

Sand Volleyball Rules

Intramural Volleyball is self-officiated. An intramural staff member will be present to handle all disputes. They will have final say on all matters.

Each player must present a valid picture ID card before each contest to be eligible to participate. No exceptions.

All intramural participants are responsible for their own medical expenses. Any student unsure of their physical condition should check with their family physician or the [Student Infirmary](#) before participating in intramural sports.

Intramural Sand Volleyball will be played by 2008-2009 USA Volleyball Beach Rules with the following interpretations and exceptions.

Teams and Players

1. **Number of Players:** All teams will consist of four players. Teams must have a minimum of two players on the court to start and continue a match. CoRec teams must have at least one male and one female on the court at all times and no more than two males or two females on the court at any time. If a team plays with two or three players, no penalty will be assessed; i.e., there are no ghosts or ghost side-outs in the serving order.
2. **Substitutes:** Substitution of players is made when the ball is dead. **Substitutions are unlimited, but when re-entering play, players must maintain the original serving order during each set.**
3. **Game time is forfeit time.**
4. **Attire:** Shoes will not be required; players may play barefoot. Only hats without bills may be worn.
5. **Jewelry:** Participants are not permitted to wear any visible jewelry. If participants choose to wear jewelry, it must be completely covered BEFORE arriving at the game site, with a band-aid or athletic tape. The Campus Recreation Department WILL NOT provide band-aids or athletic tape to cover jewelry items. If covered, jewelry must remain flush with the skin and not be protruding out; this is for the protection of all participants.
6. **Dangerous Equipment:** Players may wear soft, pliable pads or braces on the leg, knee, and/or ankle. Braces may not have any exposed metal and/or screws. Braces made of any hard material (including plastic) must be covered with a padded sleeve or at least one-half inch padding for safety reasons. Under no circumstances will a player wearing a cast or splint be permitted to play.
7. **Co-Rec Play:** The rules involving males and females on the same team are the same as the rules which govern all team players with the following exceptions and clarifications:
 - a. Serving order shall alternate male and female (except when a team plays with an odd number of players).
 - b. Substitutions must be male-for-male and female-for-female.
 - c. When the ball is played more than once by a team, it must be contacted by a member of each gender.
 - d. Reminder: A block does not count as one of the three contacts allowed a team. Therefore, if the ball is blocked by a player, any other player may hit the ball back into the opponent's court.

Choice and Change of Playing Areas

1. A coin will be tossed for the choice of playing area or service for the first and third sets of the match. The winner of the toss chooses either:
 - a. Select to serve or receive the first ball, or
 - b. Side of court on which to start the game.

The other team takes the remaining alternative.

2. The team not winning the toss also receives the first choice of options in the second game.

Scoring and Time-Outs

1. **Match:** A match is won by a team that wins two sets.
2. **Rally Point Scoring:** A point is scored whenever a team wins a rally. The consequences are:
 - a. The serving team scores a point and continues to serve, or
 - b. The receiving team scores a point and gains the right to serve.
3. **Side-Out:** A side-out is declared when the serving team commits a fault, and the ball is turned over to the receiving team. A point is scored during rally point scoring.
4. **Game:** A game is won by the first team to **score 21 points**, with a lead of two points. No game will exceed 25 points. If the teams are tied at 24-24, the team scoring the next point is the winner.
5. **Deciding Game:** The third game will be played to **15 points**. There will be no cap on the third game. A team must win by 2 points to be declared the winner.
6. **Time Between Games:** Two minutes will be allotted between games. No extra time will be allotted when the teams are changing sides.

Players' Positions and Rotations

1. **Players' Positions:** At the moment the ball is contacted by the server, each team must be within its own court (except the server). Players are free to position themselves anywhere within the court. There are no positional faults.
2. **Rotations:** There are no rotational faults. Players are free to position themselves anywhere within the court. Players need only serve in the proper order.

Playing the Ball

1. **Team Contacts**
 - a. **Number of Contacts with the Ball:** Up to three successive contacts with the ball are allowed each team in order to play the ball over the net and into the opponent's court.
 - b. **Multiple Contact by Blockers:** A blocker who makes only one attempt to play the ball during the block may make multiple contacts with the ball during such play. This applies to a block attempted by more than one player, as well. Following a block, the same player may participate in the next play. This second play on the ball will count as the first of three hits allowed to a team.
 - c. **Successive Contacts:** A player may not contact the ball consecutively except during or after blocking or at the team's first contact.
 - d. **Simultaneous Contact by Teammates:** When two non-blocking teammates touch the ball simultaneously, it is considered one contact and any player may make the next contact. When two blocking teammates touch the ball

simultaneously, it is not counted as a contact and any player may make the next contact.

- e. **Simultaneous Contact by Opponents:** If two opponents simultaneously and instantaneously contact the ball over the net, the ball remains in play and the team receiving the ball is entitled to another three hits. If such a ball lands "out", it is the fault of the team on the opposite side of the net from where the ball lands.
2. **Assisted Hits:** A player is not permitted to take support from a teammate or any object in order to reach the ball. However, a player who is about to commit a fault may be stopped or held back by a teammate.
3. **Characteristics of the Contact**
 - a. **Player Contact:** A player may touch the ball with any part of the body.
 - b. **Multiple Contacts of First Play of the Ball:** Multiple contact of the ball will be legal on any play that meets all of the following criteria:
 - i. It counts as the first of three hits.
 - ii. There is a single attempt to play the ball.

A player may legally double-hit a serve reception, the dig of a spike, a retrieval of a block (whether blocked by an opponent or a teammate), or even a "free ball". The speed of the ball is of no consequence. Lifts, carries, held balls and balls which visibly come to rest are still illegal.

