The Virginia Tech Intramural Sports Program is proud to offer a variety of quality sport-related activities to our community. Please consult the information below for sport-specific rules, policies, and procedures. If you have questions throughout the season, please contact us by email (imsports@vt.edu), phone (540.231.8297), or consult our intramural policies webpage. Good luck and we hope you have a fun and exciting season!

**Rules of the Game**

1. **The Game**
   a. Matches consist of a best 2 of 3 game format.
   b. All games are played using rally scoring. Every serve (unless replayed) results in a score, regardless of which team served the ball.
   c. **Players**
      i. Teams consist of 2 players on the court.
      ii. Men’s, Women’s, CoRec, and Open leagues are offered. In open leagues, teams may consist of any combination of gender identity.

2. **Scoring**
   a. A point is scored when the following occurs:
      i. A team successfully grounds the ball within the opponent’s side of the court
      ii. The opponent commits a fault
   b. Games 1 and 2 are played to 21 points, and a team must win by 2. Game 3 (if needed) is played to 15 points, and a team must win by 2.
   c. The winner of a coin toss chooses to serve, receive, or play on a side of the court.
   d. Team switch sides of the court after each game.

3. **Location and Equipment**
   a. Teams may play on any sand volleyball court throughout campus or off campus.
   b. Teams are responsible for outlining the court for play if not already clearly marked.
   c. Court dimensions - the playing area should be a rectangle measuring 16 x 8 m.
   d. Players are responsible for providing their own equipment. Please note that volleyballs are available for checkout in the Intramural Sports Office.

4. **Playing the ball**
   a. Teams are allowed 3 successive hits to get the ball over the net.
   b. A player may not have two consecutive hits on the ball, with the following exceptions:
      i. A player can make a second consecutive contact after an opponent’s block
      ii. A player can make 2 consecutive hits on the first touch of a hard driven ball
   c. The ball may be played by any part of the body.
d. A ball in the vertical plane above the net may be played by either team.

e. When two players on the same team contact the ball simultaneously, it is considered one team contact and either player is eligible to make the next contact on the ball.

f. If a ball lands on the line, the ball is considered in bounds.

5. Carries

a. When the ball visibly comes to rest (even momentarily) in the hands or arms of a player, it is considered as having been held.

b. Scooping, lifting, pushing, or allowing the ball to roll on the body is considered a form of holding.

6. Blocking

a. Any player that takes part in a block is eligible to make the next contact on the ball.

b. The block does not count as the first of the tree team touches.

c. Blocking or attacking a serve is illegal.

d. During a block, the player may reach over the net, provided it does not interfere with the opponent’s play. A blocker cannot contact the ball on the other side of the net until their opponent has completed their attack.

7. Net play

a. A player may not cross into their opponent’s side of the court during play.

b. If a player’s action causes that player to contact the net at any point during the rally with their body or clothing, it is a fault (exception: hair).

8. Service

a. The server may move freely within the service area.

b. The server may not contact the service line at the point of contact for the serve.

c. If the server is completing a jump serve, they may land within the court boundaries, provided they take off completely behind the service line.

d. If, after releasing or throwing the ball for service, the server allows the ball to fall to the ground without being hit or contacted, the service effort is cancelled and the server may re-serve. The server is permitted only one re-serve during each term of service.

e. “Let serves” are legal: the ball remains in play if the ball passes over the net between the net standards or their indefinite extensions, with or without touching the net.

f. The team who receives the serve in Game 1 serves first in Game 2.

g. The players of the serving team may not, through screening, prevent the receiving player from watching the server or the trajectory of the ball. Screening is illegal and is a fault.