

-Georgia Southern University-  
**CAMPUS RECREATION AND INTRAMURALS**  
INTRAMURAL SPORTS

# SAND VOLLEYBALL RULES

## 2009 – 2010

*All games will be governed by the Fédération Internationale de Volleyball Rules Book (FIVB) with the following GSU Intramural Sports modifications:*

### PLAYERS & EQUIPMENT

1. Each participant must present a current GSU student or faculty/staff ID card in order to be eligible to participate.
2. Each Men's, Women's, and Co-Rec team shall consist of four (4) players (2 male and 2 female for Co-Rec play). Each team must have a minimum of three (3) players (2 male and 1 female or 1 male and 2 female for Co-Rec play) in order to begin a game.
3. Player's clothing must be presentable and appropriate for competition at the discretion of the Supervisor.
4. **Shoes:** Tennis shoes are not allowed on the sand. However, upon approval from the official, participants may be allowed to wear socks or other soft foot-covering materials.
5. **Jewelry:** No jewelry or any other item deemed dangerous by the Intramural Staff may be worn. Any player wearing exposed permanent jewelry (i.e. body piercing) will not be permitted to play.
6. Hats or caps, sunglasses, and eye glasses may be worn at the risk of the participant.
7. Players may wear soft, pliable pads or braces on the leg, knee, and/or ankle. Braces may not have any exposed metal and/or screws. Braces made of any rigid material (including plastic) must be covered with a padded sleeve or at least one-half inch padding for safety reasons. Under no circumstances will a player wearing a cast or splint be permitted to play.
8. If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of his/her own glasses.

### GAME FORMAT

1. Each match will consist of the best 2 out of 3 games. The first team scoring twenty-five (25) points (win by 2 or a 27-point cap) will be declared the winner. If a third game of the match is necessary, the first team scoring fifteen (15) points (must win by 2, 17-point cap) will be declared the winner.
2. **Scoring:** A point shall be scored by the opponent each time a team commits a fault. If the serving team wins the rally, it scores a point and continues to serve. If the receiving team wins the rally, it scores a point and gains the serve.
3. All matches will start on a common clock that will be administered by the IM Supervisor on duty. Each match will have a time limit of 45 minutes. If the match is not complete when time expires, the team that is ahead at that time will be declared the winner of the match.
4. **Game time is forfeit time.** A team must have a minimum number of players to start a match. If there is an insufficient number of players, the opposing captain has the option of taking the win or waiting for the minimum number of players to show. In the event that he/she decides to wait, that decision is irreversible and the game clock will begin at the scheduled game time. If a team chooses to wait, it will be required to wait until the opposing team has the minimum number of players present or a **maximum of 15 minutes**. Play will start as soon as the opposing team has the minimum number of players present. The minimum number of players to start a game is three (3).
5. Each team shall be permitted two (2) timeouts per match. Timeouts will only be granted during a dead ball or before the serve. Note that the match clock does not stop during timeouts.
6. A coin toss at the beginning of the match will determine which team receives the choice of first serve or choice of side of court for the first set. The loser of the toss receives the remaining option. The team not serving first in the first set shall serve to start the second set. In the event of a third set, a second coin toss will determine the choice of first serve or side.
7. The teams shall change sides of the court for the second set.

8. **Delay of Game:** Unnecessary delays include, but are not limited to, the following:
  - A. A team requests a third timeout in a match after it has already used its allotted timeouts.
  - B. A team delays recovering a dead ball that has gone out of bounds.**Penalty for Unnecessary Delay:** A timeout shall be assessed. If the team has already used its allotted timeouts, a point or side-out is awarded to the opponent, and the game is resumed immediately.
9. At the conclusion of the match, it is the responsibility of the winning team to report the scores to the IM Supervisor. Failure to do so will result in a double forfeit.

## POSITIONS OF PLAYERS

1. 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. **Substitutions:** Players may make a substitution when play is stopped following a fault resulting in that team gaining the serve. A substitute must enter the serving rotation at the server's position.
3. **Server:** The server shall serve from anywhere behind the back boundary line and shall not touch the boundary lines at the instant the ball is contacted during the serve.
4. **Screening:** The players of the serving team must not prevent the receiving players from seeing the contact of the serve or the path of the served ball. Screening is illegal and results in a point/loss of rally to the opponent.
5. **Serving Out of Turn:** A player shall not serve out of turn. An out-of-turn service may be called by the official or by the opponent's captain. If this is then verified by the official, any points scored on this service shall be canceled and a point/loss of rally awarded to the opponent. If the opponent serves before an out-of-turn service is called and verified, then there shall be no loss of points. In either case, players of the team in error shall regain their proper positions before the next serve by either team.

