

Texas A&M University
Department of Recreational Sports
Intramural Sports

SAND VOLLEYBALL

Regulations published in the Texas A&M intramural sports handbook will be the governing policies for all intramural sports. Team captains are responsible for possessing a thorough understanding of these regulations and their implications. Intramural sand volleyball will be played by USA Volleyball Beach Rules with the following interpretations and exceptions:

1. PARTICIPATION

- a. Proper identification must be presented to check in. Proper identification is a government-issued photo ID.
- b. Roster: Each player's name must appear on the roster before he/she enters a game.
- c. Any player disqualified from a contest will be removed from that game and can still play in next contest.
- d. Any player ejected from a game is automatically suspended from all intramural activities pending a meeting with the appropriate intramural staff member.
- e. Intramural staff retain the authority to require an ejected player to leave the facility. Any player instructed to leave must do so immediately.
- f. **Protest Procedure:** Judgment calls may not be protested. If a team wants to protest a rule interpretation, the protest must be made immediately at the time of the questionable incident. Notify the official. The clock will stop while a protest is being filed.
- g. **Eligibility:** The eligibility of all players is the responsibility of team captains and the individual players. Refer to the intramural handbook for details.
- h. **Blood Rule:** Players who sustain an injury causing an open wound will be required to leave the game. A player may not re-enter the contest until the flow of bodily fluids is stopped and the wound covered.
- i. **Jewelry:** Participants are not permitted to wear any jewelry.
- j. **Medical Alert Bracelets** – Permitted, must be taped flush with the skin and may be visible.
- k. **Casts/splints:** Not allowed under any circumstances. Knee braces with exposed metal, hard plastic, or metal hinges must be covered with padding or foam at least ¼ inch thick.
- l. **Religious Headwear** – In the event a participant may not expose his/her uncovered head, the intramural supervisor may approve a covering or wrap which is not abrasive, hard or dangerous to any other player and which is attached in such a way that it is highly unlikely to come off during play. This stipulation applies only to religious headwear to cover the head and does not apply to any necklaces/rings/ earrings/ bracelets or any other form of jewelry.
- m. Elastic headbands and hair control devices without metal, hard plastic, or bandanas without knots are permitted. Hard items, including, but not limited to, beads, barrettes and bobby pins are prohibited. Other head decorations or headwear are not allowed.
- n. **Equipment:** If the team does not have the same or similar color, **ALL** team members **MUST** wear jerseys provided by the Department of Recreational Sports. A shirt (must have the sleeves attached) must be worn under the jerseys provided by the Department of Recreational Sports, or the player will not be allowed to play. If a team has its own jerseys with numbers, the numbers must be whole numbers, no more than 2 digits, and the jerseys must be of the **SAME/SIMILAR** color.
- o. If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of own glasses.
- p. Any slippery substance of a foreign nature on equipment, clothing, or an exposed part of the body is illegal.

- q. Players may wear a knit or stocking cap (no caps with bills) and/or soft, pliable, non-abrasive gloves. Bandanas with a knot are not permitted.
- r. **Sand Volleyball participants are allowed to play barefoot.**
- s. Pants – Participants are encouraged to wear athletic style shorts or pants.
- t. All equipment decisions made by the intramural staff or Rec Sports medic on duty shall be final.

