



Sand Volleyball

The department of University Recreation, Intramural Sports assumes no responsibility for injuries; however basic, first aid will be available.

Regulations published in the Intramural Sports Handbook will be the governing policies for all Intramural Sports. Participants are responsible for possessing a thorough understanding of these regulations and their implications.

Volleyball will be conducted under the rules of the National Intramural and Recreational Sports Association published rule book. A review of these rules, along with the Intramural Sports modifications are as follows:

ELIGIBILITY AND GUIDELINES

All participants must meet the eligibility guidelines as outlined in the Intramural Sports Handbook.

PLAYERS AND ROSTERS

1. The Players
 - a. The game shall be played between two teams of four players each. Three players are required to begin a game.
 - i. **Co-Rec:** Each team shall be made up of four people, 2 males and 2 females. Substitutions may be made only between games. A male may only substitute for a male. A female may substitute for either a male or a female. There must always be at least two females per team on the court.
 - b. If, due to injuries, a team drops below the minimum number of players, three, it may continue if the Intramural Sports staff deems the game still competitive.
 - c. Roster limit will be five 8 players.

UNIFORMS AND EQUIPMENT

1. All teams are required to furnish their own jerseys.
 - a. All jerseys must be of the same color.
 - b. All jerseys must have numbers on the back.
 - i. Numbers 0-5 are preferred.
 - ii. No three digit numbers.
 - iii. Numbers may NOT be taped
 1. Numbers that are painted, sharpie, marker etc. are acceptable



2. If a participant is bleeding or has blood on their jersey they will be removed from the game until the bleeding is under control. Prior to any participants re-entering a game the bleeding must be stopped, cleaned and any cuts or lacerations must be covered. Participants will not be allowed to participate in any activity until the above conditions are met.
3. **Jewelry:** Jewelry or hard hair control devices will not be allowed. This includes but is not limited to necklaces, earrings, newly pierced earrings, facial piercing, rings, bracelets & watches. Individuals will not be allowed to tape over any jewelry item. If you cannot remove the item you cannot play.
 - a. The only type of permissible jewelry are medical alert bracelets. These bracelets must be taped down to the participant's wrist, with the important medical information showing.
4. **Shoes:** Only non-marking shoes will be allowed. Basketball style shoes are preferred.
5. **Supports, Braces, & Pads:** No casts/splints will be allowed under any circumstances. No pads or braces will be allowed above the waist. Players who wear a knee brace with exposed metal or metal hinges are required to cover it. Kneepads of a soft pliable nature will be allowed below the waist. Any player wearing illegal or dangerous equipment shall not be permitted to play. All equipment shall be subject to the approval of the Intramural Sports Staff and their decisions shall be final.
6. **Headwear:** Players may wear a one-piece elastic headband made of a soft pliable material. They may also wear knit stocking caps in cold weather. Rubber or elastic cloth bands may be used to control hair. No other headwear will be allowed. No baseball caps, bandannas (including "Do-rags") or helmets.

SCORING and TIME OUTS

1. **Match** - A match shall consist of the best two (2) out of three (3) games, within a 45-minute time limit.
2. **Game** - A game is won by the first team to score 21 points with a two (2) point advantage. If the game count is tied at the conclusion of the second game, a third game shall be played. In the case of playing all three (3) games a team must be the first to score 15 points with a two (2) point advantage.
3. **Time-Outs** - Each team shall be allowed one (1) time-out per game limited to 30 seconds.

THE GAME

1. Pre-Game
 - a. **Coin Toss**- Winner decides to serve or the side of the court they wish to play on.
 - b. **Out of Bounds** -The ball shall be called out of bounds whenever it hits outside the marked boundaries of the court or is sent/played across the net outside of the antennas or boundary line extended.



2. Serving

- a. **Legal Service:** The player in the back, right position of the court shall put the ball in play by hitting it with one hand or any part of their arm in an attempt to send the ball over the net and into the opponent's court.
 - i. The serve is legal if:
 1. The ball passes over the net without touching any member of the serving team.
 2. A legal serve may hit the net as long as it goes over.
- b. **Length of Serve:** Service shall continue by a team, until (A) the serving team commits a fault and turns the ball over to the other team, side-out, or (B) the game is completed.

3. Player Position

- a. **At service:** All players, except the server, have both feet fully on the ground during the serve.
- b. **Service faults:** Any of the following committed during a serve shall count as a fault.
 - i. A served ball contacts the net.
 - ii. A served ball contacts a member of the serving team.
 - iii. A service is delivered by the wrong server.
 - iv. A serve is not executed from the designated service area.
 - v. A server touches the service line at the same time the serve is executed.
 - vi. Any player on the serving team screens the server from the opposing team.

4. Play at the Net

- a. **Touching the net:** A ball that touches or rebounds off the net or net hardware may be played again provided it was not on the serve.
- b. **Player contact with the net:** A player or any part of their body or clothing that touches the net while the ball is in play shall be charged with a fault, unless the contact was caused by the ball being hit into the net with enough force to cause the net to touch a player. If opposing players contact the net simultaneously, it shall be called a double fault and the ball replayed.
- c. **Reaching over the net:** In returning a ball, a player may follow-through over the net, provided he first makes contact with the ball on his side of the net. Players attempting to block may reach across the net but shall not contact the ball until an opponent strikes the ball in an attempt to send it back into the opponent's court.
- d. **Dead ball:** A ball becomes dead when:
 - i. The ball hits the ground.
 - ii. A served ball hits the net.
 - iii. A player commits a fault.
 - iv. The ball leaves the designated playing area.



5. **Honor call:** All players shall call out aloud when they hit or touch the net.
6. **Playing the ball number of contacts with the ball:** Up to three (3) successive contacts of the ball are allowed each team in order to play the ball over the net and into the opponent's court. A player may not make two (2) consecutive contacts
 - a. **Co-Rec Only:**
 - i. If the ball is contacted the maximum of three (3) times on one side of the net, both genders must be involved in at least one (1) of the three (3) touches.
7. **Successive contact with the ball by a player:** It shall be declared a fault if a player makes successive contacts with the ball except:
 - a. When 2 players attempt a block and contact the ball simultaneously, either one may make a successive contact with the ball; this second contact shall count as the first of three hits allowed on a team.
8. **Holding the ball:** If a player holds, scoops, lifts, pushes or carries the ball momentarily, a “carry” shall be called.
9. **Simultaneous contact by teammates:** If two (2) players on the same team contact the ball simultaneously, two (2) contacts shall be called and neither player may contact the ball on the next play.
10. **Team assistance:** Teammates shall not hold or assist one another while making a play.
11. **Blocking:** Any player may raise their hands above their shoulders close to the net in an attempt to block the ball from an opponent. The block does not count as one of the three successive contacts allowed a team and there may be multiple contacts during a block. Since a block does not count as a play, any player who participates in a block may legally make the next contact with the ball. Serves cannot be blocked.