

The University of Texas at Arlington
The Department of Campus Recreation

SAND VOLLEYBALL RULES

All games will be governed by the USA Volleyball/FIVB rules with the exception of the following Intramural Sports modifications.

Section 1: Players and Equipment

1. **Each team shall consist of four (4) players.** A team may begin a game with as few as three (3) players. For safety reasons, no game will be played with fewer than three players. In CoRec, each team must have no less than one (1) and no more than two (2) of each gender.
2. Each participant must present a current, valid UTA student or faculty/staff ID card and be a member of Campus Recreation in order to be eligible to participate.
3. **Shoes:** Players may play barefoot. No combat boots or hiking boots may be worn. Tennis shoes or sandals may also be worn.
4. **Jewelry:** No jewelry or any other item deemed dangerous by the official may be worn. Any player wearing exposed permanent jewelry (i.e. body piercings) will not be permitted to play. No exceptions.
5. Hats or caps with bills and bandanas, which are tied with a knot, are permitted.

Section 2: Game Format

1. Each match will be one game. The scoring style will be rally scoring. The first team scoring twenty-five (25) points (win by 2 or a 30-point cap) will be declared the winner. Each match will have a time limit of 20 minutes. If the match is not complete when time expires, the team with the most points will win the match.
2. **Game time is forfeit time.** A team must have a minimum number of players to start a game. If there are an insufficient number of players, the opposing captain has the option of taking the win or waiting for ten minutes for the minimum number of players to show. In the event that he or she decides to wait, they will be ahead 7-0 and get to serve 1st. The **minimum** number of players is **three (3)**.
3. Each team shall be permitted two (2) timeouts per match. Timeouts will only be granted during a dead ball or before the referee's whistle for the serve. Any player may request a timeout. Any team requesting a third timeout will be charged with unnecessary delay of game and be penalized either a point or a side-out to the opposing team. Note that the set clock does not stop during timeouts.
3. A coin toss at the beginning of the match will determine which team receives the choice of first serve or choice of side of court for the beginning of the match.
4. The teams shall change sides of the court each time the total number of points scored is a multiple of ten (10). For example, teams would switch sides when the score was 7-3, 5-5, or 10-0.
5. **Delay of Game:** Unnecessary delays include, but are not limited to, the following:
 - A. A team requests a third timeout in a game after it has already used its allotted timeouts.
 - B. A team delays recovering a dead ball which has gone out of bounds.
 - C. A player fails to report to the umpire immediately for a substitution.**Penalty for Unnecessary Delay:** A timeout shall be assessed. If the team has already used its allotted timeouts, a point or side-out is awarded to the opponent, and the game is resumed immediately.

Section 3: Positions of Players

1. A team does not have to rotate following a side-out. However, teams must rotate servers.
2. **Substitutions:** Players may make a substitution when play is stopped or the ball is dead. A substitute must report to the umpire and be recognized by the referee before he/she may enter the playing area. Teams have unlimited substitutions.

3. **Server:** The server shall serve from within the serving area and shall not touch the lines bounding this area or the court outside this area at the instant the ball is contacted during the serve. Part of the server's body may be in the air over or beyond these lines, as long as the contact with the line or floor comes after the contact of the ball being served.
4. **Position of Players at Service:** At the time the ball is contacted for the serve, all players (except the server) shall be within the team's playing area and may be in contact with the boundary lines but may not have any part of the body touching the court outside those lines. There is no set rotation for the non-servers. The three non-servers may be positioned anywhere on the playing court.
5. **Screening:** The players of the serving team must not prevent the receiving players from watching the server or the trajectory of the ball. Screening is illegal and results in a side-out for the opponent.
6. **Blocking:** Blocking the ball is permitted by any or all of the players, except the server.
7. **Serving Out of Turn:** A player shall not serve out of turn. An out-of-turn service may be called by the official or by the opponent's captain. If this is then verified by the official, any points scored on this service shall be canceled and a side-out awarded to the opponent. If the opponent serves before an out-of-turn service is called and verified, then there shall be no loss of points. In either case, players of the team in error shall regain their proper positions before the next serve by either team.

Section 4: Playing the Ball

1. **Service:** The service is the act of putting the ball into play by the player in the right back position who hits the ball with one hand (open or closed) or any part of one arm in an effort to direct the ball into the opponent's area. The serving area will be any point behind the end line (excluding the end line) between the two sidelines.
 - A. The server shall have 5 seconds after the official's ready-whistle in which to release or toss the ball for service.
 - B. If after releasing or tossing the ball for service, the server catches the ball or allows the ball to fall to the floor without being hit or contacted, the service effort shall be canceled and a re-serve directed. However, the official will not allow the game to be delayed in this manner more than once during a service attempt.
 - C. If the ball is served before the official's whistle and signal, the serve shall be canceled and a re-serve directed. The official will not allow a player to delay the game in this manner more than once during a service attempt.
 - D. **A served ball that first touches the net and passes over into the opponents playing area shall be considered legal.**
2. A team shall continue to serve until a side-out is awarded to the opponent or the game ends.
3. The serve alternates to the opponent when a side-out is awarded to the opponent.
4. A served ball is a service fault and becomes a dead ball when:
 - A. The ball does not legally cross the net.
 - B. The ball passes under the net.
 - C. The ball touches one of the server's teammates.
 - D. The ball touches the court on the server's side of the net.
 - E. The ball does not cross the net entirely between the net antennas or lands out of bounds.
 - F. The ball touches any obstruction.
5. **It is illegal to block a serve or spike a serve.**
6. Each team is limited to a maximum of three (3) hits on its side of the net to get the ball successfully over the net. Lifting, carrying the ball, and underhand slapping of the ball are illegal hits and shall result in a point or side-out. When the team's first contact is simultaneous contact by opponents or an action to block, the next contact is considered the team's first hit.
6. If any part of the ball contacts the boundary lines, it is considered in.