2. THE GAME

- a. **Number of Players:** All teams will consist of four (4) players on the court. Teams must have a minimum of two (2) players on the court to start and continue a match. If a team plays with two (2) or three (3) players, no penalty will be assessed; i.e., there are no ghosts or ghost sideouts in the serving order.
- b. **Forfeits:** A team that has not filled out the scorecard and is not on the court ready to play at game time will be penalized one (1) point per minute, per game until it is ready to play. This will be enforced during every game of the match. After ten minutes, a forfeit will be declared and a match score of 2-0 will be posted.
- c. **Substitutes:** Substitution of players is made when the ball is dead, on request of a player to an official. Substitutions are unlimited, but when re-entering play, players must maintain the original serving order during each set and re-enter in the same spot in the serving rotation.
 - UPDATE (effective Summer 2019) – for all Recreational level matches, players are not required to be tied to a particular teammate for substitutions. All substitutions are free and unlimited, so long as they occur during dead balls and teams maintain proper serving order.
 - Example – a team has six (6) players. Should they choose to do so, that team would announce all six (6) players in their service order prior to each set. If a player is not on the court at the time of their scheduled service, he or she must substitute in to serve to prevent a service order error.
 - Any player not announced in a team’s service order for that set may be a substitute, but may only replace the same player for the duration of that set; those two players are “tied,” and are not allowed free substitutions.
 - For all Competitive level matches, substitutes are only permitted in a traditional format. This means a player may only substitute for one specific player each set.
 - Example – a team has five (5) players. The fifth player (Substitute A) must designate which player on the court he or she will be “tied to,” or substituting for, during that set. Substitute A may sub freely and in an unlimited manner, but may only enter and exit the match for that given player.
 - Substitutes can be re-established and re-set with the down official prior to each set.
- d. **Equipment:** Shoes will not be required; players may play barefoot. Only hats without bills may be worn.

3. CHOICE AND CHANGE OF PLAYING AREAS

- a. A coin will be tossed for the choice of playing area or service for the first and third sets of the match. The winner of the toss chooses either:
 - i. Select to serve or receive the first ball, or
 - ii. Side of court on which to start the set.
 The other team takes the remaining alternative.
- b. The team not winning the toss also receives the first choice of options in the second game.

- c. For the first two (2) games, teams switch courts when the combined team scores is a multiple of seven (7). For the third game, teams switch courts when the combined team scores is a multiple of five (5).

4. SCORING

- a. **Match:** A match is won by a team that wins two (2) sets.
- b. **Rally Scoring:** A point is scored whenever a team wins a rally. The consequences are:
 - i. The serving team scores a point and continues to serve, or
 - ii. The receiving team scores a point and gains the right to serve.
- c. **Side-Out:** A side-out is declared when the serving team commits a fault, and the ball is turned over to the receiving team. A point is scored during rally point scoring.
- d. **Set:** A set is won by the first team to score twenty-one (21) points, with a lead of two points. No set will exceed twenty-three (23) points. If the teams are tied at 22-22, the team scoring the next point is the winner.
- e. **Deciding Set:** The third set will be played to fifteen (15) points. No deciding set will exceed seventeen (17) points. If the teams are tied at 16-16, the team scoring the next point is the winner. **EXCEPTION:** All championship deciding set must be won by 2 without a cap.

5. TIMING

- a. **Time-Outs:** A request for a time-out may only be made when the ball is dead. Each team is allowed one thirty-second time-out per set. A team may terminate a time-out period before thirty (30) seconds has expired by indicating it is ready to resume the set.
- b. **Time Between Sets:** No more than two (2) minutes will be allotted between sets. No extra time will be allotted when the teams are changing sides.

6. PLAYERS' POSITIONS & ROTATIONS

- a. **Players' Positions:** At the moment the ball is contacted by the server, each team must be within its own court (except the server). Players are free to position themselves anywhere within the court. There are no positional faults.
- b. **Rotations:** There are no rotational faults. Players are free to position themselves anywhere within the court. Players need only serve in the proper order and adhere to proper substitution rules.

7. PLAYING THE BALL

- a. **Team Contacts**
 - i. **Number of Contacts with the Ball:** Up to three successive contacts with the ball are allowed each team in order to play the ball over the net and into the opponent's court. If the ball is hit three times by a team but does not cross the net, the referee will wait until a fourth contact is made or the ball hits the ground before stopping play.
 - ii. **Multiple Contact by Blockers:** A blocker who makes only one attempt to play the ball during the block may make multiple contacts with the ball during such play. This applies to a block attempted by more than one player, as well. Following a block, the same player may participate in the next play. This second play on the ball will count as the first of three hits allowed to a team.
 - iii. **Successive Contacts:** A player may not contact the ball consecutively except during or after blocking or at the team's first contact.

