



Vanderbilt University Intramural Sports 4v4 Sand Volleyball Rules

I. GENERAL RULES

- A. Registration fee is \$60 per team.
- B. Each participant must present a valid Commodore card and be on the IMleagues.com roster in order to participate.
- C. Intramural sports with varsity or club sports counterparts are limited to either one former varsity athlete or two club sport members. Teams will forfeit all games in which they are found to be in violation of this rule.
- D. Teams should arrive 15 minutes before the scheduled start time of their game. Teams will be given a 10 minute grace period after their posted start time to have the minimum number of players required to begin. Once the grace period expires, the game will be declared a forfeit. Game clocks will be adjusted to account for late starts.
- E. Attire
 - 1. Uniforms – Teams are required to wear matching colored shirts. Teams will wear their respective color selected during registration.
 - 2. Shoes – Players can play in tennis/running shoes, sandals, or barefoot. No cleats.
 - 3. Pads and Braces – No pads or braces may be worn above the waist. Leg and knee braces made of hard, unyielding material must be covered on both sides and all edges must be lined with appropriate slow-recovery padding. Volleyball players may wear standard kneepads.
 - 4. Jewelry - No jewelry or any other item deemed dangerous by the Intramural Staff may be worn. Any player wearing exposed permanent jewelry (e.g. body piercings) will not be permitted to play unless the exposed jewelry is completely covered.
- F. Forfeit Policy
 - 1. Teams have a 10 minute grace period before games are declared a forfeit
 - 1. First offense = warning
 - 2. Second offense = ejection from the league without refund
 - 2. Captains must notify the Competitive Sports staff (Wade) via email of a forfeit **no later** than 2pm on game day to avoid penalty. Emails should be sent to wade.e.evans@vanderbilt.edu
 - 3. An attempt to reschedule the game will made by pro staff if ample notice is given and the opposing team is available

II. TEAM COMPOSITION

- A. An official team consists of four (4) players on the court.
 - 1. Co-Rec teams are required to have two (2) males and two (2) females on the court.
- B. Two (2) players are required to start the game and rosters are limited to eight (8) players.
 - 1. Co-Rec teams starting a game with three (3) players are required to have two (2) males and one (1) female **OR** one (1) male and two (2) females.
 - 2. Co-Rec teams starting a game with two (2) players must have one (1) male and one (1) female.

III. EQUIPMENT

- A. Regulation outdoor volleyballs will be provided.
- B. Players may use their own equipment as long as both captains and the Intramural Supervisor agree prior to the start of play.
- C. Players are not required to wear shoes.

IV. THE GAME AND SCORING

A. LENGTH OF CONTEST & SCORING

1. Matches will follow a best 2 out of 3 games format.
2. Rally scoring will be used for all games, with a point awarded on each service regardless of which team served. Points are scored on side-outs with serve also changing sides.
3. A game is over when one team scores 25 points. Teams must win by 2, cap at 27.
 - a. If needed, a 3rd game will be played to 15 points. Teams must win by 2, cap at 17.
4. If inclement weather occurs while games are in progress, the decision to continue or stop will be made by the Intramurals Sports Supervisor
 - i. If play is interrupted by inclement weather during the 1st set and 10 or more points have been scored, the 1st set will count as a complete set. If under 10 points, the game will be rescheduled.
 - ii. If one set has been played and play is interrupted during the 2nd set with 10 or more points, the game will be recorded as a full contest played and counts toward league standings.

B. GAME

1. Teams are allowed a maximum of three (3) hits per rally; the ball must cross over the net after the third hit.
2. One (1) timeout will be permitted per set for both teams.
3. In court positioning (service rotation), males and females must alternate positions; therefore, they must also alternate serving. On the serve, any legal technique may be used.
4. Spiking is permitted.
5. Kicking is permitted.
6. Balls landing on the boundary lines are considered in play.
7. Switching Sides
 - a. After completion of the each game, teams will switch sides and the serving team from the previous game will receive and vice versa.

C. ROTATIONS

1. Each time a team wins the serve, the team must rotate one position clockwise before serving.
2. Once a rotation order has been established for that set, it should not be altered – aside from substitutions – for the duration of that set.
3. Any positioning violations result in a loss of that point.

D. SUBSTITUTIONS

1. Teams may substitute only during dead ball situations.
2. An unlimited number of substitutions may be made throughout the match.
3. The substituted player must enter the same spot as the player leaving the rotation.
4. Substitutions must be on a male-for-male and a female-for-female basis for Co-Rec teams.

5. Players arriving late must first sign in with the Intramural Supervisor before entering play.
6. If a player becomes injured and cannot continue playing immediately, he/she must leave the court. If a team desires to have that player remain in the game, and if the player cannot continue immediately, that team must use a charged time-out.

