



EQUIPMENT:

- The Intramural office will provide the "game" ball for each scheduled contest. It may not be used for warm-ups.
- Athletic attire is required. (No jeans, or jean shorts, etc)
- Shirts **with** sleeves are required.
- Participants must remove all jewelry prior to competing.
- Hats, visors and sunglasses will be allowed.

PLAYERS:

- A team consists of four (4) players; however a team may start a game with a minimum of two (2) players.
 - 2 Males and 2 Females for Co-Rec; 1 Male and 1 Female to start
- Players may substitute unlimited times per game but must do so during a serve.

FORFEITS:

- There will be a 5-minute grace period. The team ready to play will be awarded 1 point each minute the opposing team is late. At the conclusion of the 5 minutes, a forfeit is declared and the team ready to play will be awarded the win of 2 games to 0. A team must be present and ready to play within 5 minutes of the scheduled game time to avoid a forfeit.
- A team may play with two players. The game will begin when two players are present (one male and one female for Co-Rec).
- In order to claim a forfeit, a team must have the correct number of players present and ready to play. If neither team is able to field a team, a double forfeit will be declared

THE GAME:

- An official match will be the best two (2) out of three (3) games.
- All three games will be played to 15 points (cap at 17)
- All games will be rally score. A point will be awarded on every ball, not just when a team has serve.

TO WIN A RALLY (IN A RALLY POINT GAME):

- Whenever a team fails to serve properly, return the ball or commits any other fault, the opposing team wins the rally with one of the following consequences.
 - The serving team scores a point and continues to serve.
 - The receiving team scores a point and gains the right to serve.
- A coin flip or odd/even will determine team's choices to either serve or to choose court side at the start of the first.
- A coin flip or odd/even will determine team's choices for third game.
- Teams will change sides after the first game. Teams will change sides at 7 points in the third game.
- The team receiving the serve first in the first game will serve first in the second game. The team choosing side in the first game will play opposite side at the start of the second game.
- Teams are allowed one (1) time-out per game of thirty (30) seconds in length.

RULES:

- Net height for men's, women's, and coed will remain the same.
- Out-of-bounds lines will be in place at the beginning of each match.
- Contacting the ball with any part of the body is legal.

- A ball may not be played if it goes onto another court that has play in progress. Playing the ball that was hit onto another court is legal if the other game is stopped (during a side-out, timeout, or any dead ball situation), but please do not interfere with another game. Replay the point if it was possible to make a play.
- In 4 on 4, all players may attack the net. No back row players need to be designated. NOTE: it is important to keep your team in the correct service order.
- A ball that hits the boundary lines is in bounds.
- A player may not touch the net at any time (unless it is incidental contact). Stepping under the net is legal as long as there is no contact or interference with an opponent.
- Reaching over the net is only permitted during the follow through of a hit made on a player's own side, and during a block or block attempt. (There are exceptions to this rule and they include when the ball is being played after the third hit)
- Recovering the ball that is hit into or out of the net is legal.
- A player may go under the net as long as they do not interfere or come in contact with any player on the opposing team.
- A player cannot hit the ball twice in succession (unless there are simultaneous contacts by teammates or opponents.)
- In all Co-Rec games, if the ball is played more than once on a side, it **must** be hit at least once by a female.
- A team cannot hit the ball more than three (3) times before sending it over the net. If the first contact is a block, then the next play on the ball is considered the first hit.
- It is legal to set the serve, no matter if the setter is perpendicular to the net or not; as long as it is not lifted. Double hits are legal because it is a hard driven ball.
- No open hand tips/dinks are allowed during sand volleyball. Alternatives include; palms, heel of hand, knurled fingers, or the back of the hand.
- It is legal to double hit a hard driven ball momentarily, but only on the first team contact or hard driven ball.
- No antennas are used; the posts act as the antennas for all purposes.

SERVE:

-
- Teams must establish a service order and maintain it throughout each game.
 - A serve can take place anywhere behind the back line.
 - The server has five (5) seconds to serve the ball after announcing the score. The server must release the ball out of his/her hands before contacting it on the serve.
 - The server cannot step on the service line to serve, or step over the service line until the ball has been contacted.
 - Let serves are legal and will be played. (A serve that hits the tip of the net on its way over)

CO-REC MODIFICATIONS:

-
- A team consists of four (4) players, two (2) men and two (2) women.
 - A team may start with a minimum of two (2) players.
 - When only playing with three (3) players, the male/female ratio will be 2:1 or 1:2. On all other occasions the male/female ratio must remain equal, 2:2 or 1:1.

GAMES ARE SELF OFFICIATED:

-
- Officials will not be provided.
 - The serving team will keep the running score by announcing the score (serving team-receiving team) prior to each serve. The winning team of each game must report the score to the Intramural Supervisor.
 - The opposing team should call all illegal hits and net and line violations. The team on the side of the net nearest a ball in or out should make all of these calls.
 - All players are asked to use the **honesty system** when playing without officials. If there is an illegal hit, net or line violation, or line call, the player committing the violation should make the call.
 - If teams cannot agree on an illegal hit, net or line violation, or line call, it will result in a replay.
 - The Intramural Supervisor will **NOT** make any game-type calls.