- iv. **Simultaneous Contact by Teammates:** When two non-blocking teammates touch the ball simultaneously, it is considered one contact and any player may make the next contact. When two blocking teammates touch the ball simultaneously, it is not counted as a contact and any player may make the next contact.
 - v. **Simultaneous Contact by Opponents:** If two opponents simultaneously and instantaneously 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”, it is the fault of the team on the opposite side of the net from where the ball lands.
- b. **Assisted Hits:** 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.
- c. **Characteristics of the Contact:**
- i. **Player Contact:** A player may touch the ball with any part of the body.
 - ii. **Multiple Contacts of First Play of the Ball:** Multiple contact of the ball will be legal on any play that meets all of the following criteria:
 - 1. It counts as the first of three hits.
 - 2. There is a single attempt to play the ball.
 - 3. A player may legally double-hit a serve reception, an attack-hit reception, a retrieval of a block (whether blocked by an opponent or a teammate), or even a “free ball”. The speed of the ball is of no consequence. Lifts, carries, held balls and balls which visibly come to rest are still illegal.
 - iii. **Holding the Ball:** If a player holds, scoops, lifts, pushes or carries the ball momentarily, a lift will be called. A ball is good when hit cleanly from underneath with one or both hands.
 - iv. **Definition of a Set:** A contact of the ball using the fingers of one hand or both hands to direct the ball toward a teammate. A player may set the ball in any direction toward his/her own team’s court.
 - v. **Dinks:** One handed placement or redirection of the ball with the fingers is a fault. When contacting the ball with one hand, other than for setting the ball toward a teammate, the ball must be cleanly hit with the heel or palm of the hand (a “roll shot”), with straight, locked fingertips (a “cobra”), knurled fingers (a “camel toe”) or with the back of the hand from the wrist to the knuckles.

8. **PLAYER AT THE NET**

- a. **Ball Crossing the Net**
 - i. A ball completely crossing the net below the net or entirely outside the antennas may be recovered within the limits of the three team contacts.
 - ii. A ball completely crossing the net above the net and within or over the antennas may not be recovered.
- b. **Reaching Beyond the Net**
 - i. **Under the Net:** A player may contact a ball that has crossed the net below the net in order to direct the ball to a teammate, so long as the ball has not been contacted by the opponents. The recovered ball must cross below the net.
 - ii. **Outside the Posts:** A player may contact a ball that has crossed the net completely outside the posts in order to direct the ball to a teammate, so long as the ball has not been contacted by the opponents. The recovered ball must cross the net completely outside the posts.

- c. **Entering Opponent's Playing Area:** Players may cross the center line below the net or outside the poles, before, during or after a legal play of the ball, provided this does not interfere with the opponent's play. Incidental contact is ignored, unless such contact interferes with the opponent's opportunity to play the ball.
- d. **Contact with the Net or Posts**
 - i. It is a fault for a player or player's clothing to touch any part of the net. This does not include a player's hair or if a player's hat or sunglasses should fall off and then hit the net.
 - ii. Once a player has contacted the ball, the player may touch the posts or ropes, provided this does not interfere with play.

