

## Department of Recreational Sports | Intramural Sports 2022-23

### 4v4 Sand Volleyball Information Sheet

#### Rules of the Game

1. Players & Substitutes
  - a. Games are played between two teams of 4 players.
  - b. Teams must have **at least 3 players** present in order to begin a game (forfeit information outlined in our League Guidelines).
    - i. If a team falls below 3 players during the game due to injuries or ejections, play may continue as long as the game remains competitive.
    - ii. For CoRec games, only half of the players actively participating for a team may identify as the same gender. For example:
      1. 4 players → gender max 2
      2. 3 players → gender max 2
    - iii. **Only two Sport Club or Registered Student Organization team members may be on a team roster in their sport or allied sport.**
    - iv. If a team does not have the required minimum number of players checked in at the scheduled game time, a 10-minute grace period is given.
      1. If a team (or teams) doesn't have the required number of players by the end of the 10-minute grace period, the game is recorded as a forfeit.
      2. If one team is present at the start of the grace period (scheduled game time), that team has the option to accept a win for the first game and start the second game when their opponent arrives during the grace period. However, the present team may also elect to decline the penalty and start the first game with a score of 0-0.
  - c. Substitutions may only be made in the server position and the substitute must play a full rotation, which includes a serve.
2. The Game
  - a. All matches consist of the best 2 out of 3 games.
    - i. The first two sets are played to 25 and won with a 2 point lead; the third set is played to 15.
    - ii. The first two sets will be capped at 27 points and the third set will be capped at 17 points.
  - b. The rally scoring system will be used. Each service (that is not replayed) will result in a point regardless of whether the team was serving or not.
  - c. A coin toss (or even/odd) determines which team serves first in the first game of the match. The winner of the coin toss chooses to serve first or side of the court. A new coin toss is performed before the third game, if necessary.
  - d. After each game of the match, the teams will switch sides of the court.
  - e. All games are self-officiated. If a rule discrepancy occurs, the captains should consult the Intramural Supervisor on duty to resolve the situation.
  - f. If a player is injured, play should stop immediately and the point should be replayed.
  - g. Each team is allowed one timeout per game. Timeouts do not carry over from game to game. All timeouts will be 30 seconds in length.
3. Playing the Ball
  - a. Each team may use up to 3 contacts with the ball to play the ball over the net and into the opponent's court. The ball must clear the net on the third contact or that team loses the point and the serve.
  - b. Any player that makes contact with the ball shall be considered as having played the ball.
  - c. The ball may be hit with any part of the body, but cannot be kicked with the foot.
  - d. Players may have successive contacts of the ball during the block or on any first contact off of a serve of hard-driven ball; however, a player may not carry the ball (see 4-a).
  - e. The ball must be hit in such a manner that it rebounds cleanly after contact with a player.
  - f. A ball cleanly hit with one or both hands from a position below the ball is considered a good play.
  - g. A ball in the vertical plane above the net may be played by either team.
  - h. Any player may spike the ball.
4. Carries

- a. When the ball visibility comes to rest (even if momentarily) in the hands or arms of a player, it is considered as having been held; scooping, lifting, pushing, or allowing the ball to roll on the body shall be considered to be a form of holding.

#### 5. Blocking

- a. Any player may attempt to block.
  - i. A block does not count as one of the 3 successive contacts allowed and may be attempted before the ball passes over the net, while the ball is still in the opponent's court or just as the ball crosses the net.
  - ii. A block is good only if the ball is touched by the player attempting the blocking.
  - iii. A blocked ball counts as having crossed over the net.
  - iv. A block may be attempted if:
    - 1. A player on the attacking team spikes the ball.
    - 2. The opponents have made three contacts on the ball.
    - 3. The ball falls near the net but no player on the attacking team can reasonably make a play on the ball.

#### 6. Playing Faults

- a. If either team, or a player from either team, commits a fault the opposing team will be awarded a point.
- b. If faults by opponents occur at approximately the same time, teams should determine which fault occurred first and shall penalize only the fault. If both faults are judged to occur simultaneously, a double fault shall be declared.
  - i. A double fault occurs when players of opposing teams simultaneously commit faults. In such cases, the teams will direct a replay.

#### 7. Net Faults

- a. If a player's action causes that player to contact the net during play - accidentally or not - with any part of the body or uniform, that player's team shall be charged with a fault (exception: hair).
- b. A player may touch the ground across the center line with one or both feet/hands provided a part of the foot/feet or hand(s) remains on or above the center line. Contacts the floor across the center line with any other part of the body is illegal.
- c. Players gaining an advantage (in the judgment of the two teams) from contact with the net supports shall be charged with a fault.

#### 8. Service

- a. The server has 5 seconds to contact the ball for service.
  - i. 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 will be canceled and a re-serve performed. The server is permitted a re-serve without penalty once during each term of service.
- b. The server may serve from anywhere along the back out-of-bounds line.
- c. "Let serves" are legal: the service is considered good if the ball passes over the net between the indefinite extension of the side boundary lines with or without touching the net.
- d. The team serving first in the first game of the match shall receive the serve first in the second game of the match. A coin toss will be performed again before the third game, if necessary, to determine who serves first.
- e. The team that receives the ball for the first service of each game shall rotate one position clockwise before serving.
- f. The player(s) of the serving team must not, through screening, prevent the receiving player from watching the server or the trajectory of the ball. Screening is illegal and a fault.
- g. At the time the ball is contacted for the serve, the placement of players on the court must conform to the service order (the server is exempt from this requirement).
- h. Any of the following actions committed during a serve counts as a fault:
  - i. A serve is not executed from the designated service area.
  - ii. A served ball hits a member on the serving team.
  - iii. A serve is delivered by the wrong server.
    - 1. A player may not serve out of turn. Points scored on the service are canceled and a point for the opposing team is awarded. If the offended team serves before the out-of-service is called, the score stands (no loss of points), but the team must resume correct positions before the game continues.

- iv. A serve is executed improperly.
- v. Players on the serving team screen the server from the opposing team.

*\*\*\*Rules not outlined in this sheet will follow the National Federation of State High School Association (NFHS) Rules\*\*\**