Department of Recreational Sports | Intramural Sports
Sand Volleyball Information Sheet

Thank you for being a part of one of the best intramural programs in the nation. We are proud to offer a variety of quality intramural activities. Good luck and we hope you have a fun and exciting season!

If you have questions throughout the season, please feel free to contact us by calling our office (540-231-8297), emailing imsports@vt.edu, stopping by our office in 135 War Memorial Hall or consulting our Participant Policy and Procedure Manual.

Rules of the Game

Players

a. Teams will consist of 2 players on the court.
b. Open and Women’s leagues will be offered. In an open league, teams may consist of any combination of gender (including 2 males, 1 male and 1 female, or 2 females). In the Women’s league, teams must consist of two female players.

2. Equipment and Location

a. Teams may play on any sand volleyball court throughout campus or off campus.
b. Teams will be responsible for outlining the court for play if not already clearly marked.
c. Court dimensions
   i. The playing area is a rectangle measuring 16 x 8 m.
d. Players are responsible for providing their own equipment. Volleyballs will be available from the Intramural Sports office.

3. The Game

a. Matches will consist of a best 2 of 3 games.
b. All games will be played using rally scoring. Every serve (unless replayed) will result in a score, regardless of who served the ball.
c. Scoring
   i. A point will be scored when the following occur:
      1. A team successfully grounds the ball within the opponent’s court
      2. The opponent commits a fault
d. Games 1 and 2 will be played to 21, win by 2. The third game, if necessary, will be played to 15, win by 2.
e. The winner of a coin toss will have to option to choose to serve, receive, or side of the court.
f. Teams will switch sides of the court after each game.

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 a block
   ii. A player may 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 will be considered in.

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

6. Blocking
   a. Any player that takes part in a block will be eligible to make the next contact on the ball.
   b. The block will not count as the first of the tree team touches.
   c. Blocking or attacking a serve is illegal.
   d. During the 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, regardless if it interferes with 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 shall be cancelled and the server will be allowed to re-serve. The server is permitted only one re-serve during each term of service.
   e. “Let serves” are legal: the service is considered good 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 will serve first in Game 2.
   g. The players 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.