

All Intramural Sports participants are responsible for their own medical expenses. Any student unsure of their physical condition should check with their family physician or the Student Health Care Center before participating in Intramural Sports.

**Game time is forfeit time.** A team forfeits when they fail to have any players legally signed in and properly attired to play at the scheduled game time. If a team has less than the minimum number of players, but at least one person legally signed in and properly attired to play, a team will be given ten minutes from scheduled game time to reach the minimum number of players needed to begin a contest. Participants will not be given warm-up time for showing up after scheduled game time. Please refer to the Participants Guide for more information.

Sand Volleyball is **self-officiated** so any disagreements in judgment calls result in a replay.

Any rule not mentioned in the following will be governed by the National Federation of State High School Association rules.

## 1. Players and Substitutions

**1.1** Each team will consist of four (4) players on the court per team. Minimum of 3 players required to be checked in to start the game.

**1.1.1** Teams will compete on a men's height net.

**1.2** Only two club or former college volleyball players are allowed per team.

**1.3** Substitutions will be permitted after any point. A substituted player may not keep coming in to play at the same position. For example, Player A cannot sub in to serve, then sub out after losing the serve, then sub back in to serve again when the team regains the serve.

## 2. Player's Equipment

**2.1** A player's clothing must be presentable and appropriate for the competition.

**2.2** Players may wear hats, visors, or sunglasses at their own risk.

**2.3** Players may play barefoot, in socks or in booties. Shoes may be worn but they cannot have any type of nonflexible cleats or spikes.

**2.4** Any jewelry that is not an earring with a hoop, a watch, ridged or pointed jewelry, which in the opinion of the Sport Programs staff may not cause harm to any other participant, may be worn during the contest. Casts may not be worn during the contest.

## 3. The Game

**3.1** Matches consist of best 2 out of 3 sets with rally scoring in each set.

**3.2** For each set, the first team that scores 21 points and is ahead by two points is declared the winner. Otherwise, the winner will be the first team to 25. If a third set is needed the winner will be the first team to reach 15 points, winning by 2 points or until 20 points is reached.

**3.3** A "coin toss"(rock,paper,scissors) at the beginning of the match will determine the choice of court or service. The team which does not serve first in set one will serve first in set two. Teams must switch sides between the first two sets. A "coin toss" will be conducted for the choice if there is a third set.

## 4. Playing the Ball

**4.1** Each team is entitled to a maximum of three contacts to return the ball to the opponents. A player may not contact the ball two times consecutively except during or after blocking or at the team's first contact. Blocking does not constitute a team contact, and any player may make the first contact of the ball after the block.

**4.2** 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 of bounds, it is the fault of the team on the opposite side of the net from where the ball lands.

**4.2.1** A joust occurs when players of opposing teams cause the ball to come to rest above the net through simultaneous contact. A joust is not a fault and play continue as if the contact was instantaneous.

**4.3** 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.

**4.4** A player may touch the ball with any part of the body. A player may have successive contacts with the ball during a single attempt to make the team's first contact with the ball, provided that the fingers are not used to direct the ball. The ball must be contacted cleanly and not held (including lifted, pushed, caught, carried or thrown). The ball cannot roll or come to rest on any part of a player's body.

**4.4.1** An exception is allowed during the defensive play of a hard-driven ball, which is an attack-hit or blocked ball traveling at a high rate of speed. In that case, the ball may be momentarily lifted or pushed, providing that the attempt is one continuous motion, and the player does not change the direction of the motion while contacting the ball.

**4.5** A contact of the ball with two hands, using the fingers to direct the ball, is a set. A player may set the ball in any direction towards his/her team's court, provided that the ball is contacted simultaneously by both hands and does not visibly come to rest. Rotation of the ball after the set may indicate a held ball or multiple contacts during the set, but in itself is not a fault.

**4.5.1** A legal set directed towards a teammate that unintentionally crosses the net is not a fault, regardless of the player's body position.

**4.5.2** If the ball is intentionally set into the opponent's court, the player must contact the ball above his/her shoulders and must direct the ball perpendicular to the direction his/her shoulders are facing.

