

-Sam Houston State University-
INTRAMURAL SPORTS
SAND VOLLEYBALL RULES

Each match is self-officiated. Teams will be responsible for making their own calls. If there is a discrepancy about a call that is made, it will result in a replay of that point/side-out. A supervisor will be on duty at each scheduled match.

PLAYERS AND EQUIPMENT

1. Each Men's, Women's, and Co-Rec team shall consist of four (4) players (2 men and 2 women for Co-Rec play). A team may begin a game with as few as three (3) players (2 men and 1 woman or 2 women and 1 man for Co-Rec play). For safety reasons, no game will be played with fewer than three players.
2. Each participant must present a current SHSU student or faculty/staff ID card in order to participate.
3. **Jewelry:** No jewelry or any other item deemed dangerous by the supervisor may be worn. Any player wearing exposed permanent jewelry (i.e. body piercing) will not be permitted to play. No exceptions.
4. Hats or caps with bills and bandanas which are tied with a knot are not permitted.

GAME FORMAT

1. Each match will consist of the best 2 out of 3 games. Rally scoring will be used. The first team scoring twenty-one (21) points (win by 2 points) will be declared the winner. If a third game is necessary, rally scoring to eleven (11) points will determine the winner (win by 2 points). Each match will have a time limit of 50 minutes. If the match is not complete when time expires the team ahead will be declared the winner.
2. **Game time is forfeit time.** A team must have the minimum number of players to start a game. The **minimum** number of players is **three (3)**. If there are an insufficient number of players the following forfeit policy will be used.

Game Time:	TRP wins the coin toss.
At 3 Minutes:	TRP begins receiving 1 point/per minute.
At 10 Minutes:	Forfeit
3. Each team shall be permitted two (2) timeouts per game. Timeouts do not carry over from one game to the next. Timeouts will only be granted during a dead ball situation.
4. 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 game. The team not serving first in the first game shall serve to start the second game. In the event of a third game of the match, a second coin toss will determine the choice of first serve or side.
5. The teams shall change sides of the court for the second game. Teams shall not change sides of the court in the middle of the third game.

POSITIONS OF PLAYERS

1. A team must rotate serving order clockwise following a side-out resulting in that team regaining the serve. The captain must designate the serving order to the supervisor prior to the start of the game.
2. **Substitutions:** Players may make a substitution when play is stopped or the ball is dead. There will be unlimited free substitutions during dead ball situations. Substitutes must substitute in and out for the same person so that the serving order is not changed.
3. **Position of Players at Service:** At the time the ball is contacted for the serve, all players (except the server) shall be within the team's playing area and may be in contact with the boundary lines but may not have any part of the body touching the area outside those lines.
4. **Screening:** The players of the serving team must not prevent the receiving players from watching the server or the trajectory of the ball. Screening is illegal and results in a side-out for the opponent.
5. Any player may play any position within the court at any time. There are no restrictions for back line players (i.e. a player may spike or block regardless of their position at the serve).

6. **Serving Out of Order:** A player shall not serve out of turn. An out-of-turn service may be called by the opponent's captain. If this is then verified by the supervisor, any points scored on this service shall be canceled and a side-out 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. The serving area will be any point behind the end line (excluding the end line) between the two sidelines.
2. A team shall continue to serve until a side-out is awarded to the opponent or the game ends.
3. **A serve that hits the net and continues into the opponents side is good.**
4. The serve alternates to the opponent when a side-out is awarded.
5. 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.
 - D. The ball touches the ground on the server's side of the net.
 - E. The ball crosses the net and lands out of bounds.
 - F. The ball touches any obstruction.
6. Each team is limited to a maximum of three (3) hits on its side of the net to get the ball successfully over the net. Lifting, carrying the ball, and underhand slapping of the ball are illegal hits and shall result in a point or side-out. 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.
7. If any part of the ball contacts the boundary lines, it is considered in.
8. Legal contact is a touch of the ball by any part of a player's body that does not allow the ball to visibly come to rest or involve prolonged contact with a player's body.
 - A. **Simultaneous Contacts:** This involves more than one contact of the ball made at the same instant. 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.
9. **Kicking the ball over the net is legal.**
10. 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. 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 action.
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 which is completely on the opponent's side of the net unless the contact is a legal block.
4. Blocking a ball which 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 spike the ball, 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 be attacked, excluding the serve, when it has partially crossed the net. **A serve may not be attacked.**
6. Contacting the ground across the center line is legal provided that such action does not interfere with play or players on the other side.
7. There is interference by a player who makes:
 - A. Contact with an opponent which interferes with the opponent's legitimate effort to play the ball.
 - B. Intentional contact with a ball which 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 or side-out 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 when the ball rebounds from one part of the player's body to one or more other legal parts in one attempt to block or save a hard-driven spike that meets all of the following criteria:
 - A. It counts as the first of three hits.
 - B. It is not an overhand play involving finger action on the ball.
 - C. There is a single attempt to play the ball.

TEAM CONDUCT

1. The supervisor 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 a staff member.
 - B. Questioning the staff's judgment or decisions.
 - C. Use of disconcerting acts or words when an opponent is about to play the ball.
 - D. Showing disgust with a staff member's decisions.
 - E. Using profane or insulting language or gestures toward a staff member 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. Yellow card will be issued as a warning.
 - B. A second yellow card will result in a point or side-out 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 player ejection and point or side-out for the opponent.
 - D. A red card issued with a yellow card or a second yellow card will result in an ejection for the offending player from the remainder of the entire match and a point or side out for the opponent.

CO-REC RULES

1. Each team shall consist of four (4) players comprised of 2 men and 2 women. A team must have a minimum of three (3) players to begin a match. This may be comprised of either 2 men and 1 woman or 2 women and 1 man.
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.
4. There are no restrictions on males or females at the net.