

4 on 4 Sand Volleyball

Rules

- A match will consist of 3 games.
- Rally scoring shall be used throughout all three games. The first two games are to 25 pts, winning by two, with a thirty-point cap or 15 minutes, whichever comes first. The third game will be played to 15pts or 10 minutes, whichever comes first. After each game, and when one team reaches 8 points in the third game, the teams will switch sides. The total time limit per match will be 40 minutes.
- All games will be called at the time limit regardless of score unless there is a tie in which case next point wins.
- Forfeit Rule: Teams have 5 minutes passed the scheduled time to have a team ready to play. For every minute that goes by, the opposing team will be awarded 2 points. During this time, the game clock will be running.
- The participants will call all games. There will be a scorekeeper who will settle all disputes. The decision of the intramural sports staff will be final and the game shall be resumed. The intramural sports staff will rule on sportsmanship and eligibility issues in accordance with the stated rules and program policies.
- Teams consist of 4 players
 1. Teams can start a match with a minimum of 3 players to avoid a forfeit
 2. Co-rec: Teams must have at least 1 male and 1 female in the game at all times.
- The team not serving first in the game shall serve first in the second game.
- If the serve touches the net, ***IT IS LIVE*** and must be played. The ball is also live when it hits the net during a volley.
- If a player serves out of turn, that is a violation.
- You cannot block a serve. You may however, use an overhand pass (set) off of the serve.
- Players are allowed to serve anywhere behind the back line. The server will have 8 seconds to serve, or the team will lose the serve. When serving, if a player makes contact with the back line before contacting the ball, it will be ruled a foot fault.
- At the first hit of the team, the ball may contact various parts of the body consecutively provided that the contacts occur during one action.
- Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent's side.
- Players may contact the ball with any part of the body except with the feet.
- When a player touches the ball on a block, he or she may make another play on the ball.
- All passes must be clearly hit, not thrown, lifted, or have a change of direction allowed by a double hit.
- A legal hit must be a "clean" hit. The ball may not be carried on the follow through. An illegal hit is 1. Slapping the ball, 2. Bumping the ball with two separated hands (hands must be together) unless the ball came from a hard driven serve or spike, 3. Carrying the ball, 4. Palming the ball, 5. Directing the ball. When the ball visibly comes to rest momentarily in the hands or arms of a player, it is considered as having been held. The ball must be hit in

such a manner that it rebounds cleanly after contact with a player. Scooping, lifting, pushing, or allowing the ball to roll on the body shall be considered a form of holding.

- The ball may not be touched more than three times before being returned to the other team's court.
- A player is not allowed to touch the ball twice in succession.
- If the net is touched by any part of a player's body or clothing, it is ruled a violation.
- A player is not allowed to attack the ball on the opposite side of the net. Contacting the ball when **reaching over the net** is a violation if the ball has not broken the vertical plane of the net. If the ball is hit above the spiker's side of the net and the follow-through causes the spiker's hand and arm to cross the net without touching an opponent or the net, it is not a fault.
- At the moment of the serve, players may not jump, raise their arms or stand together in an attempt to block the view of the opposing team (screening).
- A double fault occurs when players of the opposing teams simultaneously commit faults. The point will be replayed.
- After one warning, if a team (in the judgment of the official) unnecessarily delays the match, it will result in 1 point being added to the opposing team's score.
- If the ball strikes the line, it is considered "in".

All rules are subject to change by the Program Director for Intramural and Club Sports.