V. RULES OF PLAY

A. PLAYING THE BALL

1. TEAM CONTACTS: Each team is entitled to a maximum of three contacts to return the ball to the opponents. A player may not contact the ball two times consecutively except during or after blocking.
2. SIMULTANEOUS CONTACTS: If two opponents simultaneously contact the ball over the net, the ball remains in play and the team receiving the ball is entitled to another three hits. If such a ball lands out of bounds, it is the fault of the team on the opposite side of the net from where the ball lands.
3. ASSISTED HIT: A player is not permitted to take support from a teammate or any object in order to reach the ball. However, a player who is about to commit a fault may be stopped or held back by a teammate.
4. CHARACTERISTICS OF CONTACT:
 - a. A player may touch the ball with any part of the body.
 - b. The ball must be contacted cleanly and not held (including lifted, pushed, caught, carried or thrown).
 - c. The ball cannot roll or come to rest on any part of a player's body
 - d. A contact of the ball with two hands, using the fingers to direct the ball is a set.
 - i. A player may set the ball in any direction towards his/her team's court, provided that the ball is contacted simultaneously by both hands and does not visibly come to rest.
 - ii. A legal set directed towards a teammate that unintentionally crosses the net is not a fault, regardless of the player's body position.

B. BALL AT THE NET

1. BALL CROSSING THE NET: A ball directed to the opponent's court must go over the net within the crossing space (between the posts and their imaginary extensions).
2. ALL TOUCHING THE NET: The ball may touch the net while crossing the net including during the service. A serve that touches the net is NOT a fault.
3. BALL IN THE NET: A ball driven into the net may be recovered within the limits of the three team contacts.

C. PLAYER AT THE NET

1. REACHING BEYOND THE NET: While blocking, a player may touch the ball beyond the net, provided they do not interfere with the opponent's play, before or during the attack-hit.
 - a. A player is permitted to pass his/her hand(s) beyond the net after an attack-hit, provided that the contact was made within his/her team's playing space.
2. PENETRATION INTO OPPONENT'S PLAYING AREA: Players may partially or completely cross the center line below the net or outside the poles, either before, during or after a legal play of the ball, provided that this does not interfere with the opponent's play.
 - a. Incidental contact with an opponent is ignored, unless such contact interferes with the opponent's opportunity to play the ball.

- b. While opposing players are not required to avoid the ball or the player, they cannot intentionally interfere with any legal attempt to play the ball on their court. If a player crosses the center line and interferes with an opponent during the continuation of a play, it is a fault.
3. CONTACT WITH THE NET OR POSTS: It is a fault for a player or a player's clothing to touch any part of the net.
 - a. Exceptions are: Incidental contact of the net by a player's hair or if a player's hat, visor or glasses fall off during play and then contacts the net when a ball is driven into the net or the wind blows the net and causes the net to touch a player.
 - b. Once a player has contacted the ball, the player may touch the posts, ropes or any other object outside the total length of the net, provided that it does not interfere with play.

D. SERVICE

1. DEFINITION: The service (or serve) is the act of putting the ball into play by the serving player in the service zone.
2. SERVICE ORDER: If the serving team wins the rally or a replay is directed, the player who served the previous rally serves again. If the serving team loses the rally, the next server on the receiving team serves the ball.
 - a. If a player is discovered serving out of order, that player continues to serve with no loss of points. The opposing team remains in their service order, but the offending team will reverse their original order of service to ensure that no player will serve three consecutive terms of service. Excessive misuse of this privilege is unsportsmanlike conduct.
3. AUTHORIZATION OF SERVICE: It is the responsibility of the server to assure that both teams are ready for service. A player on the receiving team may stop play when not ready for a service as long as no attempt to play the ball is made. In this case, the rally is canceled and replayed. Misuse of this privilege is unsportsmanlike conduct.
4. EXECUTION OF SERVICE: The server may move freely behind the end line. At the moment of the service or take-off for service, the server must not touch the ground outside the service zone. The player's foot may not go under a boundary line. After the service contact, the player may land on the court or outside the service zone. The server contacts the ball with one hand or any part of the arm after clearly tossing or releasing the ball and before the ball touches the playing surface.
5. SERVICE ATTEMPT: If the server releases the ball for service but does not attempt to complete the service motion, the referee will cancel the rally and direct a replay. A player may only receive one such replay during anyone term of service.
6. SCREENING: The server's teammates must not prevent the opponents, through screening, from seeing the server or the path of the ball. On an opponent's request, a player must move sideways, bend over or bend down.

E. ATTACK-HIT

1. DEFINITION: All actions to direct the ball towards the opponent's playing area, except in the act of serving and blocking, are considered to be attack-hits. An attack-hit is completed the moment the ball completely crosses the vertical plane of the net or is touched by a blocker. A player may contact an attack-hit at any height, provided that contact with the ball is made within the player's own playing space.
2. ATTACK-HIT FAULTS: It is a fault when a player completes an attack-hit on the opponent's service, if the ball is entirely above the height of the net

F. BLOCK

1. **DEFINITION:** Blocking is the action of player(s) close to the net to deflect the ball coming from the opponent by reaching above the height of the net.
2. **HITS BY THE BLOCKER:** The first hit after the block may be executed by any player, including the player who touched the ball at the block.
3. **BLOCK WITHIN THE OPPONENT'S SPACE:** In blocking, the player may place his/her hands and arms beyond the net provided that action does not interfere with the opponent's play. The player is not permitted to touch the ball beyond the net until the opponent has made an attack-hit.