

# Truman State University

## Intramural Recreational Sports

### Sand Volleyball Rules



*Truman State University Intramural Volleyball will follow USA Sand Volleyball Rules. The following is a listing of the more common rules applying to Intramural play along with Intramural Recreational Sports Modifications. The complete National Federation High School Volleyball rulebook is available for viewing online at NFHS.org. All Participants must follow guidelines stated in the Intramural Recreational Sport Handbook.*

#### **SECTION 1: GENERAL RULES AND REGULATIONS**

##### **TEAM REQUIREMENTS**

1. Team Composition
  - a. Teams cannot have more than 10 people on a roster.
  - b. The required minimum number of players to begin a match shall be two (2), with a maximum of four (4).
  - c. Unlimited substitutions are allowed as long as one player does not occupy more than one position in the service order during a single game.
2. CO-REC Modifications
  - a. If a team is going to have four (4) players, the team must consist of two (2) men and two (2) women
  - b. If a team is made up of three (3) players, the team must consist of at least one (1) female and one (1) male, with any other gendered player.
  - c. If the ball is hit more than once on a team's side, it must be touched by a female.

##### **OFFICIATING, COURT, AND EQUIPMENT**

1. Officiating
  - a. All Sand Volleyball games will be self-officiated. Game Time is forfeit time.
  - b. Intramural Recreational Sports personnel will be present to check teams in, to execute any necessary coin tosses, and to answer any questions participants may have regarding game rules.
2. Players Equipment
  - a. A player's clothing must be presentable and appropriate for the competition. Players on the same team are permitted to wear clothing of different colors and designs. Players may wear hats, visors or sunglasses at their own risk.
  - b. Players may play barefoot, in socks or in athletic shoes. If athletic shoes are worn, they cannot have any type of cleats or spikes.
  - c. It is forbidden to wear any objects that may cause an injury to a player, such as jewelry, pins, bracelets, casts, etc. Players may wear glasses/sunglasses at their own risk.
  - d. Participants must behave respectfully and courteously in the spirit of fair play towards IM staff, teammates, opponents and spectators. They must refrain from actions aimed at delaying the game or taking unfair advantage. Sand Volleyball is self-officiated participants should make decisions with sportsmanlike conduct.
3. Playing Area

- a. Lines on the court:
  - i. Boundary lines consist of two sidelines and two end lines which mark the playing court. The center line divides the playing court into two square team courts, but is not marked.
  - ii. All lines are considered to extend indefinitely.
  - iii. It is the players' responsibility to assure that all lines are in their proper location prior to the start of each play. Lines moved during play do not cause the rally to stop.
  - iv. If teams cannot determine whether a ball lands in or out of bounds, a replay shall occur.
- b. Service Zone:
  - i. The service zone is behind the end line and between the extensions of the sidelines and extends to the end of the free zone.

## **SECTION 2: GAMEPLAY AND PROCEDURES**

### **GAMEPLAY**

- 1. Scoring
  - a. A team wins the match by winning best 2 out of 3 games.
  - b. A team wins a game by being the first team to score 21 points with a minimum lead of 2 points.
    - i. If a third game is necessary, the winner will be the first team to score 15 points with a minimum lead of two points.
  - c. Rally scoring will be used for all games. A point will be awarded for each serve. The winner of a point will also be awarded the next service.
- 2. Game Play
  - a. Coin Toss:
    - i. Before the first game and before each deciding game, the game supervisor will conduct a coin toss in the presence of the team captains. Rock/Paper/Scissor is an alternative option
    - ii. The winner of the coin toss chooses either: to select to serve or receive service of the first ball or the side of the court on which to start the game.
    - iii. The loser takes the remaining alternative and, for the second game in a 2 out of 3 match, gets to select from the above choices.
  - b. Rotation Order:
    - i. The rotation order specified by the starting lineup must be maintained throughout the game.
  - c. Players Position at the Time of Service:
    - i. Players may be anywhere within their court.
  - d. IN/OUT of Bounds:
    - i. Ball in Bounds: A ball is "IN" when its first contact with the ground is on the playing court or on a boundary line/rope.
    - ii. Ball out of Bounds: The ball is "OUT" when:
      - 1. its first contact with the ground is completely outside the playing court, and it does not cause boundary lines to move
      - 2. it completely crosses the net outside the posts or under the net after the attacking team's third contact; or it touches an object out of play.

### **VOLLEYBALL TERMS AND DEFINITIONS**

- 1. Playing the Ball
  - a. Team Contacts:
    - i. Each team is entitled to a maximum of three contacts to return the ball to the opponents. A player may not contact the ball two times consecutively except during or after blocking or at the team's first contact.
      - 1. Blocking does not constitute a team contact, and any player may make the first contact of the ball after the block.
  - b. Simultaneous Contacts:
    - i. If two opponents simultaneously contact the ball over the net, the ball remains in play and the team receiving the ball is entitled to another three hits. If such a ball lands out of

bounds, it is the fault of the team on the opposite side of the net from where the ball lands.