## PLAYING THE BALL

1. **Service:** The service is the act of putting the ball into play by the player in the right back position who hits the ball with one hand (open or closed) or any part of one arm in an effort to direct the ball over the net and into the opponent's area. The serving area will be any point behind the end line (excluding the end line) between the two sidelines.
  - A. If after releasing or tossing the ball for service, the server catches the ball or allows the ball to fall to the sand without being hit or contacted, the service effort shall be canceled and a re-serve directed. However, the supervisor will not allow the game to be delayed in this manner more than once during a service attempt.
2. A team shall continue to serve until a loss of rally is awarded to the opponent or the game ends.
3. The serve alternates to the opponent when a point/loss of rally is awarded to the opponent.
4. A served ball is a service fault and becomes a dead ball when:
  - A. The ball does not legally cross the net.
  - B. The ball passes under the net.
  - C. The ball touches one of the server's teammates, the floor on the server's side of the net, or the post.
5. **Let Serve:** A served ball that hits the net and continues across the net into the opponent's court is a playable live ball.
6. **It is illegal to block a serve or attack (spike) a serve.** The first player on the receiving team to make a play on the served ball may contact the ball with a closed fist(s) or a setting action.
7. Each team is entitled to a maximum of three (3) hits for returning the ball over the net. These include intentional and unintentional hits. When the team's first contact is simultaneous contact by opponents or an action to block, the next contact is considered the team's first hit.
8. A player may touch the ball with **ANY** part of the body, but may not hit the ball two times consecutively (except when following a block).
9. Kicking the ball is illegal. If the ball contacts a player below the knee, the foot must be on the ground and remain so until the contact is complete.
10. The ball must be contacted cleanly and not be held, lifted, pushed, caught, carried, or thrown. The ball cannot roll or come to rest on any part of the player's body.
11. **Simultaneous Contacts:** This involves more than one contact of the ball made at the same instant.
  - A. When one player contacts the ball with two or more parts of the body at the same instant, it is permitted and considered one hit (except for a block which does not count as a hit).

- B. When teammates contact the ball at the same instant, it is permitted and considered one hit (except a block which does not count as a hit). Any player may make the next hit.
- C. A “joust” occurs when two opponents cause the ball to come to rest above the net through simultaneous contact. A joust is not a foul, and play continues as if the contact was instantaneous.
- D. When opposing players contact the ball at the same instant, the player on the opposite side of the net from which the ball falls shall be considered the player to have touched the ball last. The other player may participate in the next play and the simultaneous contact shall not count as a hit.

## PLAY AT THE NET

1. A player shall not contact any part of the net or its supports while the ball is in play. If a player inadvertently touches the net supports (other than rope cable) it is not a foul. When the ball is driven into the net so that it causes the net or its supports to contact an opposing player or players, it is not a foul if the opposing player(s) did not contact the net by their own impetus.
2. A ball may be played from the net provided that a team still has at least one of its three hits remaining.
3. When returning the ball to the opponent’s side of the net, a player may follow through over the net, providing he/she first contacts the ball on his/her own side of the net. A player shall not contact a ball that is completely on the opponent’s side of the net unless the contact is a legal block.
4. Blocking a ball that is completely on the opponent’s side of the net is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when:
  - A. The attacking team has completed its three allowable hits.
  - B. The attacking team has had the opportunity to complete the attack, or in the official’s judgment, directs the ball with intent to return it to the opponent’s court.
  - C. The ball is falling near the net and, in the official’s judgment, no member of the attacking team could make a play on the ball.
5. A ball may touch the net within the sideline markers when crossing the net to enter the opponent’s playing area.
6. A ball may be attacked, excluding a served ball, when it has partially crossed the net.
7. There is interference by a player who makes:
  - A. Contact with an opponent that interferes with the opponent’s legitimate effort to play the ball.
  - B. Intentional contact with a ball that the opponent has caused to pass partially under the net and the opponent is attempting to play it again.

**Penalty for Illegal Net Play:** A point/loss of rally is awarded to the opponent.
8. **Successive Contacts:** Successive contacts of the ball are two or more separate attempts to play the ball by one player with no interrupting contact by a different player between the two plays. A player shall not make successive contacts of the ball unless there is:
  - A. Simultaneous contact by teammates.
  - B. Simultaneous contact by opposing players.
  - C. Successive contacts by a player whose first contact is a block (then the second contact shall count as the first hit by the player’s team).
9. **Multiple Contacts:** Multiple contacts of the ball are more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted only:
  - A. When the ball rebounds from one part of the player’s body to one or more other legal parts in one attempt to block.
  - B. On any first team hit, whether or not the ball is touched by the block, provided there is no finger action.

## TEAM CONDUCT

1. The official(s) shall have the authority to warn, penalize, or disqualify any player(s), substitute, or coach for violations of sportsmanship including, but not limited to, the following:
  - A. Disrespectfully addressing an official or staff member.
  - B. Questioning the official’s judgment or decisions.
  - C. Use of disconcerting acts or words when an opponent is about to play the ball.
  - D. Showing disgust with official’s decisions.
  - E. Using profane or insulting language or gestures toward an official or other player.
  - F. Baiting players of the opposing team.

- G. Disrupting the game so that it may not be continued in an orderly fashion.
- 2. Coaches, players, and spectators conducting themselves in an unsportsmanlike manner shall be assessed penalties in the following manner:
  - A. A yellow card will be issued as a warning.
  - B. A second yellow card will result in a point/loss of rally awarded to the opponent. This is equivalent to a red card.
  - C. A red card issued alone for a single offense will result in a point/loss of rally to the opponent. A red card will also result in an ejection for the offending player from the remainder of the match.

## **CO-REC RULES**

- 1. Each team shall consist of six (4) players comprised of 2 male and 2 female. A team must have a minimum of three (3) players (2 male and 1 female or 1 male and 2 female) to begin a match. At no time may the difference between the number of males and females be greater than one.
- 2. Substitutions must be male-for-male and female-for-female.
- 3. The serving order and positions on the court shall alternate male and female (**Exception:** A team playing with 3 players).
- 4. There are no restrictions on males or females at the net.
- 5. If a team hits the ball more than once on its side of the net, the ball must be contacted by both genders before it may be legally returned over the net.

**Penalty for Illegal Contact: A point/loss of rally awarded to the opponent.**