



## CO-ED SAND VOLLEYBALL RULES

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- 1) Players may wear shoes, socks, or go barefoot – be aware of rocks, glass, and other dangerous situations – for those going barefoot.
- 2) Net should be Approximately 7 feet for all matches.
- 3) The playing team shall consist of FOUR players who shall be placed in alternate positions on the court. TWO players are required to begin the game.
  - a) There must be two (2) females on the court in line-up of 3-4 players
  - b) There must be one (1) female on the court in line-up of 2 players.
- 4) Team must be ready to play at their scheduled starting time. Failure to do so will result in a forfeit of the match.
- 5) A ball hitting on the boundary line is in-bounds. The corners of the court will be marked with yellow disc cones.
- 6) A ball hitting any overhead obstacles, trees or buildings is out of bounds.
- 7) The first game will begin with a volley for serve. The winner of the volley will serve first in the first and third games. The loser of the volley will serve first in the second game.
- 8) When serving, the player must stand behind the end-line.
- 9) A ball striking the net is in play and may be played off the net.
- 10) A team shall not have more than three (3) hits before the ball crosses the net into the opponent's playing area.
- 11) When it takes more than one (1) hit to return the ball to your opponent, a female must hit the ball.
- 12) A hit is a contact or touch of the ball which is counted as one of the team's three (3) allowable contacts before the ball is returned to the opponent. The hit must always be a clear hit. A hit cannot be palmed, lifted, pushed, or carried.
- 13) The ball may be played once it has passed beyond the vertical plane of the net or it is partially over the net. A player may not reach over the vertical plane of the net to begin a spike.
- 14) BLOCKING: Blocking is the action close to the net which intercepts the ball coming from the opponent's team area by making contact with the ball before it crosses the net, as it crosses the net or immediately after it has crossed the net. An attempt to block does not constitute a block unless the ball is contacted during the effort. A blocked ball is considered to have crossed the net. Blocking may be legally accomplished by only the people who are the front row players at the time of the serve. Back row players may not block or participate in a block, but may play the ball in any other position near or away from the block.
- 15) Blocking the ball across the net above the opponent's team area shall be legal provided that such a block is after a player of the attacking team has spiked the ball or in the official's judgment, has intentionally directed the ball towards the opponent's area or after the opponent has completed their three (3) hits.
- 16) Blocking a served ball is illegal and will result in a point being awarded to the service team.

- 17) A player may step on the line dividing the courts but not over the line.
- 18) Touching the net at any time is a violation with the exception of a hard driven ball forcing the net into a player while they is on their side of the net.
- 19) Backline players are not permitted to spike a ball close to the net. They may spike a ball on or behind the 10 foot restraining line.
- 20) Simultaneous contact of the ball by more than one player on the same team is allowed and is considered one play. Players participating in such play may participate in the next play.
- 21) Teams shall change courts at the end of each game in a match.
- 22) When the ball is being served, players must be in their rotation order.
- 23) The ball may be hit by any part of the body above and including the waist.
- 24) Rally scoring will be used in this best-of-three match. Games will go to 21 points. The winner must be ahead by 2 points.
- 25) Games will be no longer than 50 minutes. The team leading at the time of stoppage will be declared the winner. If two games have yet to be completed, the team ahead in the second game will be declared the winner of that game. Ties are possible if the third game has not been started.
- 26) A team is permitted one 30-second time out per game.
- 27) Only the captains of the participating teams shall consult with the officials during the game.
- 28) In the case of inclement weather a decision will be made on-site by the Intramural Site Manager who will determine playability of the court.