



# 4v4 Sand Volleyball Rules

## ELIGIBILITY AND GUIDELINES

All participants must meet the eligibility guidelines as outlined in the Intramural Sports Participants Handbook.

## PLAYERS AND ROSTERS

1. The Players
  - a. The game shall be played between two teams of four players each. Three players are required to begin a game.
    - i. **Co-Rec:** Each team shall be made up of four people, 2 males and 2 females. Substitutions may be made only between games. A male may only substitute for a male. A female may substitute for either a male or a female. There must always be at least two females per team on the court.
  - b. If, due to injuries, a team drops below the minimum number of players, three, it may continue if the Intramural Sports staff deems the game still competitive.
  - c. Roster limit will be five 8 players.

## UNIFORMS AND EQUIPMENT

1. All teams are required to furnish their own jerseys.
  - a. All jerseys must be of the same color.
  - b. All jerseys must have numbers on the back.
    - i. Numbers 0-5 are preferred.
    - ii. No three digit numbers.
    - iii. Numbers may NOT be taped
      1. Numbers that are painted, sharpie, marker etc. are acceptable
      2. If a participant is bleeding or has blood on their jersey they will be removed from the game until the bleeding is under control. Prior to any participants re-entering a game the bleeding must be stopped, cleaned and any cuts or lacerations must be covered. Participants will not be allowed to participate in any activity until the above conditions are met.
1. **Jewelry:** The following jewelry and hair piece types are not allowed: exposed ear, nose, or body piercing(s) that are dangling in nature, watches, fitness trackers, rings, claw clips, or necklaces that cannot be tucked under the participants shirt. Individuals will be allowed to tape over any piercing.
  - b. Rubber, cloth, or elastic bands may be used to control hair. Hard items including, but not limited to, beads, barrettes, bobby pins, and other adornments in the hair that are securely fastened to the head and do not present an increased risk to the player, teammates, or opponents, are allowed.
  - c. Medical Bracelets and religious medallions may be worn during intramural sports
2. **Headwear:** No hard-billed hats (except during softball), bandanas or anything with a knot or unyielding material will not be allowed to be worn on the head during competition. Players may wear a one-piece elastic headband made of a soft, pliable material (i.e., sleeve, sweatband). Knit stocking caps will be allowed during cold weather.

3. **Shoes:** Only non-marking shoes will be allowed. Basketball style shoes are preferred.
4. **Supports, Braces, & Pads:** No casts/splints will be allowed under any circumstances. No pads or braces will be allowed above the waist. Players who wear a knee brace with exposed metal or metal hinges are required to cover it. Kneepads of a soft pliable nature will be allowed below the waist. Any player wearing illegal or dangerous equipment shall not be permitted to play. All equipment shall be subject to the approval of the Intramural Sports Staff and their decisions shall be final.

## SCORING and TIME OUTS

1. **Match** - A match shall consist of the best two (2) out of three (3) games, within a 45-minute time limit.
2. **Game** - A game is won by the first team to score 21 points with a two (2) point advantage. If the game count is tied at the conclusion of the second game, a third game shall be played. In the case of playing all three (3) games a team must be the first to score 15 points with a two (2) point advantage.
3. **Time-Outs** - Each team shall be allowed one (1) time-out per game limited to 30 seconds.

## THE GAME

1. Pre-Game
  - a. **Rock, Paper, Scissor** - Winner decides to serve or the side of the court they wish to play on.
  - b. **Out of Bounds** -The ball shall be called out of bounds whenever it hits outside the marked boundaries of the court or is sent/played across the net outside of the antennas or boundary line extended.
2. Serving
  - a. **Legal Service:** The player in the back, right position of the court shall put the ball in play by hitting it with one hand or any part of their arm in an attempt to send the ball over the net and into the opponent's court.
    1. The serve is legal if:
      1. The ball passes over the net without touching any member of the serving team.
      2. A legal serve may hit the net as long as it goes over.
  - b. **Length of Serve:** Service shall continue by a team, until (A) the serving team commits a fault and turns the ball over to the other team, side-out, or (B) the game is completed.
3. Player Position
  - a. **At service:** All players, except the server, have both feet fully on the ground during the serve.
  - b. **Service faults:** Any of the following committed during a serve shall count as a fault.
    1. A served ball contacts the net.
    2. A served ball contacts a member of the serving team.
    3. A service is delivered by the wrong server.
    4. A serve is not executed from the designated service area.
    5. A server touches the service line at the same time the serve is executed.
    6. Any player on the serving team screens the server from the opposing team.
4. Play at the Net
  - a. **Touching the net:** A ball that touches or rebounds off the net or net hardware may be played again provided it was not on the serve.

