

# TEXAS STATE<sup>®</sup>

## INTRAMURAL SPORTS

### SAND VOLLEYBALL RULES

#### Players

- 1) All divisions are open to play 4-on-4 volleyball. The minimum required to play is 3.
- 2) If a team has only 3 players, they must play with a vacant spot for the 4th player. This spot is included in the regular rotation so that at one point the team will have two players on the front line. This vacancy is skipped in serving so that a team does not lose service, side out, or point.
- 3) If a 4th player arrives late, they may enter the game in the empty spot when their team next serves.

#### Scoring

- 1) A match consists of winning two out of three sets to 25 scoring points using the Rally System.
- 2) A set is won when a team scores 25 points and is ahead by at least 2 points. No set shall exceed 30 points. If the teams are tied at 29-29, the first team to score the 30th point shall be declared the winner.
- 3) Playoffs and championship finals will follow this same scoring system.

#### Time-Outs

- 1) Each team may call two 30-second time-outs per set.
- 2) Time between sets shall not exceed 1 minute.

#### Substitutions

- 1) No change will be made in the position of other players when substitutions are made.
- 2) There is no limit on the number of players permitted to substitute at one time.
- 3) There is no limit on the number of times a player may enter and re-enter the game, but they may only play and re-enter in the same serving spot.
- 4) If a player is injured and there are no remaining eligible substitutes, then the opposing team may be permitted to pick a substitute from the injured player's team to take that spot in the line-up. Bleeding players or players with blood on their uniform must be replaced.

#### Serving

- 1) Teams decide who serves first and other team chooses side of court.
- 2) The team not serving first in the first game shall serve first in the second game.
- 3) Service for the third game will be determined by rock paper scissors.
- 4) Teams change sides after each game.
- 5) The serving area is the entire area behind the end line between the sidelines and as deep as the court allows.
- 6) Service may be underhand or overhand.
- 7) Players have 5 seconds to serve the ball.
- 8) Each player will only receive 1 re-serve per rotation, and the ball may be caught or dropped.
- 9) Players are required to serve in the order they are listed on the line-up.
- 10) The team winning the point after "side-out" shall rotate one position clockwise before serving. This includes the first serve for the initial receiving team (the 2 position will serve first):

4	3	N	2	1
		E		
1	2	T	3	4

## Playing the Ball

- 1) It is illegal to attack or spike a serve.
- 2) All players are eligible to complete a legal attack.
- 3) All players are eligible to complete a legal block.
- 4) A legal hit is contact with the ball by any part of a player's body where the ball does not come to rest.
- 5) The ball must be clearly hit. Throwing, lifting, or shoving the ball are illegal.
- 6) Receiving the serve with an underhand bump is strongly recommended.
- 7) A team has three contacts to return the ball over the net.
- 8) One player may not intentionally contact the ball twice in succession; however, multiple contacts by a single player on a team's first contact are legal.
- 9) Multiple contacts are more than one contact by a player during one attempt to play the ball.  
Multiple contacts are permitted only:
  - a) When the first ball over the net rebounds from one part of the player's body to another after a block.
  - b) On any first team hit, whether or not the block touches the ball.
- 10) Simultaneous contact by two or more players on the same team is considered one play, and any player is eligible to play the ball again.
- 11) If two opponents simultaneously contact the ball above the net, the ball remains in play and the team receiving the ball is entitled to 3 additional contacts. If the ball lands out of bounds, it is the fault of the team opposite the net from where the ball lands.

### Net Play

- 1) A ball contacting and crossing the net between the net antennas is permitted. A serve that contacts the net and crosses between the net antennas is also permitted.
- 2) 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.
- 3) Blocking the ball on the opponent's side is legal only whenever the opposing team has had a chance to complete its attack. A complete attack is defined as:
  - a) Attacking team has completed three allowable hits
  - b) If, in the official's judgment, the opposing team has completed its attack and directed the ball to the opponent's court.
  - c) Ball is falling near the net and, in the official's judgment, no legal member of the attacking team could make a play on the ball.
- 4) A ball may be attacked, excluding a served ball, when it has partially crossed the net.

### Net and Center-Line Violations

- 1) A violation occurs when:
  - a) A player contacts any part of the net including net cables and antennas. It is NOT a foul if a player's loose hair touches the net, or the force of a ball hit by the opponent pushes the net into the player.
  - b) A player gains an advantage by contacting the floor/wall cables or the referee platform.
  - c) A player contacts an opponent and interferes with the opponent's legitimate effort to play the ball.
- 2) A player may touch the playing surface across the centerline with one or both feet/hands provided a part of the foot/feet or hand(s) remains on or above the centerline. Contacting the playing surface across the centerline with any other part of the body is illegal.