9. **SERVICE**

- a. **Legal Service:** The server will put the ball in play by hitting it with one hand or any part of the arm in an attempt to send the ball over the net and into the opponent's court. The server may stand anywhere behind the service line.
- b. **Preliminary Service:** Lightly tossing the ball prior to executing the serve is legal. The server has five seconds after the referee sounds his/her whistle to release the ball and execute the serve. Once the ball is tossed in the air, the ball must be struck for service unless the server drops the ball before making contact with it. If the server does not attempt a serve, the serve is canceled and replayed. The referee will allow only one service to be replayed for each point attempted.
- c. **Serving Before the Referee Sounds the Whistle:** A serve that is attempted before the referee sounds the whistle will be canceled and a warning issued. A second offense by a team during that set will be declared a fault and a side-out awarded.
- d. **Blocking Serve:** It is illegal to block or attack a serve. Even if the ball has partially or completely passed the vertical plane of the net, a serve may not be contacted above the height of the net. Such a contact causes the ball to become dead immediately and a point awarded to the serving team.
- e. **Illegal Position of the Server:** Play will stop immediately when the server has been discovered to be out of the designated serving order. Points earned while the server was out of order will be canceled and a side-out declared. If the server is discovered out of order after a sideout is called, all points scored will count. Verification of service order may be requested by captains at any time.
- f. **Screening:** The players of the serving team may not intentionally prevent a receiving player from seeing the server or the trajectory of the ball. Screening is illegal and results in a side-out.

10. **ATTACK-HIT**

- a. **Definition:** An action directing the ball toward the opponent except a serve or block.
- b. **Attack-Hit Faults:**
 - i. A player contacts the ball within the playing space of the opponents.
 - ii. A player hits the ball out.
 - iii. A player spikes a serve.
 - iv. A player dinks the ball
- c. **Eligibility:** All players are eligible to perform an attack-hit or spike.

11. **BLOCK**

- a. **Definition:** Blocking is the action of player(s) close to the net to deflect the ball coming from the opponent while reaching above the height of the net. Player(s) participating in this play may participate in the next play, and this second hit will count as the first of the three (3) allowed to the team.
- b. **Blocking Faults:**
 - i. The blocker touches the ball in the opponent's space before their attack-hit.
 - ii. A player blocks the ball in the opponent's space from outside the antenna.
 - iii. A player blocks the opponent's serve.
 - iv. The ball is hit out off the block.
- c. **Eligible Blockers:** All players are eligible to block.

11. **IMPROPER CONDUCT**

- a. **Improper Conduct Subject to Penalty:** Any and all of the following acts committed by the team players are subject to penalty:
 - i. Continuous disagreement with officials concerning their decisions.
 - ii. Use of vulgar or profane language toward officials, opponents or spectators. Disruptive comments or noises during a game from outside the court.
 - iii. Use of actions intended to influence the decisions of officials.
 - iv. Moving or crossing the vertical plane of the net with any part of the body to distract an opponent while the ball is in play.
 - v. Yelling or other loud noises made to distract an opponent while the ball is in play.
 - vi. Leaving the court during a break in the game without permission by the referee.
 - vii. Unnecessary clapping of hands by teammates at the moment contact is made with the ball by a player, especially during the serve.
 - viii. Kicking or throwing the ball about in an abrupt manner whether during play or between games.

This list is representative, but not all-inclusive. Judging improper conduct will be the discretion of the intramural staff on duty.

- b. **Sanctions:** Violations committed by players and/or team members may result in the following sanctions:
 - i. **Warning:** A warning will be issued for minor offenses, such as causing a delay in the game or talking excessively with opponents, spectators or officials. A warning will be recorded on the score sheet. If a second warning is given, a penalty will result.
 - ii. **Penalty:** A second minor offense or rude conduct will result in a penalty. If the penalty was called on the serving team, it will automatically cause loss of the serve. If the penalty was called on the receiving team, a point will be awarded. Two penalties issued by the referee will result in expulsion of the player.

12. **COED MODIFICATIONS**

The rules involving males and females on the same team are the same as the rules which govern all team players with the following exceptions and clarifications:

- i. Serving order shall alternate male and female (except when a team plays with an odd number of players).
- ii. Coed teams must have at least one (1) male and one (1) female on the court at all times and no more than two (2) males or two (2) females on the court at any time.
- iii. Substitutions must be male-for-male and female-for-female.