



Florida Southern College Intramural Sand Volleyball Rules

General Information

- 1) All participants must have their current valid FSC ID card with them
- 2) Jewelry is not allowed.
- 3) All participants must arrive to the playing surface 15 minutes before game time.

Rosters

Adding players to rosters is allowed in all team competition. The player must bring his/her FSC ID card to the team's game to be added to the roster. The player must check in with the IM Staff and then they will be added to the roster. Players can be up to when playoffs start. Rosters are frozen after the teams last regular season game. After a player is added at the game-the following day the office will check to make sure the player is legal, if the player is found to be illegal the team will forfeit any games that the illegal player participated.

Eligibility Requirements

Intramurals are open to current FSC students, faculty, and staff with FSC ID. All current full-time students, faculty and staff regularly enrolled in any department of Florida Southern College are eligible to enjoy all Intramural activities. Participants shall remain eligible until they graduate, withdraw or fail to comply with the rules of eligibility. This privilege may also be revoked/suspended by the Intramural Advisory Council or the Assistant Director for just cause at their discretion. Participation in the Intramural program is entirely voluntary and is a privilege, not a right. All full-time students (twelve or more hours per semester constitute a full-load) are eligible to enter into any intramural activities provided they do not break any other eligibility policies listed in this Article. Any part-time student is eligible to participate in Intramural activities provided he or she meets all of the following criteria:

- Is pursuing a degree during the year in which he/she is classified as a part-time student.
- Is enrolled in a departmental day course offered by the college to earn credit for graduation.
- Has paid the college activity fee.
- Received approval from the Assistant Director of Intramural Sports

For any questions regarding a varsity athlete, club athlete or professional athlete, etc. and their eligibility within the Intramural Sports program, please refer to the Intramural Sports Participant Manual. This manual can be found on the Wellness Website or on IMLeagues.

If an Intramural employee determines that an individual is attempting to check in with false identification in order to participate in an Intramural activity, the ID will be **confiscated** and that individual will not be allowed to play. If it is determined the participant used improper identification, the team will forfeit any contest the person participated in. In addition, any individual caught trying to check in with an ID card that is not his/her own has jeopardized themselves and the owner of the ID to disciplinary action by the college. Non-FSC students are not eligible to participate in the Intramural program. Any non-student found to be participating will cause the team he participated with to forfeit any contests he participated in. Additionally, the forfeited games will result in a Sportsmanship Score of zero being averaged into the team's overall Sportsmanship Rating.

Weather Cancellation

In the event of inclement weather, decisions regarding playing conditions will not be made before one hour prior to the day's first game. Teams should not **assume** that games are cancelled. The Office will try to contact captains if games have been cancelled. We will also post information on our Facebook page "FSC Intramural Sports" or intramural website. The office will also try to send emails out to all captains before the game is supposed to start. Games will be postponed for the following weather related reasons:

- Lightning. All outside activities will be cancelled when lightning is seen or thunder is heard. We will wait a minimum of 30 minutes from the last observed lightning or thunder before resuming activities.
- Tornado/hurricane watch or warning is issued for the Lakeland area.
- When rain or hail makes an outside field unsafe.

If a contest is postponed due to weather, the Assistant Director will attempt to reschedule the game.



Captains

Each team shall designate to the Supervisor or Scorekeeper the team captain or captains. The captain's first choice of any penalty option shall be irrevocable. Decisions involving penalties shall be made before any charged time-out is granted to either team. The team captain is responsible for all information contained in the Intramural manager's packet.

Team Requirements and Equipment

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.

CoRec Requirements: 2M/2W – no other combinations are allowed.

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.

The Game

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, 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.

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.

Timeouts

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

Playing the Ball

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.

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

Contact of the ball with the body: The ball may be hit with any part of the body but cannot come to rest visibly on the body.

Illegal hit: An illegal hit occurs when the ball visibly comes to rest or has prolonged contact with a player. 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.

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.

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, a replay should occur.

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.

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.

Screening: A screen is an intentional act, which obstructs the receiving player's 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).

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 directs the ball with the intent to return it to the opponent's court.
- c. Ball is falling near the net on the attacking team's side and no member of the attacking team could make a play on the ball.

Service

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.

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.

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.

Live ball/Dead ball

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

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.
 - a. *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.