

Florida Southern College
Sand Volleyball Rules
Spring 2012

All intramural participants are responsible for their own medical expenses. Any student unsure of their physical condition should check with their family physician or the Student Health Center before participating in intramural sports.

The officiating will be done by officials that are in absolute control of the game. Teams are responsible for keeping their spectators under control. Misconduct of spectators, players or coaches can result in assessment of a technical foul, ejection or forfeiture of the game. Spectators must also remain in the area designated by the officials. The officials shall have the power to make decisions on any matters or questions not specifically covered in the rules.

Any rule not mentioned in the following will be governed by National Federation of State High School Association rules and/or NIRSA national guidelines.

Rules

1. Team Requirements and Equipment

1.1 A team shall consist of 4 players. You must have all four players in order to start. All players must be checked in with the intramural supervisor/scorekeeper before they are allowed to participate.

1.2 Casts and/or any other item deemed to be dangerous by the official or athletic trainer may not be worn during the game. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 2 inch of slow recovery rubber or similar material will be allowed.

2. The Game

2.1 All matches will consist of the best two out of three games. All games will be rally scoring; rally scoring means a point is won on each serve, no matter whether the team who won the point served the ball or not. In the first two games a game shall be won by the team which has earned 15 points and a two point advantage. If the score is tied 15-15, then the first team to gain a two point advantage is the winner. In the third game the team which achieves 11 points first is declared the winner. If the score is 11-11, then the first team to gain a two point advantage will be declared the winner. There is a 15 point cap in the third game.

2.2 A coin toss at the beginning of the match will determine the choice of court or service. The team that serves in game one will receive serve in game two. Teams must switch sides between the first two games. A coin toss will be conducted for the choice if there is a third game.

2.3 Two time outs will be given to each team per game.

3. Playing the Ball

3.1 Maximum of three team contacts: Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent's area. The only exception to this rule is that a block is not considered to be one of the three contacts.

3.2 Contacted ball: A player who contacts the ball shall be considered as playing the ball.

3.3 Contact of the ball with the body: The ball may be hit with any part of the body on or above the waist, but cannot come to rest visibly on the body. If the ball hits below the waist, it shall become dead.

3.4 Illegal hit: An illegal hit occurs when the ball visibly comes to rest or has prolonged contact with a player. This is a judgment call by the official and cannot be questioned by anyone. Holding, catching, throwing, lifting, and pushing are illegal hits because of prolonged contact with the ball. Rolling is considered an illegal hit because there is continued and steady contact between the ball and the player's body.

3.5 Double hit: A double hit occurs when a player illegally contacts the ball twice in succession or the ball rebounds from one part of the body to another on a single attempt to play the ball. *Exception:* A hard driven spike.

3.6 Simultaneous contact by the opponents:

- a. If the ball is simultaneously contacted by two opponents, then the team on whose side the ball falls into shall have the right to play the ball three times.
- b. If the ball is held simultaneously by two opposing players, it is a double fault and the official will direct a replay.

3.7 Net play: A ball contacting and crossing the net shall remain in play provided contact is entirely within the playing area. *Exception:* A serve hitting the net and not clearing it results in a dead ball.

3.8 Net foul: A net foul occurs while the ball is in play and:

- a. A player contacts any part of the net including the cable attachments. It is not a foul when a player's hair touches the net, or the force of the ball hit by an opponent pushes the net or net cables into the player.
- b. There is interference by a player who makes contact with an opponent who is making a legitimate effort to play the ball.

3.9 Screening: A screen is an intentional act, which obstructs the receiving players view of the server or the flight of the ball from the server. Screening includes:

- a. The server being hidden behind a group of two or more teammates who are standing in an erect position and the ball is served over a member of the group.
- b. A player with hands extended clearly above the height of the head or with arms extended sideways at the moment of service if the serve passes over the player(s).

3.10 Blocking the ball: A ball which is entirely on the opponent's side of the net is permitted to be blocked when the opposing team has had an opportunity to complete its attack. (Note: The serve may NOT be blocked)

The attack is considered complete when the:

- a. Attacking team has completed their three allowable hits.
- b. Attacking team has had the opportunity to spike the ball or, in the official's judgment, directs the ball with the intent to return it to the opponent's court.
- c. Ball is falling near the net on the attacking teams side and in the official's judgment, no member of the attacking team could make a play on the ball.

4. Service

4.1 The server must wait for the official to beckon (blow the whistle and motion with his/her hand) before a serve may be attempted. If the ball is served before the official's beckon, a re-serve shall be directed. During a teams term of service, if the ball is served a second time before the official's beckon, then it is a side-out. If the serve hits the net and still falls inside the non-serving team's court, then the ball is ruled in play. If the serve hits the net and does not fall inside the non-serving team's court, then it is considered to be illegal and a point will be awarded to the non-serving team. The server shall serve from within the serving area and shall not touch the end line or the floor outside the lines marking the width of the serving area at the instant the ball is contacted for the serve. The server's body may be in the air over or beyond the serving area boundary lines, having left the floor from the serving area.

4.2 If the ball lands out on a serve and is not touched by any player on the receiving team before it hits the ground, then a side-out is called.

4.3 The server has five seconds to make a legal serve. The server may toss and catch a bad toss as long as no swinging motion has been made to attempt the serve. The server is allowed only one re-serve per term of service.

5. Live ball/Dead ball:

5.1 The ball becomes live when it is legally contacted for the service.

5.2 The ball becomes dead when:

- a. The ball touches any part of the net outside the playing court.
- b. The ball strikes the sand.
- c. The ball contacts a permanent object (excluding the net) above or outside the playing surface.
Exception: A ball striking an obstruction above the playable area shall remain in play provided the ball contacts the obstruction on the side of the net extended that is occupied by the team that last played the ball, and the ball is legally played next by the same team.
- d. A player commits a fault.
- e. A served ball contacts the net.
- f. The official blows the whistle for any reason.