

# USU Intramural 4v4 Sand Volleyball Rules

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## Participation Warning

There are inherent risks of mental and physical injury while participating in the Intramural Sports Program. Our goal is to reduce or eliminate as many risks as reasonably possible to provide a safe and fun program. This does not mean that injuries will not happen. We ask for your full cooperation in following instructions regarding proper conduct, proper use of equipment and facilities, and adherence to the rules of each sport as established by the Intramural Sports Program. Participants are responsible for the cost of any injury; therefore, you are encouraged and recommended to have adequate health insurance.

## Rules of Play

The following rules will govern play for Intramural Sand Volleyball. Rules not covered below are governed by the National Federation Rule Book and the Intramural Sports Program Manual.

## Equipment

1. A game ball will be provided; however, teams are to furnish their own practice balls and will
2. **No jewelry.** This includes watches, Fitbits, iFit bands, earrings, necklaces, bracelets, nose rings, etc. For special circumstances please talk with a Competitive Sports Supervisor before gameplay begins.
3. All players must wear athletic clothing. Jeans are NOT allowed. If any clothing/ equipment is considered dangerous, a Competitive Sports staff member has the right to declare it illegal.

## Team Rules & Policies

1. A team consists of four players; however, a team can begin and end a match with three players. Co-Rec teams must start and finish with at least 1 woman and at least 1 man.
2. Two timeouts per team, per game. No carry over.
3. Co-Rec matches consist of two men and two women. There can never be more than two men or two women on the court at one time.
4. All Co-Rec matches must have alternated serving (boy, girl, etc.)
5. Unlimited substitution is allowed; however, a player can only substitute into the serving position before the serve happens. *Exception:* If a player is injured.
  - a. Substitution can only be made for the player that is about to serve for the first time in the rotation.
  - b. In co-rec games men can substitute for men and women for women.
6. Ghost Rule: If a team is playing with 3 players, the 4<sup>th</sup> position will be filled with a ghost. When the "4<sup>th</sup> player" (the Ghost) goes back to serve, it will result in a point for the opposing team and possession will remain with the team that is down a player.

## Playing the Game

1. A match consists of two out of three games, rally scoring will be used.
  - a. All three games will be played to 21.
2. *A game is completed when:*

- a. A team which has scored 21 points and is at least 2 points ahead is declared the winner. If the leading team does not have a two-point advantage play shall continue until one team has a two-point advantage. Game caps at 23.
- b. A coin toss or rock-paper-scissors shall be conducted between the designated managers of each team. The winner shall choose either to serve/receive or playing area. The loser be given the remaining choice.
3. *Ball put in play:* At the start of each game the ball shall be put in play by the player in the right back position from within the serving area of his/her own court. At the start of the game, the server must wait for the staff to announce they are ready.
4. *Serving order:* The serving order must be followed by both teams.
5. *Rotation:* Rotation does not occur until the first server from both teams has completed his/her first term of service. Thereafter, the team receiving the ball for service shall immediately rotate clockwise. If the server is moving into the setter position, the server must start in their legal position, **before** the ball is put into motion.  
***There are no backrow players in 4v4 Sand Volleyball; all players are able to attack the ball at any point in their rotation.***
6. *Legal Serve:* The server;
  - a. May hit the ball directly off the holding hand.
  - b. May hit the ball after tossing it from the holding hand.
  - c. Must serve within 5 seconds of everybody being ready.
  - d. Must serve within the serving area behind the back-line.
7. *Serving out of turn:*
  - a. If a player serves out of turn, a side out shall be called as soon as the mistake is discovered and any points made on the service before the error was discovered shall be canceled. The serving order shall be corrected immediately.
  - b. If the mistake in serving order occurs but is not discovered until after the opponents have served, there shall be no loss of points. On the first dead ball the serving order shall be corrected immediately.
8. *Playing the ball:*
  - a. A player may not hit the ball twice in succession, except for when blocking.
  - b. A team that has contacted the ball in an attempt to block shall have the right to three more contacts with the ball in order to return it to the opponent's side if the ball falls in their area.
  - c. Carries, lifts, side sets, or holds of the ball is illegal play. The ball may not visibly come to rest on the player's hands, fingers, or any other part of the body.
9. A team shall not have more than 3 hits before the ball crosses the net into the opponent's playing area. When the team's first contact is simultaneous contact by opponents, or an action block, the next contact is considered the team's first hit.
10. *Simultaneous contact:* If two or more players of the same team contact the ball simultaneously, it is considered one play, and players involved may participate in the next play.
11. *Screening:* A screen is an act, intentional or unintentional, which obstructs the receiving player's view of the server or the flight of the ball from the server. This includes, but not limited to the following:
  - a. The server is hidden behind a group of two or more teammates who are standing in an erect position and the ball is served over a member(s) of the group.

- b. Player(s) with hand(s) extended clearly above the height of their head(s) or with arms extended sideways at the moment of serve if the served ball passes over their player(s).
12. *The ball is dead:* After an official's decision which temporarily suspends play due to an infringement of a rule.
- a. When the ball strikes the floor within the boundary lines of the playing court.
  - b. When the ball strikes the floor or an object outside the playing court, including the east and west basketball baskets.
13. *Ball Crossing the Net:*
- a. A ball striking the net and going over is still in play.
  - b. The ball may be played when any part of it has crossed the top of the net. It is not essential for the entire ball to be on a player's side of the net before it is played.
  - c. A defensive player may not break the plane of the net until the opposing team has made 3 plays on the ball. Defensive players may not reach over and block the ball when an offensive player is setting the ball, or when the opposing team is making a play on the ball and have only used 2 touches.
  - d. After a team has made 3 plays on the ball, the defending team may reach over the net.
14. *If a ball lands on a boundary line, it is good.*
15. *Net Play:*
- a. A ball hitting the net may be played out of the net provided the player avoids touching the net.
  - b. If two or more players from opposing teams contact the ball simultaneously above the net, any of the players involved are eligible to participate in the next play, which shall be considered the first of three contacts allowed to be made.
  - c. If one or more players is attempting to block and is contacted by the ball, this player is eligible to participate in the next play, which shall be considered the first contact for the team.
  - d. A player may step on the center line as long as part of the foot remains in contact with the line.
  - e. Blocking a serve is illegal.
  - f. A player may reach over the net to block, but not interfere with the opposing players.

