



Sand Volleyball Rules

Each participant is responsible for presenting a current BAKER ID at game time. NO EXCEPTIONS

Teams

Games shall be played with four (4) to six (6) players.

Official Game = 4-6 players present

Forfeit = Less than 4 players present

In Co-Recreational play, a team consists of six (6) player minimum of 2 girls on court always.

Equipment

- A. Game balls will be furnished by Intramural Sports. Teams must bring their own volleyballs to warm-up. A non-Intramural volleyball may be used if both teams agree before the match or game begins.
- B. All participants must wear shoes during intramural volleyball. Shoes worn must be canvas-topped or soft leather-topped rubber soled shoes, commonly known as basketball or tennis shoes.
- C. Illegal equipment

Players shall not wear the following:

- 1. Jewelry
- 2. Hats of any type
- 3. Bandanas (no matter how worn)
- 4. Any hard/unyielding hair control devices

Substitutes

Players starting a game may be replaced by a substitute – the starter and his/her substitute may leave and re-enter the game an unlimited number of times as long as they remain in the original serving order.

In Co-Recreational play, a team will substitute men for men and women for women only.

The Game

- A. Matches may begin with a minimum of four players. The supervisor will declare a forfeit if any team is not ready to play at the scheduled game time, or after the conclusion of the proceeding match, if the previous match went past the scheduled time.
- B. A coin toss will determine who has the option of taking the serve or choice of courts. A flip of the coin determines service of the third game.
- C. Teams will change courts at the end of each game of the same match.
- D. A match is the best two out of three games. Length of the first and second games: A game is won by the first team to score twenty-five (25) points with a minimum lead of two (2) points with a cap at 30. If a third game is necessary the teams that reaches fifteen (15) points with a minimum lead of two (2) points and a cap at 20.
- E. Teams must change sides of the court in the third game when a team reaches eight (8) points.
- G. **All scoring in all games will be by the rally scoring method**
- H. Each team is allowed one (1) 30-second time-out per game.

Playing Actions

- A. The rally begins with the Referee's whistle. However, the ball is in play from the service contact.
- B. Ball Out of Play
 - 1. The rally ends with the Referee's whistle. However, if the whistle is due to a fault made in play, the ball is out of play from the moment the fault was committed.
 - 2. In the case of an inadvertent whistle, the rally is ended. The first referee must make a ruling that will not penalize either team.
- C. Ball "In"
 - 1. The ball is "in" when it touches the floor of the playing court including the boundary lines.
- D. Ball "Out"
 - 1. Contacts the floor completely outside the court, the ceiling or a person out of play.
 - 2. Contacts an antenna, rope, post, or net itself outside an antenna/side band.
 - 3. Completely crosses the vertical plane of the net, partly or totally outside the crossing space.

Faults

- A. Any playing action contrary to the rules is a playing fault.
- B. The Referees judge the faults and determine the penalties according to the rules.
- C. Consequences of a Fault
 - 1. The consequence of a fault is a loss of rally. The opponent of the team committing the fault wins the rally and scores a point.
 - 2. If two or more faults are committed successively, only the first one is penalized.
 - 3. If two or more faults are committed by two opponents simultaneously, a double fault is committed and the rally is replayed.
 - 4. Faults in playing the ball:
 - a. Four (4) Hits: A team contacts the ball four (4) times before returning it to the opponents.
 - b. Assisted Hit: A player takes support from a teammate or any structure/object to reach the ball.
 - c. Held Ball: A player does not contact the ball cleanly
 - d. Double Contact: A player contacts the ball twice in succession, or the ball contacts various parts of the body successively.
 - e. Illegal Hit: A player in a non-playing area plays the ball.

Playing the Ball

- A. Each team is entitled to a maximum of three (3) hits (in addition to blocking) to return the ball to the opponents. The hits of the team include not only intentional hits by the player, but also unintentional contacts with the ball. A player may not contact the ball with two separate and consecutive motions.
- B. *In Co-Recreational Play, when the ball is played more than once by a team, at least one (1) of the contacts shall be made by a female player. Contact of the ball during blocking shall not constitute playing the ball. There is no requirement for a male player to contact the ball, regardless of the number of hits by a team.*
- D. *A ball contacted more than once by a team, without a female player having contacted it, remains alive and does not become an illegal hit until it fully crosses the plane of the net or is contacted by an opponent.*
- E. An illegally hit ball blocked by an illegal blocker becomes a double fault, and a replay is directed.

Contact

- A. Two (2) or more players may touch the ball at the same moment.
- B. When two (2) or more teammates touch the ball simultaneously, it is counted as one contact. If teammates collide, no fault is committed. Any player may play the ball next if this is not the third team contact.
- C. If two (2) opponents simultaneously contact the ball and it remains in play, the team receiving the ball is entitled to another three hits. If such a ball goes "out", it is the fault of the team on the

opposite side. If a simultaneous contact of the ball by two (2) opponents leads to a held ball, it is a double fault and the rally is replayed.

