type="checkbox"/> Recurrent injury <input type="checkbox"/> Other:		
Did the injury occur during... <input type="checkbox"/> Training <input type="checkbox"/> Event <input type="checkbox"/> Other:		
Symptoms of injury: <input type="checkbox"/> Blisters <input type="checkbox"/> Inflammation/swelling <input type="checkbox"/> Spinal injury <input type="checkbox"/> Bleeding nose <input type="checkbox"/> Cramp <input type="checkbox"/> Cardiac problem <input type="checkbox"/> Bruising/contusion <input type="checkbox"/> Suspected bone fracture/break <input type="checkbox"/> Electrical shock <input type="checkbox"/> Cut <input type="checkbox"/> Dislocation <input type="checkbox"/> Burn <input type="checkbox"/> Graze/abrasion <input type="checkbox"/> Concussion/head injury <input type="checkbox"/> Insect bite/sting <input type="checkbox"/> Sprain <input type="checkbox"/> Loss of consciousness <input type="checkbox"/> Poisoning <input type="checkbox"/> Strain <input type="checkbox"/> Respiratory problem <input type="checkbox"/> Other:		
Body part injured: 	How did the injury occur? <input type="checkbox"/> Collision with a fixed object <input type="checkbox"/> Overbalance <input type="checkbox"/> Collision/contact with another person <input type="checkbox"/> Overstretch <input type="checkbox"/> Fall from height/awkward landing <input type="checkbox"/> Slip/trip <input type="checkbox"/> Fall/stumble on same level <input type="checkbox"/> Other:	
Extra detail regarding how the injury occurred:		
Was protective equipment worn on the injured body part? <input type="checkbox"/> Yes <input type="checkbox"/> No		
Follow up action:	<input type="checkbox"/> None <input type="checkbox"/> Medical practitioner/physiotherapist <input type="checkbox"/> Hospital <input type="checkbox"/> Ambulance <input type="checkbox"/> Other:	
Signature of person completing form:	Date: / /	

Note: Coaches without medical training should refer all medical decisions to appropriately qualified persons. Do not attempt to 'diagnose' an injury. Users of this form are advised that medical information should be treated confidentially. In some states, additional legislation affects the management of health records. See www.austlii.edu.au for further information.

