

**East Carolina University  
Intramural Sports  
Sand Volleyball Rules**

**Current official High School Volleyball Rules shall apply with modifications or exceptions as listed below:  
Championship day games go to 21 for first 2 matches and 15 for 3<sup>rd</sup> match**

**I. Equipment**

- A. Players may wear athletic type shoes, socks, or bare feet.
- B. Hats such as baseball hats and visors may be worn during Intramural sand volleyball competition.
- C. All jewelry must be removed during play.
- D. CRW shall provide game balls. Balls for warm-up must be provided by the participants.

**II. Starting the Game**

- A. Prior to the match the captains from both teams will participate in a coin toss. The captain who wins the coin toss will have choice of:
  - a. Service in either the first or second game, **OR**
  - b. Side of court in either the first or second game.
    - 1. Teams will change playing areas at the end of the first game.
    - 2. Prior to the third game another coin toss will take place. However, teams will not change sides.
- B. Teams consist of four participants with any combination of males and females. A minimum of three participants must be present to avoid a forfeit.
- C. The height of the net will be 7'11 5/8" (2.43 m) for co-rec.

**III. Match Length**

- A. A match will consist of the best two out of three games.
- B. Rally scoring will be used for all games. The first two games will be played until a team scores 15 points. There is NO TWO-POINT rule. If a third game is needed it will be played until a team scores 7 points.
- C. Time-outs
  - 1. Each team may use one (1) time-out per game.
  - 2. A captain may request a time-out from an official only when the ball is dead.

**IV. Scoring/Roster Information**

- A. The names of all participating players, in order of service must be listed on the score sheet prior to each game.
- B. All players, to be considered eligible, must be on the roster card.
- C. The winning captains must sign the score sheet to verify the score.
- D. All players will check in with the down official.

**V. Substitutions**

- A. Either of two (2) methods for substitution will be considered legal; however, you may not use a combination of the two (2).
  - 1. The incoming player must take the position and place in the serving order of the player for whom he/she is substituting.
  - 2. A "standard rotation" order may be established at the beginning of each game to allow for "free substitution" following each rotation. However, the same rotation order must be maintained throughout the game.
- B. If a player re-enters the game, he/she must be in his/her original position in relation to his/her teammates and the serving order.
- C. If the substitute is not immediately ready to play when the request for substitution is made, then the team shall be charged a time-out. If the team does not have a timeout, the opposing team will be awarded a point, and play shall resume immediately.
- D. Players who arrive late must check-in with down official and wait for a substitution opportunity before entering the game.
- E. The libero position will NOT be used.
- F. If a player receives a yellow card, he/she must substitute out of the game and re-enter at the next available substitution opportunity (i.e.: sit out at least 1 point).

VI. **General Rules/Regulations**

- A. The ball may be contacted a maximum of three (3) times by a team before it is sent over the net.
- B. A ball striking the net and going over the net is still in play, including a serve.
- C. A ball may only be played once it has crossed the top of the net.
- D. Any ball touching any part of a boundary line is considered "good" or "in".
- E. **The ball may be hit by any body part including the feet. However, the ball may not be kicked.**
- F. A player shall not contact any part of the net or its supports while the ball is in play. When the ball is driven into the net so that it causes the net to contact an opposing player, this is not a foul if they did not actually contact the net by themselves.
- G. In returning the ball a player may follow through over the net, providing he/she first contacts the ball on his/her side of the net and does not touch the net. In the act of blocking, players may reach across the net but may not contact the ball until the opponent has completed their offensive attack on the ball.
- H. The ball must be clearly hit. There shall be no obvious lifting, holding or pushing of the ball. When, in the opinion of the official, the ball visibly comes to a rest at contact, the official shall stop play, and issue points accordingly.
- I. A player shall not contact the ball more than one time, consecutively. However, if the first contact is a block attempt that player may contact the ball a second time.
- J. A player may have a double contact if it is their team's first contact after an opponent's hard driven attack, and if it is done so in one single attempt to contact the ball.
- K. Servers may serve from anywhere along the end line.

VII. **Major Fouls**

- A. Service:
  - 1. Foot fault (on or over the line).
  - 2. Server outside of service area.
- B. During Play:
  - 1. Failing to legally return ball within the opponents' court.
  - 2. Contacting the ball illegally.
  - 3. An individual contacts the ball more than once, in succession, except if one of those contacts is a block attempt.
  - 4. By committing a body foul into the net.
  - 5. Contacting the ball more than three times by one team (a block attempt does not constitute a contact).
  - 6. Contacting or catching the ball even if it is going out of bounds (instead, let the ball bounce and wait for the whistle).
  - 7. Commits any violation of sportsmanship.

VIII. **Unsportsmanlike Conduct**

- A. An official may issue a Yellow or Red card for discipline reasons
- B. Any individual who by his/her misconduct (profanity, gestures, physical, or verbal abuse toward officials, etc.) causes themselves to be removed from a contest is automatically ineligible to participate for the remainder of that contest and all intramural activities until the disqualified player has met with the sport manager.