**4.6** When contacting the ball with one hand, it 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 the back of the hand from the wrist to the knuckles.

## **5. Service**

**5.1** The server shall serve from within the serving area and shall not touch the end line or the sand outside the lines marking the width of the serving area at the instant the ball is contacted for the serve.

**5.2** Whenever a team fails to serve or return the ball, or commits any other fault, the opposing team wins the rally and is awarded a point.

**5.3** If the serving team wins a rally, it scores a point and continues to serve.

**5.4** If a player is discovered serving out of order, that player continues to serve with no loss of points. Excessive misuse of this privilege is unsportsmanlike conduct.

**5.5** It is the responsibility of the server to assure that both teams are ready for service. A player on the receiving team may stop play when not ready for a service as long as no attempt to play the ball is made. In this case, the rally is canceled and replayed. Misuse of this privilege is unsportsmanlike conduct.

**5.6** The server's teammates must not prevent the opponents, through screening, from seeing the server or the path of the ball. On an opponent's request, a player must move sideways, bend over or bend down.

## **6. Live Ball/Dead Ball**

**6.1** The ball becomes live when it is legally contacted for the service.

**6.2** The ball becomes dead when:

**6.2.1** The ball touches the antennas or any part of the net outside the playing court.

**6.2.2** The ball strikes the floor.

**6.2.3** The ball contacts a permanent object (excluding the net) above or outside the playing court. EXCEPTION: a ball striking the ceiling or an overhead obstruction above a playable area shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net extended that is occupied by the team that last played the ball, and the ball is legally played next by the same team.

**6.2.4** A player commits a fault.

**6.2.5** A served ball contacts and does not clear the net.

**6.3** The point shall be replayed if a ball from an adjacent court enters the playing area.

## **7. Ball at the Net**

**7.1** A ball directed to the opponents' court must go over the net within the crossing space limited as follows: Below, by the top of the net, at the sides, by the posts and their imaginary extensions, and above, by any structure or obstacle.

**7.2** The ball may touch the net while crossing the net, including during the serve.

**7.3** A ball driven into the net may be recovered within the limits of the three team contacts.

## **8. Player at the Net**

**8.1** 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.

**8.2** 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.

**8.3** Within the limits of the three team contacts, a player may contact a ball that has crossed the net below the net (or outside the posts) in an attempt to recover a ball that has not been contacted by the opponents. The recovered ball must cross the net below the net (or outside the posts).

**8.4** Players may partially cross the center line below the net or outside the poles, either before, during or after a legal play of the ball, provided that this does not interfere with the opponent's play. Incidental contact with an opponent is ignored unless such contact interferes with the opponent's opportunity to play the ball. While opposing players are not required to avoid the ball or the player, they cannot intentionally interfere with any legal attempt to play the ball on their court.

**8.5** If a player crosses the center line and interferes with an opponent during the continuation of a play, it is a fault.

**8.6** It is a fault for a player or a player's clothing to touch any part of the net. Exceptions are:

**8.6.1** Incidental contact of the net by a player's hair

**8.6.2** If a player's hat, visor, or glasses fall off during play and then contacts the net when a ball is driven into the net

**8.6.3** The wind blows the net and causes the net to touch a player

**8.7** Once a player has contacted the ball, the player may touch the posts, ropes or any other object outside the total length of the net, provided that it does not interfere with play.

## **9. Co-Rec Rules**

**9.1** A team consists of four (4) individuals but may play a full match with three (3). A maximum of two (2) players of each gender are allowed on the court at a given moment.

**9.1.1** The team will have ten (10) minutes from scheduled match time to field a team with the required minimum number of players - 3. If the team is unable to field the required minimum to continue within ten (10) minutes of the scheduled match time, the contest is deemed a forfeit.

**9.2** Men and women must alternate positions.

**9.3** One player of each gender must hit the ball at least once if the ball is contacted two or more times before being returned over the net. Failure to do so will result in a point and a side-out.

**9.4** Either gender may block and attack at the net when permitted by rules 3.10 and 3.11.