



4V4 SAND VOLLEYBALL RULES

MEN'S, WOMEN'S AND OPEN LEAGUES GENERAL RULES

Intramural sand volleyball will be played under the auspices of the United States Volleyball Outdoor Rules with the following interpretations and exceptions.

SECTION 1. STARTING THE GAME

Article 1. Eligibility

Every player must meet the eligibility requirements set forth in the Intramural Sports Policies and Procedures manual. Any individual that participated with a varsity sport is eligible to participate as long as they do not appear on a varsity roster during the current academic year. Any participants who are or have played for professional or semi-professional teams in volleyball or sand volleyball are not eligible to participate, no matter how long they have been removed.

Article 2. Player Equipment

- **Jerseys** with an opening more than 4" below the armpit may not be worn during play. Shirts that have been ripped and tied together creating a large hole on the sides are **ILLEGAL**.
- **Jewelry**: Teams should check each other to make sure no one is wearing jewelry or hard/unyielding material on their bodies. Hats, do-rags, and sunglasses made of metal are not allowed.

Article 3. Court Rules

- **Teams**: Only officials, players, and one coach are permitted on the bench. All spectators are to remain on the opposite sideline.
- Teams are allowed one (1) non-playing coach in the designated team area.
- Use of electronic devices for coaching purposes is prohibited.
 - No use of cell phones to discuss game play with spectators across the field.
- **TOBACCO use is prohibited in the Student Rec Center. Failure to comply with all intramural Rules and Regulations for the Student Rec Center by any players or spectators will result in immediate expulsion of the individual(s) and possible forfeiture of the contest.**
- **No ALCOHOLIC BEVERAGES will be allowed inside the Student Rec Center. Teams and fans are not allowed to bring glass or metal containers onto the fields. Violators will be removed and SFASU Police will be notified about such violations.**

Article 4. Blood Rule

If and when an official observes that a player is bleeding, has an open wound, or has excess blood on his/her uniform, the player will be directed to leave the game. The injured player is not to return until the bleeding has stopped, the open wound is covered, and excessively bloody clothing has been removed. The player must be removed from play and a substitute must enter the game. The clock will run as normal once the player is removed.

RULE 1. THE GAME, PLAYERS AND EQUIPMENT

SECTION 1. GENERAL PROVISIONS

Article 1. The Game – Men and Women

The game shall be played between two (2) teams of four (4) players each. Three (3) players are required to start the game and avoid a forfeit.

Article 2. Roster Limits

Volleyball roster limits each team to no more than six (6) players. A coach can be used, but that coach takes a roster spot and the coach is required to sign in on the score sheet and is considered a non-playing member of the team. This coach status does not count towards your participation on another team.

SECTION 2. GAME EQUIPMENT

Article 1. The Ball

Game balls will be provided by the Intramural Sports Program. A player's own ball may be used if agreed upon by both teams.

SECTION 3. PLAYER EQUIPMENT – REQUIRED

Article 1. Shirt/Jersey

Shirts must be:

- Long enough to be tucked in the pants/shorts.
- Shirts with an opening more than 4" below the armpit may not be worn during play.
- Jerseys with numbers are allowed, but not required.

Article 2. Shorts

Each player must wear pants or shorts. Pants or shorts with pockets are legal.

SECTION 4. PLAYER EQUIPMENT – OPTIONAL

Article 1. Head wear

- Players may wear a headband no wider than 2" thick. The headband must be worn around the head only.
- Players may wear religious caps.

SECTION 5. PLAYER EQUIPMENT – ILLEGAL

Article 1. Illegal Equipment

A player wearing illegal equipment shall not be permitted to play. This applies to any equipment, which in the opinion of the Official is dangerous or confusing. Types of equipment or substances, which shall always be declared illegal include:

- Headwear containing any hard, unyielding, stiff material, including billed hats or items containing knots.
- Jewelry of any kind (exception for medical alert bracelets).
- Shirts or jerseys, which do not remain tucked in.
- Tear-away pants.
- Barrettes and ribbons
- Leg braces made of hard unyielding material unless covered by at least ½ inch of closed cell, slow recovery rubber or other material of similar thickness and physical properties.
- Any slippery or sticky foreign substance on any equipment or exposed part of the body.
- Towels attached at the player's waist.