- b. **Player contact with the net:** A player or any part of their body or clothing that touches the net while the ball is in play shall be charged with a fault, unless the contact was caused by the ball being hit into the net with enough force to cause the net to touch a player. If opposing players contact the net simultaneously, it shall be called a double fault and the ball replayed.
  - c. **Reaching over the net:** In returning a ball, a player may follow-through over the net, provided he first makes contact with the ball on his side of the net. Players attempting to block may reach across the net but shall not contact the ball until an opponent strikes the ball in an attempt to send it back into the opponent's court.
  - d. **Dead ball:** A ball becomes dead when:
    - 1. The ball hits the ground.
    - 2. A served ball hits the net.
    - 3. A player commits a fault.
    - 4. The ball leaves the designated playing area.
5. **Honor call:** All players shall call out aloud when they hit or touch the net.
6. **Playing the ball number of contacts with the ball:** Up to three (3) successive contacts of the ball are allowed each team in order to play the ball over the net and into the opponent's court. A player may not make two (2) consecutive contacts
7. **Successive contact with the ball by a player:** It shall be declared a fault if a player makes successive contacts with the ball except:
  - a. When 2 players attempt a block and contact the ball simultaneously, either one may make a successive contact with the ball; this second contact shall count as the first of three hits allowed on a team.
8. **Holding the ball:** If a player holds, scoops, lifts, pushes or carries the ball momentarily, a “carry” shall be called.
9. **Simultaneous contact by teammates:** If two (2) players on the same team contact the ball simultaneously, two (2) contacts shall be called and neither player may contact the ball on the next play.
10. **Team assistance:** Teammates shall not hold or assist one another while making a play.
11. **Blocking:** Any player may raise their hands above their shoulders close to the net in an attempt to block the ball from an opponent. The block does not count as one of the three successive contacts allowed a team and there may be multiple contacts during a block. Since a block does not count as a play, any player who participates in a block may legally make the next contact with the ball. Serves cannot be blocked.

## PARTICIPANT CONDUCT POLICY

Intramural Sports prioritizes sportsmanship by all teams, spectators, and staff. The captain is responsible for the behavior of all its team members and representatives. Everyone is expected to conduct themselves in accordance with the The Code of Student Life, University conduct standards, and policies set forth by University Recreation. Actions by team members and representatives during intramural activities that extend beyond the realm of decency will not be tolerated. Individuals violating will be suspended until meeting with the Assistant Director and/or Coordinator of Club and Intramural Sports. We will be using a “2, 3, 4” method of determining eligibility for all leagues and major tournaments. The following will be in effect for the activity’s season:

- a. The accumulation of TWO (2) unsporting conduct fouls in a game will result in the ejection of the individual from the game, and procedures outlined in the “Ejections” section.
- b. The accumulation of THREE (3) total unsporting conducts fouls during an

- activity's season will result in the dismissal of the individual from the activity for the remainder of its season. The accumulation of Three (3) unsporting conduct by a team will result in in the forfeiture of the contest
- c. The accumulation of FOUR (4) total unsporting conduct fouls by the team's individual participants during an activity's season will result in the dismissal of the team from the activity for the remainder of the season.  
\*Unsporting totals rollover to playoffs

## **PARTICIPANT CONDUCT FACTS**

1. Any flagrant attempt to cause physical harm to another participant and/or staff member will result in immediate ejection and suspension from all UREC facilities and programming.
2. Any Participant Conduct will be reviewed by the Intramural Sports professional staff.