

# 4 V 4 Sand Volleyball

## **COURT**

- 1.1 Net height: 7'11"
- 1.2 Out area: The players have the right to play the ball in the out court. Where competition is being conducted on adjacent courts, no player may penetrate into an adjoining court in an attempt to play a ball while that court is in use.
- 1.3 Lines: Any part of the ball hitting a line is good.
- 1.4 Service area: Anywhere behind the end line.
- 1.5 Center line: A foot or feet may be in contact with the centerline, but not completely over it.
- 1.6 Ceiling ball: May be played off the ceiling on your side only.

## **TEAM MANAGERS**

- 2.1 Will be responsible for sharing the participant risk, injury and insurance information with team members.

## **OFFICIALS**

- 3.1 The intramural department will provide two officials per court. These officials will have general jurisdiction and supervision of all games played on their courts. They will also be responsible for keeping teams aware of time left in a contest. Questions or protests should be directed to the IM Coordinator or Program Assistant.

## **NUMBER OF PLAYERS & FORFEITS**

- 4.1 Teams consist of 4 individuals. A team may use 3 individuals to avoid forfeit.
- 4.2 Roster max: 8 players.

## **TIME OUTS**

- 5.1 Each team is allowed one time-out per game.

## **STARTING CONTESTS**

- 6.1 Starting time: All matches are to start at the designated time. A 10-minute forfeit time is allowed from the time the event is scheduled. If a team does not appear within 5 minutes, that team will lose the first of the three games scheduled. If they appear after 5 minutes, but within 10 minutes they may start the second game. The first game is a forfeit loss. If a team appears after 10 minutes of the scheduled time they shall forfeit the match. 40-minute time limit per league match. (No time limit for playoff matches.)
- 6.2 Starting game: Flip a coin, the winner serves the first game, loser serves the second game. Teams change courts after each game. If a third game is necessary a new flip will determine who will serve. In the event that time has expired and a third game cannot be started, the match will end as a tie (1/2 win, 1/2 loss for each team).
- 6.3 Scoring: Rally scoring each game. Game 1 and 2 to 20 (win by 2 capped at 25) and game 3 to 15 (win by 2, capped at 20). Players automatically change playing areas after one team has scored 8 points.
- 6.4 Playing: A team must start play as soon as it has 3 players present after the scheduled time.
- 6.5 Forfeits: Any team having 2 forfeits in league play will be eliminated from all further play in volleyball and will forfeit all volleyball participation points.
- 6.6 Readiness to play: Officials shall signal by blowing the whistle and giving the readiness to play signal. The serving team score is announced first, whistle for readiness to serve is blown as soon as the official considers all players are in a ready position.

## **POSITION OF PLAYERS**

- 7.1 Service - All players must be in their respective positions when the ball is served.
- 7.2 During Play:
  - Front Line Players may contact the ball from any position inside or outside the court except while positioned across the center line or its out-of-bounds extension.

- Backline Players while positioned behind the spiking line may contact the ball from any position inside or outside the court above or below the top of the net.
- A Backline Player shall not:
  - Participate in the block or an attempt to block.
  - Return a ball, any part of which is higher than the top of the net while positioned in front of the spiking line or its out-of-bounds extension. A foul shall not be called on a backline player if an opponent blocks the ball before it crosses the net.
  - Play a ball while positioned across the center line of its out-of-bounds extension.

7.3 Completion of Service - All team members must return to their respective positions upon completion of each serve or loss of serve.

7.4 Completion of Game - At the completion of each game it will not be necessary to maintain the same position or return to the same.

7.5 Substitutes - Enter at the service position (back right), must play one rotation minimum, and exit front right, exception made for injured players.

### **COMPLETING GAMES**

8.1 The best 2 out of 3 games count as one win in league standings.

8.2 The first team to score 21 points and ahead by at least 2 points (capped at 25) is the winner in the first/second games.

8.3 Rally scoring for third game. 40-minute time limit per match, if the third game is not completed (score 15, ahead by 2, capped at 20) team ahead when time expires is declared the winner. Teams change courts when the first team reaches 8 points. (No time limit in playoff matches.)

8.4 Starting a match prior to the scheduled starting time adds that much additional time to the 40 minutes allotted. Managers or captains from the winning team must be sure to sign the score sheet at the end of the contest.

### **SERVICE**

9.1 Served Ball - There is no restriction as to how the ball may be served except that it must be cleanly hit, not thrown or pushed after being clearly released or thrown from the hand or hands of the server. At the instant the server hits the ball all players must be in their proper position. As soon as the ball has been hit, the players may move to any place on their side of the net. A served ball may be set by the receiving team.

9.2 Service Positions - At the instant the ball is hit for service the server may not be in contact with the endline.

9.3 Maintaining Service - A player continues to serve until a fault is committed by the serving team.

9.4 Change of Position - The team that receives the ball for service after a side-out shall rotate clockwise before serving (including the first side-out). SUBSTITUTES must play one rotation minimum, and enter/leave at the service position.