RULE 2. PLAYING TERMS

SECTION 1. GAME TIME

Article 1. Match Format

Teams will play best two (2) out of three (3) games, with a time limit of 50 minutes on each game. If time expires, the team with most wins or points wins in the match.

Article 2. Games:

The first two games will be played to 25 points with a cap at 30. Each game must be won by 2. If a 3rd match is needed, it will be played to **15**, straight up.

Article 3. Grace Period

Each team is allowed a ten (10) minute grace period if at least one person on their team is present at game time. For every minute that team is not on the court ready to play, the opposing team is rewarded a point.

Article 4. Forfeit

If one team fails to show up, or does not have enough players after the 10 minute grace period, it will result in a forfeit and a final score of 2-0. The team that forfeited will also be required to pay a \$10 forfeit fee and will not be reinstated until the fee is paid.

Article 5. Scoring

Rally scoring is used for all three games of a match. In rally scoring, a point is scored on every serve once the rally is over. If the serving team wins the rally, they get one (1) point and the serve. If the receiving team wins the rally, they get one (1) point and the right to serve.

Article 6. Time-Outs

A request for a time-out may only be made when the ball is dead. Each team is allowed one 30-second time-out per match. A team may end a time-out before the 30-seconds has expired if both teams agree to start.

Article 7. Substitutes

Substitution of players can be made during any dead ball period. Substitutions are unlimited, but players must re-enter into the original serving position. This will ensure teams cannot sub in a dominant server repeatedly to continue service.

Article 8. IMS Staff

There will be no formal officials for IMS Sand Volleyball. Teams will call their own fouls and their own points. An IMS Staff member will be present in order to keep score and to mediate any disputes. This staff member is NOT to serve as an official. They will merely be able to provide a non-biased viewpoint on anything that goes on while in play.

SECTION 2. GAME PLAY

Article 1. Starting the Game

A coin flip or paper/rock/scissors will determine serving team and sides to start the game. The winner of the toss will choose either service or side. Teams will switch sides after the first and second games of the match.

Article 2. Determining Service

After the first game, the receiving team of the previous game's starting server will start with service for the next game.

Article 3. Players' Positions

At the moment the ball is contacted by the server, each team must be within the boundaries of their own court (except the server). Players are free to position themselves anywhere within the boundaries of the court. There are no positional faults.

Article 4. Rotations

There are no rotational faults. Players are free to position themselves anywhere within the boundaries of their court. Players serve in the proper order.

Article 5. Sportsmanship

Violations committed by "coaches," players and/or team members may result in the following sanctions:

- **Warning** – A warning will be issued for minor offenses such as: causing a delay in the game or talking excessively with opponents, spectators, or officials. A warning will be recorded on the score sheet. If a second warning is given, a penalty will be assessed.
- **Penalty** – A second minor offense or rude conduct will result in a penalty. If the penalty was called on the serving team, it will automatically cause loss of the right to serve. If the penalty is called on the receiving team, a point will be awarded to the serving team. Two penalties issued by the referee will result in expulsion of the player.
- **Ejection** – Any player ejected from a game is automatically suspended from all intramural sports until the ejected player talks to the Coordinator – Intramurals.

SECTION 3. CHARACTERISTICS OF CONTACT WITH THE BALL

Article 1. Player Contact

A player may touch the ball with any part of the body.

Article 2. Multiple Contacts of First Play of the Ball

Multiple contacts by one player will be legal on any play that meets the following criteria:

- It counts as the first of three hits.
- There is a single attempt to play the ball.
- A player may legally double-hit a serve reception, the dig of a spike, a retrieval of a block (whether blocked by an opponent or a teammate), or even a “free ball.” The speed of the ball is of NO CONSEQUENCE. Lifts, carries, held balls and balls that come visibly to rest are still illegal.

Article 3. Holding the Ball

If a player holds, scoops, lifts, or carries the ball momentarily, holding will be called. A ball is good when hit cleanly from underneath with one or both hands.

Article 4. Definition of a Set

Contact with the ball using the fingers of one hand or both hands to direct the ball towards a teammate. A player may set the ball in any direction toward his/her team’s court.