



INTRAMURAL SPORTS **Sand Volleyball Rules**

1. Players & Equipment

- 1.1. Each team will consist of (4) four players (2 men and 2 women for Co-Rec play). A minimum of (2) two players must be present at game time to begin (1 man and 1 woman for Co-Rec play).
- 1.2. Players may NOT wear baseball-style caps. Knit and stocking caps are permitted. Players may wear a headband made of non-abrasive cloth, elastic, fiber, soft leather, or rubber. Bandanas and other headgear with knots are prohibited. Rubber or cloth elastic bands may be used to control hair.
- 1.3. No jewelry or any other item deemed dangerous by UTC Intramurals staff may be worn. Any player wearing exposed permanent jewelry (e.g., body piercings) will not be permitted to play.
- 1.4. Tennis shoes are not allowed in the sand. However, upon approval by the Intramural Supervisor, players may be allowed to wear socks or other soft foot-covering materials.

2. Game Factors & Timing

- 2.1. Each game match will consist of a best two-of-three series. The first two games will be played to 21 points. A third game, if needed, will be played to 15 points. There will be no "win by two" rule in effect.
- 2.2. The game match will last 50 minutes. Whichever team is leading at the end of the 50 minutes will be declared the winner of the game. If there is a tie at the conclusion of the 50 minutes, the team to score the next point wins the game.
- 2.3. Teams will conduct their own coin toss, rock/scissors/paper, etc. prior to the matchup beginning, to determine which team will serve first. For the second game, the opposite team will serve first. If a third game is necessary, teams will conduct their own coin toss, rock/scissors/paper, etc. again.
- 2.4. Rally scoring will be used for all matchups. A point will be scored each time a team faults. If the serving team wins the rally, it scores a point and will continue to serve. If the receiving team wins the rally, it scores a point and gains serve.
- 2.5. Formation: Teams are allowed to determine their own formation and serving order. Once the serving order is established, it must remain consistent for the entirety of the game.
- 2.6. Substitutions: Players may make a substitution when play is stopped following a fault resulting in that team gaining the serve. Players must substitute in at the service position only (exception – injury). Any substitute entering the game must first play through the entire rotation (back to the service position) before being removed from the game.
 - 2.6.1. During a timeout, teams can make multiple substitutions.
- 2.7. Timeouts: Each team shall be permitted (2) two timeouts per set. A timeout lasts 30 seconds. Timeouts will only be granted during a dead ball.
 - 2.7.1. Any team requesting a third time out will be charged with delay of game and will be penalized a point.
 - 2.7.2. Any player may request a timeout.

3. Service

- 3.1. If the serving team wins the rally, it scores a point and will continue to serve. If the receiving

team wins the rally, it scores a point and gains serve.

- 3.2. The server must serve from behind the back line. Part of the server's body may be in the air over or beyond this line as long as contact does not occur until after the ball is served.
- 3.3. A serve that hits the net but still crosses the net is a live and playable serve.
- 3.4. The receiving team may not block or attack a serve.
- 3.5. A served ball is a service fault and becomes a dead ball when the ball:
 - 3.5.1 Does not legally cross the net;
 - 3.5.2 Touches one of the server's teammates
- 3.6. If, after releasing or tossing the ball for service, the server catches the ball or allows the ball to fall to the floor without being hit or contacted, the service effort shall be cancelled, and a re-serve shall be taken.
- 3.7. A player shall not serve out of turn. An out of turn service may be called by the official or by the opponent. If this is then verified by the official, any points scored on this service shall be cancelled and a side out awarded to the opponent.

4. Contacting the Ball

- 4.1. Each team is limited to a maximum of three touches on its side of the net before playing the ball across to the opposing team. No individual player may make successive hits on the ball. A block on the net is not considered a touch.
- 4.2. Legal contact is the touch of the ball by any part of the player's body that does not allow the ball to visibly come to rest and does not involve prolonged contact with a player's body.
- 4.3. If a ball is played out-of-bounds on their side of the court by a teammate, a player can still play that ball provided the team still has touches left.

5. Net Play

- 5.1. A player should not contact any part of the net (or its supports) while the ball is in play. This will result in a fault, and a point for the opposing team.
- 5.2. A ball may be played off of the net, provided the team still has at least one of its three hits remaining.
- 5.3. Blocking a ball completely on the opponent's side of the net (during a set) is not permitted. Blocking the ball completely on the opponent's side of the net – once attacked by the opponent – is permitted.
- 5.4. It is illegal to block a serve or spike a serve.
- 5.5. No part of any player should cross fully under the net at any time.

6. Co-Rec Modifications

- 6.1. Substitutions must be male for male and female for female.
- 6.2. The serving order and positions on the court shall alternate male and female.
- 6.3. If a team hits the ball more than once on its side of the net, the ball must be contacted by a female before it may legally be returned over the net or a penalty for illegal contact will be enforced.
 - 6.3.1. Illegal contact results in one point being awarded to the opponent.