- c. Assisted Hit:
    - i. A player is not permitted to take support from a teammate or any object in order to reach the ball. However, a player who is about to commit a fault may be stopped or held back by a teammate.
  - d. Characteristics of Contact:
    - i. A player may touch the ball with any part of the body.
      - 1. The ball must be contacted cleanly and not held (including lifted, pushed, caught, carried or thrown).
        - a. The ball cannot roll or come to rest on any part of a player's body.
        - b. An exception is allowed during the defensive play of a hard-driven ball, which is an attack-hit or blocked ball traveling at a high rate of speed. In that case, the ball may be momentarily lifted or pushed, providing that the attempt is one continuous motion and the player does not change the direction of the motion while contacting the ball.
        - c. A contact of the ball with two hands, using the fingers to direct the ball, is a set.
          - i. A player may set the ball in any direction, provided that the ball is contacted simultaneously by both hands and does not visibly come to rest.
2. Ball at the Net
- a. Ball Crossing the Net:
    - i. A ball directed to the opponent's court must go over the net within the crossing space above top of the net and between the posts and their imaginary extensions.
  - b. Ball Touching the Net:
    - i. The ball may touch the net while crossing the net including during the service (LET SERVE). A serve that touches the net and travels into the opposite court is NOT a fault, it is good.
  - c. Ball in the Net:
    - i. A ball driven into the net may be recovered within the limits of the three team contacts.
3. Player at the Net
- a. Reaching Beyond the Net:
    - i. While blocking, a player may touch the ball beyond the net, provided they do not interfere with the opponent's play, before or during the attack-hit.
    - ii. A player is permitted to pass his/her hand(s) beyond the net after an attack-hit, provided that the contact was made within his/her team's playing space.
    - iii. Within the limits of the three team contacts, a player may contact a ball that has crossed the net below the net (or outside the posts) in an attempt to recover a ball that has not been contacted by the opponents.
  - b. Penetration into Opponents Playing Area:
    - i. Players may partially or completely cross the center line below the net or outside the poles, either before, during or after a legal play of the ball, provided that this does not interfere with the opponent's play.
    - ii. Incidental contact with an opponent is ignored, unless such contact interferes with the opponent's opportunity to play the ball.
    - iii. While opposing players are not required to avoid the ball or the player, they cannot intentionally interfere with any legal attempt to play the ball on their court.
    - iv. If a player crosses the center line and interferes with an opponent during the continuation of a play, it is a fault.
  - c. Contact with the Net or Posts:
    - i. It is a fault for a player or a player's clothing to touch any part of the net.
      - 1. Exceptions are: Incidental contact of the net by a player's hair or If a player's hat, visor or glasses fall off during play and then contacts the net.
    - ii. When a ball is driven into the net or the wind blows the net and causes the net to touch a player, no fault is committed. Once a player has contacted the ball, the player may touch

the posts, ropes or any other object outside the total length of the net, provided that it does not interfere with play.

#### 4. Service

- a. Definition:
  - i. The service (or serve) is the act of putting the ball into play by the serving player in the service zone.
- b. Service Order:
  - i. If the serving team wins the rally or a replay is directed, the player who served the previous rally serves again. If the serving team loses the rally, the next server on the receiving team serves the ball.
- c. Authorization of Service:
  - i. It is the responsibility of the server to assure that both teams are ready for service and to announce the score. A player on the receiving team may stop play when not ready for a service as long as no attempt to play the ball is made. In this case, the rally is canceled and replayed. Misuse of this privilege is Unsportsmanlike conduct.
- d. Execution of Service:
  - i. The server may move freely behind the end line. At the moment of the service or take-off for service, the server must not touch the ground outside the service zone. The player's foot may not go under a boundary line. After the service contact, the player may land on the court or outside the service zone. The server contacts the ball with one hand or any part of the arm after clearly tossing or releasing the ball and before the ball touches the playing surface.
- e. Service Attempt:
  - i. If the server releases/tosses the ball for service but does not attempt to complete the service motion, the server will let the ball hit the ground and does a re-serve/toss. A player may only receive one such replay/re-toss during anyone term of service.
- f. Screening:
  - i. The server's teammates must not prevent the opponents, through screening, from seeing the server or the path of the ball. On an opponent's request, a player must move sideways, bend over or bend down.

#### 5. Attack Hit

- a. Definition:
  - i. All actions to direct the ball towards the opponent's playing area, except in the act of serving and blocking, are considered to be attack-hits.
  - ii. An attack-hit is completed the moment the ball completely crosses the vertical plane of the net or is touched by a blocker.
  - iii. A player may contact an attack-hit at any height, provided that contact with the ball is made within the player's own playing space.
- b. Attack Hit Faults:
  - i. It is a fault when a player completes an attack-hit on the opponent's service, if the ball is entirely above the height of the net

#### 6. Block

- a. Definition:
  - i. Blocking is the action of player(s) close to the net to deflect the ball coming from the opponent by reaching above the height of the net.
- b. Hits by the Blocker:
  - i. The first hit after the block may be executed by any player, including the player who touched the ball at the block.
- c. Block within Opponents Space:
  - i. In blocking, the player may place his/her hands and arms beyond the net provided that action does not interfere with the opponent's play. The player is not permitted to touch the ball beyond the net until the opponent has made an attack-hit.
- d. Blocking Contact:
- e. A blocking contact is not counted as a team hit. The blocking team will have three hits after a blocking contact. Consecutive, quick and continuous contacts may occur by one or more blockers, provided that these contacts are made during one blocking action.

- f. There are no restrictions on which players may participate in a block.