7. Legal contact is a touch of the ball by a player's body that does not allow the ball to visibly come to rest or involve prolonged contact with a player's body.
9. **Simultaneous Contacts:** This involves more than one contact of the ball made at the same instant.
 - A. When one player contacts the ball with two or more parts of the body at the same instant, it is permitted and considered one hit (except for a block which does not count as a hit).
 - B. When teammates contact the ball at the same instant, it is permitted and considered one hit (except a block which does not count as a hit). Any player may make the next hit.
 - C. When opposing players contact the ball at the same instant, the player on the opposite side of the net from which the ball falls shall be considered the player to have touched the ball last. The other player may participate in the next play and the simultaneous contact shall not count as a hit.
10. The ball will be out-of-bounds if it touches any part of the walls. A ball striking the ceiling or an overhead obstruction above a playable area shall remain in play, provided that the ball contacts the ceiling or obstruction on the side of the net that is occupied by the team that last played the ball, and the ball is legally played next by the same team.

Section 5: Play at the Net

1. A player shall not contact any part of the net or its supports while the ball is in play. If a player inadvertently touches the official's platform or net supports (other than rope cable) it is not a foul. When the ball is driven into the net so that it causes the net or its supports to contact an opposing player or players, it is not a foul if the opposing player(s) did not contact the net by their own impetus.
 2. A ball may be played from the net provided that a team still has at least one of its three hits remaining.
 5. When returning the ball to the opponent's side of the net, a player may follow through over the net, providing he/she first contacts the ball on his/her own side of the net. A player shall not contact a ball which is completely on the opponent's side of the net unless the contact is a legal block.
 6. Blocking a ball which is completely on the opponent's side of the net is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when:
 - A. The attacking team has completed its three allowable hits.
 - B. The attacking team has had the opportunity to spike the ball, or in the official's judgment, directs the ball with intent to return it to the opponent's court.
 - C. The ball is falling near the net and, in the official's judgment, no member of the attacking team could make a play on the ball.
 5. There is interference by a player who makes:
 - A. Contact with an opponent which interferes with the opponent's legitimate effort to play the ball.
 - B. Intentional contact with a ball which the opponent has caused to pass partially under the net and the opponent is attempting to play it again.
- Penalty for Illegal Net Play:** A point or side-out awarded to the opponent.
6. **Successive Contacts:** Successive contacts of the ball are two or more separate attempts to play the ball by one player with no interrupting contact by a different player between the two plays. A player shall not make successive contacts of the ball unless there is:
 - A. Simultaneous contact by teammates.
 - B. Simultaneous contact by opposing players.
 - C. Successive contacts by a player whose first contact is a block (then the second contact shall count as the first hit by the player's team).
 7. **Multiple Contacts:** Multiple contacts of the ball are more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted only:
 - A. When the ball rebounds from one part of the player's body to one or more other legal parts in one attempt to block;
 - B. On any first team hit, whether or not the ball is touched by the block, provided there is no finger action.

Section 6: Team Conduct

1. The official(s) shall have the authority to warn, penalize, or disqualify any player(s), substitute, or coach for violations of sportsmanship including, but not limited to, the following:
 - A. Disrespectfully addressing an official or staff member.
 - B. Questioning the official's judgment or decisions.
 - C. Use of disconcerting acts or words when an opponent is about to play the ball.
 - D. Showing disgust with official's decisions.
 - E. Using profane or insulting language or gestures toward an official or other player.
 - F. Baiting players of the opposing team.
 - G. Disrupting the game so that it may not be continued in an orderly fashion.
2. Coaches, players, and spectators conducting themselves in an unsportsmanlike manner shall be assessed penalties in the following manner:
 - A. A yellow card will be issued as a warning.
 - B. A second yellow card will result in a point or side-out awarded to the opponent. This is equivalent to a red card.
 - C. A red card issued alone for a single offense will result in a point or side-out for the opponent.
 - D. A red card issued with a yellow card or a second red card will result in an ejection for the offending player from the remainder of the entire match.

Co-Rec Rules

Each team will consist of 2 males and 2 females. At no point can you have more than 2 or less than one of either sex on the court at one time. No current varsity volleyball players are eligible. A team may not have more than two (2) members of the Volleyball Club on their roster. **If a ball is hit more than once on your side of the net, at least one hit must be made by a female.** The players must alternate themselves in a male/female fashion on the court. Spiking the ball is allowed. Teams may serve the ball either overhand or underhand.