- D. A player is not permitted to take support from a teammate or any structure/object in order to reach the ball. However, the player who is about to commit a fault (touch the net, cross the center line, etc.) may be stopped or held back by a teammate.
- E. The ball may be touched with any part of the body.
- F. The ball must be hit cleanly and not held (including lifted, pushed, carried or thrown). It can rebound in any direction.
- G. Receiving a served ball with an overhead pass using open hands is not necessarily a fault.
 - 1. The ball may touch various parts of the body, provided that the contacts take place simultaneously.
 - 2. Exceptions:
 - a. During blocking, consecutive contacts may occur by one (1) or more blockers provided that the contacts occur during one action.
 - b. During the first hit of the team (not blocking), unless it is played overhand using fingers, the ball may contact various parts of the body consecutively, provided that the contacts occur during one action.

Net Play

- A. A ball sent to the opponent's playing area must pass over the net within the crossing space. The crossing space is the part of the vertical plane of the net limited at the sides, by each antenna and its imaginary extension.
- B. A ball penetrating the opponent's side outside of the crossing space may be played back to a teammate, provided that it has not completely crossed the vertical plane of the net at the moment of contact.
- C. The ball is "out" when it completely crosses the lower space under the net.
- D. A ball driven into the net may be recovered within the limits of the three team hits.
- E. If the ball rips the mesh of the net or tears it down, the rally is cancelled and replayed. If the fault occurs on a team's third contact, then it is a loss of rally.
- F Each team must play within its own playing area and space.
 - 1. When competition is scheduled or is occurring or an adjacent court(s), it is a fault if a player enters the adjacent court (s) or crosses the extension of the sideline to play a ball or after playing the ball.
 - 2. It is permissible to run out of bounds to play a ball. A ball hit out of bounds by the opponent must be allowed to hit the floor/wall outside the playing area before being awarded point.
 - 3. A player may enter the opponent's court only after the ball is out of play. A player may enter the opponent's free zone provided this does not interfere with the opponent's play.
- G. Reaching Beyond the Net
 - 1. In blocking, a blocker may contact the ball beyond the plane of the net, provided that the blocker does not interfere with the opponent's play.
 - 2. A player is permitted to pass hand(s) beyond the net after the attack-hit, provided that the ball is contacted while within his/her own playing space or within the plane of the net.
- H. Under the Net
 - 1. A player may reach or penetrate into the opponent's space under the net, provided that this does not interfere with the opponents play.
 - 2. Penetration into the opponent's court, beyond the centerline to:
 - a. touch the opponent's court with a foot or feet is permitted provided that some part of the penetrating foot/feet remains either in contact with or directly above the centerline.
 - b. contact the opponent's court with any other part of the body (except hair) is a fault.
- I. Contact with the Net

1. It is a fault to touch any part of the net or the antennas. Incidental contact with hair is not a fault.
 2. A player may touch a post, rope, or any other object outside the total length of the net provided that it does not interfere with play.
 3. When the ball is driven into the net and causes it to touch an opponent, no fault is committed.
- J. The following faults result in a loss of a rally: A player
1. touches the ball or an opponent in the opponent's space before or during the opponent's attack-hit.
 2. penetrates into the opponent's space under the net interfering with the opponent's play.
 3. penetrates into the opponent's court or touches the net.

Service

- A. The service is the act of putting the ball into play by the right back-row player (player position 1), placed in the service zone, who hits the ball with one hand or arm.
- B. First Service in a Game
1. The first service of games one and three (deciding game) is executed by the team determined by the coin toss.
 2. The other games will be started with the service by the team that did not serve first in the previous game.
- C. Service Order
1. The players must follow the service order recorded on the game sheet.
 2. After the first service in a game, the player to serve is determined as follows:
 - a. When the serving team wins the rally, the player who served before, serves again.
 - b. When the receiving team wins the rally, it gains the right to serve and rotates. The player who moves from the right front-row position (player position 2) to the right back-row position (player position 1) will serve.
- In Co-Recreational play, the serving order and positions on the court at service shall be male and female alternated or vice-versa. When the serving team has two members of the same gender who are back to back in the service rotation, when that rotation come up, the receiving team wins the rally and gains the right to serve and rotates.*
- D. The first Referee authorizes the service after having checked that the server is in possession of the ball and that the teams are ready to play.
- E. Execution of the Service
1. The server may move freely within the service zone. At the moment of the service hit or takeoff for a jump service, the server must be completely in the service zone and not touch the court (end line included) nor the playing surface outside the zone. After the service, the player may step or land outside the zone including the court.
 2. The server must contact the ball within eight (8) seconds after the first Referee whistles for service.
 3. A service executed before the Referee's whistle is canceled and repeated.
 4. After clearly being tossed or released, the ball shall be contacted with one hand or any part of one arm before it touches the playing surface. **In BAKER Intramural play, the server does not have to release the ball.**
- F. The server will only have one (1) toss of the ball to execute the service. Allowing the ball to fall to the floor after tossing, whether it was touched by the server or not, will result in an illegal service and loss of the rally.
- G. Screening
1. The players of the serving team must not screen the opponents from seeing the server or path of the ball.
 2. A player of the serving team makes an individual screen if the player waves arms, jumps or moves sideways when the service is being executed and the ball is served over that player.

