

Southern Illinois University Edwardsville
Intramural Sports
Sand Volleyball Rules
Fall 2009

General Information

Governing rules for the Intramural Sports Volleyball program will be those established by USA Volleyball where not specifically mentioned below:

Equipment

- No shoes may be worn during sand volleyball.
- Athletic attire only. Players may not wear jeans, jean shorts or khaki shorts.

Players

- Teams may play with a minimum of two (2) and a maximum of six (6) players on the court at one time. Two players must be present to avoid forfeit within five minutes of the scheduled start time of the game. For each minute that a team delays the start of a contest because of players arriving late, a point will be awarded to the opposing team.

Captain's Meeting

- An official will toss a coin before the match to determine the choice of side, or to serve or receive the ball. After the first game, the two teams will switch side and serve. If a third game is needed, the official will conduct another coin toss.

Scoring

- All matches will be played rally scoring to 21 and must be one by a two point margin. Championship game will be best 2 out of three 3.

Timeouts

- Each team may be granted one time-out per **game**. Each time-out is one minute.

Substitution

- You may only substitute into the center back position when your team rotates to serve. After notifying the official, the substitute may enter into the game for whoever is in the center back position (male/male, female/female). If you are playing with only two players, you may not substitute for the server.

Start of Play

- Players will be signaled with the whistle and an arm motion before the ball can be served. Each team will be given one warning per game, before a side-out is awarded.

Returning the Serve

- All returns of serve must be played with a closed hand or by a bump pass. No open hand receives of serve.

Blocking

- It is illegal to block a serve.

Legal Hits

- A legal hit is contact with the ball by a player's body above and including the knees which does not allow the ball to visibly come to rest, even momentarily. Legal hits include setting, bumping, dinking, blocking, and spiking. If, during contact, the ball visibly becomes motionless or in a state of inactivity, the hit is illegal. Holding, catching, throwing, lifting, and pushing are illegal hits because the ball becomes motionless. A ball rolling up the arm is also illegal because of the prolonged contact.

- The serve is **legal** if the ball hits the net, completely within the antennas, and lands within the boundaries of the court.

Net Play

- A player may reach over the net during:
 - 1) the follow-through of a hit made on the player's own side,
 - 2) an attempt to hit
 - 3) a fake hit
 - 4) a block or an attempt to block.
- Blocking a ball which is entirely on the opponent's side of the net is permitted when the opposing team has had an opportunity to complete its attack (the attacking team has directed the ball into the opponent's court, the attacking team has completed its 3 allowable hits, the ball is near the net and no member of the attacking team can make a play on the ball).
- A player may touch the ground across the centerline or its out-of-bounds extension as long as the player does not interfere with the play of an opponent. When the ball is driven into the net, causing the net to contact an opposing player, it is not a foul. A ball may be recovered out of the net. A ball is considered to cross the net when it has passed entirely over the net, partly over the net and contacted by an opponent, or no part of the ball has crossed the net but it has been legally blocked. Contacting the net or any part of it, including net cable or antennas, while the ball is in play, is illegal.

Positioning

- **Front line players** may contact the ball from any position inside or outside the court except while positioned completely across the centerline or its out-of-bounds extension.
- **Back-line players** may contact the ball from any position inside or outside the court, above or below the top of the net. A back-line player cannot participate in the block or an attempt to block, spike a ball in front of the spiking line, or play a ball while positioned completely across the center line or its out-of-bounds extension. It is the position of the part of the body touching the ground that is considered when determining overlapping between adjacent players. It is important to remember that it is only adjacent players that cannot be overlapping at the moment the ball is contacted for the serve. As soon as the ball has been contacted on the serve, all players are free to move to any position on the court.