



INTRAMURAL 4X4 SAND VOLLEYBALL RULES

All rules not covered in this supplement shall be governed by the USVBA Official rules.

1-PLAYERS

GAME TIME IS FORFEIT TIME. Each team shall consist of four team members. Co-rec teams shall consist of two women and two men. A minimum of three players must be present to start at game time. Co-rec teams must have at least one woman or man on the court to begin play. **NOTE: SAND VOLLEYBALL IS SELF-OFFICIATED!**

1.1-Scoring

A team must win two out of three games, each to fifteen points, to win a match. A game is won when a team scores fifteen points and has a two-point advantage. You must have service to score. If a 3rd game is necessary, it will consist of rally scoring to fifteen points. All games are capped at 17.

1.2- Timeouts

Each team is allowed two thirty-second time-outs per game.

1.3- Game Start

The captains will rock, paper, scissors for the choice court side or the service. The winner chooses either side or service. The loser receives the remaining option.

1.4 - Changing Sides

During the captains meeting, they will decide if after a total of 5 points has been scored by adding both scores, their teams want to change sides. This means teams will change sides after every 5 points. If both teams agree to change sides after every 5 points, they must do so for the remainder of the match.

1.5- Jewelry

No jewelry is allowed!!

2-THE SERVICE

At the instant the ball is hit for service, the server shall not have any portion of the body in contact with the end line, the court or the sand outside the lines marking the service area.

2.1– Serving Faults

A service is considered a fault when: the ball touches the net; the ball passes under the net; the ball touches a player of the serving team; or the ball lands outside the opponent's player area.

2.2– Change of Service

The team which receives the ball for service shall rotate one position clockwise before serving.

3-THE NET

- No part of the body, arm, or hand may pass over the top of the net during play except on the block
- There is no center line under the net. A player's body may partially or completely pass under the net into the opponent's court. An *interference* occurs only if the opponent is hindered in playing the ball.
- An *interference* results in a side-out or point in favor of the hindered team.
- No contact with the net or cables which attach the net to the standards is allowed.
- Incidental contact with the standards is allowed but a player may not attempt to support themselves or catch their balance on the standards.
- The ball must pass over the net entirely between the standards or their invisible indefinite extensions.

4- ILLEGAL HANDLING OF THE BALL

- The ball must clearly rebound off the player's body.
- *Double-Hits* are only allowed when playing a hard driven ball. Double-Hits are illegal while setting the ball.
- A *Held Ball* (any time the ball comes to a visible rest) is illegal. This may occur while digging the ball, lifting the ball to change direction, or setting.