

4v4 Sand Volleyball Rules

Revised 8/10/23

GENERAL RULES & REGULATIONS

GENERAL INFO

1. All participants must meet the eligibility requirements listed in the Intramural Sports Participant Handbook. **Each participant must be a current UVA student or UVA Rec member, and must purchase an Intramural Sports Pass for the semester in which the activity is taking place.** All expired memberships must be updated before the individual may play in any game. Each player must present a valid UVA Student ID or current UVA Rec Membership Card before each contest in order to be eligible to participate. Any games in which an ineligible player signs in will be considered a forfeit.
2. **Teams are responsible for keeping their players and spectators under control.** Misconduct of players, coaches, managers or spectators can result in penalty, ejection or forfeiture of the game. Spectators must also remain within the areas designated by Intramural Sports staff.
3. Alcoholic beverages, tobacco, and pets are prohibited from all intramural contests.
4. IM Sports Officials/Supervisors will have absolute authority during the contest and can make decisions on any matter or question not specifically covered in the rules.
5. Official USA Volleyball rules will be observed with the following Intramural Sports modifications.

EQUIPMENT

1. Game balls will be provided by Intramural Sports. Teams may use their own volleyballs upon mutual agreement.

PLAYERS/SUBSTITUTES

1. A team shall consist of 4 players.
2. A team can play with a minimum of 2 players.
3. **In Co-Rec games, no more than 2 players on the court may self-identify as the same gender (Men, Women, or Another Non-Binary) at the same time. If a team is playing with less than 4 players, we will follow a +/-1 rule.**
4. Teams may substitute an unlimited number of players during stoppages, provided that the substitute takes the position of the player leaving the game

THE GAME

1. All games shall be self-officiated
2. All matches will consist of the best 2-out-of-3 games. In the first two games, the first team to earn **25 points** will win a game. If the score is tied 24-24, then the first team to gain a two-point advantage is the winner. If a third game is necessary, the first team to score **15 points** will win, regardless of the point differential.

3. Rally scoring will be used in all games.
4. A volley-for-serve determines which team serves first. The team who did not serve the first game will serve the second game. If a third game is needed, another volley-for-serve will determine who serves.
5. There are no restrictions regarding court position. Any player may play any position within the court at any time. There are no restrictions for back line players. A player may spike or block regardless of their position at the serve. Servers must follow the serving rotation set at the beginning of a game.
6. Each team is allowed a maximum of 3 successive contacts of the ball in order to return the ball to the opponent's area. Exception - a block is not considered to be 1 of the 3 contacts.
7. A player who contacts the ball shall be considered as playing the ball.
8. The ball may be hit with any part of the body, including any part of a player's legs.
9. A ball that lands on a line or inside the court is considered to be *good*. If the ball lands outside the court and is not touched by any player on the receiving team before it hits the ground, then a point will be awarded to the receiving team.
10. An illegal hit occurs when the ball visibly comes to rest or has prolonged contact with a player. Holding, catching, throwing, lifting, rolling, and pushing are illegal hits because of prolonged contact with the ball.
11. A double hit occurs when a player illegally contacts the ball twice in succession or the ball rebounds from one body part to another on an attempt to play the ball. Exception - a double hit is *legal* following a hard driven spike.
12. Simultaneous contact by opponents occurs if the ball is simultaneously contacted by two opponents. The team on whose side the ball falls into shall have the right to play the ball three times.
13. Simultaneous contact by teammates occurs if the ball is simultaneously contacted by two teammates. It counts as 1 hit and the ball may be contacted again by either player.
14. Any ball that contacts the net (**including a serve**) and enters the opponents side of the court shall remain in play provided contact was entirely within the playing area of the net.
15. A player may cross the centerline or its out-of-bounds extension with one or both feet/hands, provided a part of the foot/feet or hand/hands remains on or above the centerline. Contacting the ground across the centerline with any other part of the body is illegal. 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 a player pushes the net or net cables into themselves or another player.
 - b. A player makes contact with an opponent who is making a legitimate effort to play the ball.
16. Screening the server is illegal and will result in a point for the receiving team. A screen is an intentional act that obstructs the receiving players' view of the server or the flight of the ball from the server.

17. 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. A serve MAY NOT be spiked. 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 team's side and in the Official's judgment, no member of the attacking team could make a play on the ball.