### **Point and Side-Out**

1. *Point:* If any player of the receiving team commits any of the following acts, one point shall be scored for the serving team.
2. *Side-Out:* If any player of the serving team commits any of the following acts, it shall be a side out.
  - a. Serves the ball illegally.
    - i. Causes ball to contact the net.
    - ii. Fails to cause some part of the ball to pass over either one of the markers on the net or within the two markers.
    - iii. Causes ball to strike an object or land outside the playing lines.
    - iv. Causes ball to strike an object directly over the court unless local ground rules alter this.
    - v. Fails to be within own serving area.
    - vi. Commits a foot fault.

- b. Plays the ball illegally.
- i. Fails to return the ball within opponent's court.
  - ii. Fails to cause some part of the ball to pass over either one of the markers on the net or within the two markers.
  - iii. Hits the ball illegally.
  - iv. Plays the ball more than once in succession.
  - v. When the fourth player on his/her team contacts the ball.
  - vi. Catches or touches the ball, either on or off the court and calls it out.
  - vii. Plays the ball while supported by any other player or object.

### **Injured Player(s) Policy**

If someone on your team becomes injured, please contact the Intramural Program staff at [intramurals@usu.edu](mailto:intramurals@usu.edu) or 435-797-8388 24 hours before your next scheduled game to inquire about replacing the injured player on your team. A Doctor or Athletic Trainers note may be required. Intramural Sports Program staff has the authority to determine if an injured player will be allowed a substitute. There are limitations when it comes to who can substitute during tournament play. If someone becomes injured during the tournament, an eligible participant may play in their place. Once the injured individual becomes approved to play again, that substitute is then removed from the team roster.

### **Sportsmanship Rating System**

The sportsmanship rating system is intended to be an objective scale by which teams' attitudes and behaviors can be assessed. Behavior before, during, and after a contest is included in each rating. Each team captain is responsible for educating **ALL players and spectators** affiliated with his/her team about the system. **Teams must maintain a 3.0 average in order to qualify for tournament play.** The Intramural Staff will determine the score for the teams after each intramural contest. The Intramural Staff reserves the right to review and/or change any sportsmanship rating given. Captains inquiring about their team's sportsmanship rating can do so in a few ways:

- Contacting the Assistant Director of Competitive Sports or Graduate Assistant of Competitive Sports by emailing [intramurals@usu.edu](mailto:intramurals@usu.edu) the next day
- Asking the Supervisor at halftime of the game that is currently being played
- Checking online in the "Rankings" area of FusionIM

Sport Code	Description
4.0	Team members cooperate with and demonstrate good sportsmanship toward members of opposing teams, spectators, and ALL campus recreation staff. Team manager exhibits control over his/her team and spectators, converses reasonably and rationally with officials about rule interpretations, and cooperates by providing any information requested by any intramural staff member.
3.0	Team members verbally complain about some of the decisions made by the officials and/or show minor dissensions, which may or may not merit an unsportsmanlike conduct penalty. Teams receiving one unsportsmanlike conduct penalty will receive no higher than this rating. A team defaults the contest, meaning they contact the Intramural Sports office before noon on the day they are scheduled to play to let them know they will not attend.
2.0	Team shows verbal dissent toward officials and/or the opposing team throughout the game, which may or may not result in an unsportsmanlike conduct penalty. There may be one player who consistently question calls in a rude behavior or speak negatively towards the opposing team throughout the game. A penalty may not be enforced as no one instance may warrant that, but the overall behavior may award the team this rating in sportsmanship. Team captain exhibits minor control over team/spectators, but is in control of himself/herself. Teams receiving more than one unsportsmanlike conduct penalties will receive no higher than this rating. Team is unable to produce a team at game time resulting in a forfeit.
1.0	Team continually dissents the officials and/or opposing team from the court/sidelines. There may not be an unsportsmanlike penalty enforced as no one scenario may mandate that, but if multiple

	players exhibit rude or negative behavior toward the staff or the opposing team, they will be awarded this rating. Team manager exhibits little or no control over team/spectators or himself/herself. Teams that have a player ejected will receive no higher than this rating. The team captain will be required to meet with a Competitive Sports Administrator
0	Team is completely uncooperative; manager has no control over team/spectators/self. Teams play with ineligible participants or withhold any information requested. Damage or destruction of any Campus Recreation facility/equipment. At least one player ejection or causing a contest to be forfeited by any reason than not having enough players will receive this rating. Any threatening behavior (verbal/nonverbal) towards any player, spectator, or campus recreation employee. The team captain will be required to meet with a Competitive Sports Administrator

**Teams that receive a sportsmanship rating lower than a 3.0 during any Tournament contest will automatically be disqualified from the tournament.**

**For full details and our entire Intramural Sports Program Manual, please visit [https://www.usu.edu/campusrec/intramural\\_sports/homepage\\_intramural](https://www.usu.edu/campusrec/intramural_sports/homepage_intramural)**

**Everything is at the discretion of the Coordinator of Competitive Sports and/or the Graduate Assistant of Competitive Sports. If you have any questions, contact them at [intramurals@usu.edu](mailto:intramurals@usu.edu) or 435-797-8388**