- c. **Holding the Ball:** If a player holds, scoops, lifts, pushes or carries the ball momentarily, holding will be called. A ball is good when hit cleanly from underneath with one or both hands.
- d. **Definition of a Set:** A contact of the ball using the fingers of one hand or both hands to direct the ball toward a teammate. A player may set the ball in any direction toward his/her team's court.
- e. **Dinks:** One handed placement or redirection of the ball with the fingers is a fault. When contacting the ball with one hand, other than for setting the ball toward a teammate, the ball must be cleanly hit with the heel or palm of the hand (a "roll shot"), with straight, locked fingertips (a "cobra"), knurled fingers (a "camel toe") or with the back of the hand from the wrist to the knuckles.

Players at the Net

1. **Ball Crossing the Net**
 - a. A ball completely crossing the net below the net or entirely outside the antennas may be recovered within the limits of the three team contacts.
 - b. A ball completely crossing the net above the net and within or over the antennas may not be recovered.
2. **Reaching Beyond the Net**
 - a. **Under the Net:** A player may contact a ball that has crossed the net below the net in order to direct the ball to a teammate, so long as the ball has not been contacted by the opponents. The recovered ball must cross below the net.
 - b. **Outside the Posts:** A player may contact a ball that has crossed the net completely outside the posts in order to direct the ball to a teammate, so long as the ball has not been contacted by the opponents. The recovered ball must cross the net completely outside the posts.
3. **Penetration into the Opponent's Playing Area:** Players may cross the center line below the net or outside the poles, before, during or after a legal play of the ball, provided this does not interfere with the opponent's play. Incidental contact is ignored, unless such contact interferes with the opponent's opportunity to play the ball.

4. **Contact with the Net or Posts**
 - a. It is a fault for a player or player's clothing to touch any part of the net. This does not include a player's hair or if a player's hat or sunglasses should fall off and then hit the net.
 - b. Once a player has contacted the ball, the player may touch the posts or ropes, provided this does not interfere with play.

Service

1. **Legal Service:** The server will put the ball in play by hitting it with one hand or any part of the arm in an attempt to send the ball over the net and into the opponent's court. The server may stand any where behind the service line.
2. **Preliminary Service:** Lightly tossing the ball prior to executing the serve is legal. Once the ball is tossed in the air, the ball must be struck for service unless the server drops the ball before making contact with it. If the server drops the ball, the serve is canceled and replayed. If the ball touches the server before hitting the ground, a service fault will be declared and a side-out awarded.
3. **Blocking Serve:** It is illegal to block or spike a serve. Even if the ball has partially or completely passed the vertical plane of the net, a serve may not be contacted above the height of the net. Such a contact causes the ball to become dead immediately and a point awarded to the serving team.
4. **Illegal Position of the Server:** In four-person team play, the game will stop immediately when the server has been discovered to be out of the designated serving order. Points earned while the server was out of order will be canceled and a side-out declared. If the server is discovered out of order after a side-out is called, all points scored will count. Verification of service order may be requested by captains at any time.
5. **Screening:** The players of the serving team may not intentionally prevent a receiving player from seeing the server or the trajectory of the ball. Screening is illegal and results in a side-out.

Attack-Hit

1. **Definition:** An action directing the ball toward the opponent except a serve or block.
2. **Attack-Hit Faults:**
 - a. A player contacts the ball within the playing space of the opponents.
 - b. A player hits the ball out.
 - c. A player spikes a serve.
 - d. A player dinks the ball.
3. **Eligibility:** All players are eligible to perform an attack-hit or spike.

Block

1. **Definition:** Blocking is the action of player(s) close to the net to deflect the ball coming from the opponent while reaching above the height of the net. Player(s) participating in this play may participate in the next play, and this second hit will count as the first of the three allowed to the team.
2. **Blocking Faults:**
 - a. The blocker touches the ball in the opponent's space before their attack-hit.
 - b. A player blocks the ball in the opponent's space from outside the antenna.
 - c. A player blocks the opponent's serve.
 - d. The ball is hit out off the block.
3. **Eligible Blockers:** All players are eligible to block.

Improper Conduct

Improper Conduct Subject to Penalty: Any and all of the following acts committed by the team players are subject to penalty:

1. Continuous disagreement with staff members concerning their decisions.
2. Use of vulgar or profane language toward staff members, opponents or spectators. Disruptive comments or noises during a game from outside the court.
3. Use of actions intended to influence the decisions of staff members.
4. Moving or crossing the vertical plane of the net with any part of the body to distract an opponent while the ball is in play.
5. Yelling or other loud noises made to distract an opponent while the ball is in play.
6. Unnecessary clapping of hands by teammates at the moment contact is made with the ball by a player, especially during the serve.
7. Kicking or throwing the ball about in an abrupt manner whether during play or between games.

Please note that this list is representative, but not all-inclusive. Judging improper conduct will be the discretion of the intramural staff on duty.

Sanctions

Violations committed by players and/or team members may result in the following sanctions:

1. **Warning:** A warning will be issued for minor offenses, such as causing a delay in the game or talking excessively with opponents, spectators or officials. A warning will be recorded on the score sheet. If a second warning is given, a penalty will result.
2. **Penalty:** A second minor offense or rude conduct will result in a penalty. If the penalty was called on the serving team, it will automatically cause loss of the serve. If the penalty was called on the receiving team, a point will be awarded. Two penalties issued by the referee will result in expulsion of the player.
3. **Ejection:** Any player ejected from a game is automatically suspended from all intramural sports until the ejected player talks to the Intramural Coordinator.