- Serving Faults
- The ball passes under the net
- The ball touches a player of the serving team or any object before entering the opponent's playing area
- The ball lands outside of the limits of the opponent's playing area
- Serve before the audio and visual signals will result in a replay

9.5 Serving out of Order

- If a team serves out of order, the team loses the service and any points gained during such out-of-order service. The players of the team at fault must immediately resume their correct positions.
- If the served ball touches the net (netball) at the moment the opposing team is whistled for a positional fault, the server's team scores a point.

### **CONTACTING THE BALL DURING PLAY**

10.1 General - maximum number of 3 contacts on a side.

- The ball may be contacted with any part of the body above and including the waist.
- The ball can contact any number of parts of the body down to the waist providing the contacts are simultaneous and that the ball is not held. If it does not touch simultaneously, it is a fault (double contact).

- The ball may be kicked as long as the foot is planted and time of contact is judged by the official to be legal.

#### 10.2 Simultaneous contact by opponents. If 2 opponents

simultaneously hit the ball above the net, the player behind the direction of the ball is considered as having touched it last. The team upon whose side of the net the ball falls in such play may participate in the next play.

#### 10.3 Simultaneous contact by teammates is allowed and is considered as two plays. Players participating in such play may participate in the next play.

#### 10.4 Blocking is the art at the net which intercepts the ball coming from the opponent's side by making contact with the ball as it comes across the net, before it crosses the net or immediately after it crosses the net. An attempt to block does not constitute a block unless the ball is contacted during an attempt. Front-line players ONLY may take part in a block. The team that effected a block shall have the right to three more contacts with the ball in order to return it to the opponent's side. [NOTE: A served ball may not be blocked.]

- Any player participating in a block shall have the right to make the next contact with the ball - such contact counting as the first of three contacts allowed by the team.
- Backline players MAY NOT participate in a block but may play the ball in any other position near or away from the block.
- The hands of the blocker(s) may reach over the net; however, the blocker(s) shall not contact the ball over the opponent's court until after the completion of the opponent's action which sends the ball toward the blocker(s) side.

### **The Block**

#### 11.1 Each ball directed toward the opponent's area can be blocked by one or a group of the opponent's front-line players.

#### 11.2 Balls passed between players of the same team that do not travel across the net may not be blocked. However, if one of these passes projects the ball above the net so that some part of the ball is over the vertical plane of the net, the ball may be blocked since it has traveled from the opponent's side.

#### 11.3 A player may take a blocking position with the hands and arms over the net before the opponent's attack, if in so doing there is no interference with the opponent's play before their attack. It is always permitted to block with the hands and arms over the net to intercept the opponent's attack.

#### 11.4 Blocking of the ball above the opponent's court shall be legal provided that such a block is:

- After a player of the attacking team has spiked the ball; or
- If in the referees' judgment, the attacking team has intentionally directed the ball across the net; or
- After the opponents have completed their allowable 3 hits; or
- After the ball is hit so that it would, in the referees' judgment, cross the net if not touched and no member of the attacking team is in position to make a legal play on the ball; or;
- After the ball is hit in such a manner that it is falling over the attacking team's area near the net and no member of the attacking team could reasonably, in the referee's judgment, make a play on the ball.
- If one of the blockers (s) puts the hands over its net and spikes the ball during the blocking action, IT IS A FAULT.

### **Dead Ball**

#### 12.1 When served ball:

- Hits a teammate.
- Touches the ceiling or obstruction.
- Hit before audio and visual signal is given by the referee, will result in a replay of the serve.

### **Carrying Ball**

#### 13.1 The ball must be hit cleanly. Scooping, lifting, pushing, or carrying the ball shall be considered as holding.

- Below waist - any player making a play for a ball below the waist and making the play with palms up must make a fist or interlace fingers. Players may use the back of their hand without making a fist. Also during digs or saves.
- Spike - a spiked shot may be hit with the open hand if the ball is not caught or carried.

**Play At The Net**

- 14.1 Ball touching net - When a ball in play, including the serve, touches the net completely between the antennas, it is considered good and play continues.
- 14.2 Net driven into player - if the ball is driven into the net with such force as to cause the net to contact a member of the opponent's team, such contact shall not be considered a fault on the part of the latter.
- 14.3 A player from Team B may not obstruct a player of Team A, nor touch the ball while Team A player is playing it.
- 14.4 The net may not be contacted by the players while the ball is in play. Any contact by the body or uniform, inadvertent or not, is penalized.

**Hands Passing Over Net**

- 15.1 During block - contacting the ball over the net above the opponent's playing area before the opponent's action to send the ball toward the opposite side is made, shall constitute a FAULT.
- 15.2 After the spike - a hand or hands passing over the net after a spike is not a fault.

**Crossing Centerline**

- 16.1 Contact with any part of a player's body with the opponent's side of the court during play constitutes a fault. Touching the opponent's playing area with a foot or feet is not a fault, providing that some part of the encroaching foot or feet remains on or above the center line at the time of such contact.

**Interpretation of Rules**

- 17.1 Disagreements with the interpretation of the rules must be brought to the attention of the referee prior to the first service following the play in which the disagreement occurred. The captain/manager of the protesting team is the only one to bring the protest to the attention of the referee. If the referee cannot make a decision it will be taken to the floor supervisor for a final decision. If this decision is not acceptable the matter will be reviewed by the Director of Intramurals, following the protest procedures outlined by the Intramural Handbook.