3. A sanction may be issued for distracting or moving sideways to prevent an opponent from seeing the serve even if the ball is not served over that player.
4. A team makes a collective screen when the server is hidden behind a group of two (2) or more teammates and the ball is served over them.
5. If players bend over, they are not constructed as being a screen.

H. Illegal Service

The following faults lead to change or service even if the opponent has a position fault:

1. The server
 - a. violates the service order,
 - b. does not execute the service properly, or
 - c. violates the rule of service tossing error.
2. Service Faults

After the ball has been correctly hit, the service becomes a fault (unless there is a position fault) if the ball:

 - a. touches a player of the serving team,
 - b. fails to pass through the crossing space, or
 - c. lands "out".

Attack-Hit

- A. All actions directing the ball toward the opponent except a serve or a block, are considered to be attack-hits.
- B. During an attack-hit, tipping (directing the ball by contact with the fingers only) is permitted if the contact is brief and the ball is not held or thrown.
- C. An attack-hit is completed the moment the ball crosses the vertical plane of the net or is touched by a blocker.
- D. When the ball is entirely above the height of the net, attacking the serve is forbidden only if the ball is in the front zone.
- F. Front-Row Players Attack-Hit
 1. The front row player may carry out an attack-hit at any height, provided that the ball contact has been made within the team's playing space.
 2. If a player near the net completes an attack-hit in such a manner that the ball is blocked back into the attacking player, such contact is considered to be a first team contact. If a ball passed toward a teammate by a back row player is legally blocked into that player, it is an illegal back-row block **IF** that player had been above the net at any time during an attempt and has not returned to the floor.
- G. Restrictions to a Back-Row Players Attack Hit
 1. A back-row player may complete an attack-hit from behind the front zone. At take-off, the foot (feet) must neither have touched or crossed over the attack line or its imaginary extension. After the attack-hit, the player may land within the front zone.
 2. A back-row player may also carry out an attack hit from the front zone, if at the moment of contact any part of the ball is below the top of the net.
 3. A player initiates an attack-hit on the ball completely within the playing space of the opposing team.
4. A player hits the ball "out".
 5. A back row player completes an attack-hit from the front zone, when at the moment of the attack-hit, the ball is entirely above the top of the net.

Block

- A. Blocking is the action that deflects the ball coming from the opponent by a player(s) close to the net reaching higher than the net.
- B. To be considered a blocker, the player(s) must reach above the net sometime during the effort. A blocker ceases to be a blocker only when he/she returns to the floor or makes a subsequent attempt to play the ball.
- C. Block Attempt: A block attempt is the action of blocking without touching the ball.

- D. **Completed Block:** A block is completed whenever the ball is touched by a blocker. Only front row players are permitted to complete a block.
- E. **Collective Block:** A collective block is executed by two (2) or three (3) players close to each other. It is completed when one (1) of the players touch the ball.
- F. **Team Hits**
1. A block contact is not counted as a team hit.
 2. After a block contact, a team is entitled to three hits to return the ball to the opponents.
 3. The first hit after the block may be executed by any player, including the player who contacted the ball to complete the block.
- G. **Block within the opponent's space**
1. In blocking, a player may place hands and arms beyond the net, inside the antennas, provided that this action does not interfere with the opponent's play. Thus he/she is not permitted to touch the ball beyond the net until the opponent has executed an attack hit.
- H. **Blocking Contact**
1. Consecutive (quick and continuous) contacts may occur by one (1) or more blockers provided that the contacts are made during one action.
 2. These contacts may occur with any part of the body.
- I. **Blocking Faults**
1. A blocker touches the ball in the opponent's space before or simultaneous with the opponent's attack-hit.
 2. A back-row player completes a block or participates in a collective block.
 3. A blocker contacts the ball in the opponent's space from outside an antenna.
 4. A player blocks the opponent's service.
 5. The ball lands "out" after contacting the block.

Misconduct

- A. Incorrect conduct by a team member toward officials, opponents, teammates, or spectators is classified in four categories according to the degree of the offense. Depending on the degree of the team member's conduct and the judgment of the first Referee, the sanctions to be applied are:
1. **Misconduct Warning:** For unsportsmanlike conduct; no penalty is charged but the team member is issued a warning against repetition in the same game.
 2. **Misconduct Penalty:** For rude conduct, the team is penalized with the loss of the rally
 3. **Expulsion:** Extremely offensive or repeated rude conduct is sanctioned by expulsion. The team member must leave the playing area, bench and warm-up area for the remainder of the game.
 4. **Disqualification:** For repeated offensive conduct (expulsion) or, for aggression, the team member must leave the playing area, bench and warm-up area for the remainder of the match.