

# **UT INTRAMURAL SPORTS PROGRAM SAND VOLLEYBALL RULES – FALL 2009**

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*Participation in UT RecSports Programs is voluntary and individuals use facilities at their own risk. Participation in any physical activity involves inherent risk and even when safety precautions are utilized, injuries and accidents can occur. The RecSports Department would like to encourage each individual to consult their physician and obtain adequate personal health/accident insurance prior to participation in our programs. UT does not provide personal health or medical insurance coverage for participants.*

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\*\*\*The following is an abridged version of the 2008-09 USA Volleyball Beach Rules\*\*\*

## **GENERAL INFORMATION**

1. Participation is limited to currently enrolled, fee-paying UT students and faculty/staff members with RecSports Memberships.
2. Participants must present their VolCard or current RecSports Membership Card in order to participate. If the membership card does not have a picture, the participant will be required to show a government issued picture identification along with the membership card.
3. Team representatives including players, coaches, spectators, and other persons affiliated with the team are subject to these sport rules and all intramural policies.

## **TEAM COMPOSITION**

1. Four (4) players are on the court at a time.
2. Two (2) players are required to start the game.
3. Participants can compete for only one single sex team, regardless of league classification.
4. Each team shall designate a team captain(s). If more than one player is designated, a speaking captain must be selected to make all decisions.

## **EQUIPMENT**

1. **VOLLEYBALLS:** Teams may furnish their own game ball or use the sand volleyball provided by the Intramural Sports Program. If a team wants to use their own game ball, it must be approved by the opposing team. If they are unable to agree, the sand

volleyball provided by the Intramural Sports Program will be the official game ball. Sand volleyballs are available for check-out at the Welcome Desk in the TRECS.

2. **CLOTHING:** Matching teams jerseys are not required. A player's clothing must be presentable and appropriate for competition.
3. **SHOES:** Players may play barefoot, in socks, in booties, or in shoes. Spikes, screw in cleats, and cleats with metal or ceramic exposed are prohibited.
4. **PADS/BRACES:** No pads or braces may be worn above the waist. Leg and knee braces made of hard, unyielding material must be covered on both sides and all edges with appropriate slow-recovery padding.
5. **HEADWEAR:** Players may wear baseball style caps or other headwear. Knit and stocking caps are permitted. Players may wear a headband no wider than two inches and made of non-abrasive cloth, elastic, fiber, soft leather, or rubber. Bandanas with knots are prohibited. Rubber or cloth elastic bands may be used to control hair.
6. **JEWELRY:** No jewelry, including livestrong bracelets, may be worn. Jewelry must be removed before the participant will be allowed to participate. Medical alert bracelets are permitted but they must be taped down. **TAPING OF ALL OTHER JEWELRY IS NOT PERMITTED.**
7. **SUNGLASSES:** Players may not wear sunglasses that are metal or rigid.

### **THE GAME & SCORING**

1. **LENGH OF CONTEST:** A match will consist of a best two (2) out of three (3) game series unless the time limit has expired.
2. **GAME:** A game is over when one team scores 21 points (third game, if necessary, is played to 15 points), win by two (2).
3. **SCORING CAP:** The first two games will not exceed 25 points and the third game will not exceed 21 points.
4. **TIME LIMIT:** Each match will have a 45 minute time limit.
5. **RALLY SCORING:** A point will be scored on every service.
6. **COIN TOSS:** A toss of a coin or odds/evens will determine which team shall have the choice for the first game and third game, if necessary. In the postseason, the higher seeded team will have the choice for the first game and third game, if necessary. The winning team shall have the following options:

- A. To select to serve or receive service of the first ball
- B. To select the side of the court on which to play

The loser of the toss will take the remaining alternative and will get first choice for the second game.

- 7. INTERMISSION: One minute will be allotted between games.
- 8. TIME-OUTS: Each team is allowed one (1) thirty-second time-out per game. A request for a time-out may only be made when the ball is dead.
- 9. GRACE PERIOD: Teams will be granted a five minute grace period from the original game start time if at least one (1) participant is signed in at game time. If the team gets enough to play before the five minutes are up, the game will begin and the other team will be awarded ten (10) points. The time limit will now be 40 minutes. The other team will also receive choice for the first game and third game. If no players are signed in at game time, there is no grace period and the game will be declared a forfeit.
- 10. OPTIONAL GRACE PERIOD: After the original five minute grace period has expired, the opposing captain has the option of taking the win or waiting another five minutes. In the event the captain decides to wait, the decision is irreversible. If the team gets enough to play before this optional grace period expires, the game will begin and the other team will be awarded the first set (21-0). The time limit will now be 35 minutes. The late team will receive first possession for the second set and the other team will receive choice for the third game, if necessary.
- 11. DEFAULTS: A default is an un-played game that is recorded as a loss but is not considered a forfeit. In order to receive a default, teams must have one less than the minimum number of participants required to play for that sport at game time or they must notify the Intramural Office of their inability to field the required number of participants for the game no later than 2:00PM on the day of the contest (once the default has been requested, it cannot be overturned). No forfeit fee is assessed for defaults; however, two defaults will result in the team being dropped from the league.
- 12. FORFEITS: If a team fails to appear for a scheduled game or match on time (or following the grace period) or does not have one less than the minimum number of participants required to start the game at game time (or following the grace period), a forfeit will be declared. If a team forfeits a contest, the captain's student account will be charged a \$20 forfeit fee, the team will be ineligible for postseason competition, and the team may be dropped from the league if there is a wait list team to replace them. A team with two forfeits will be automatically dropped from the league.

## **PLAYING RULES**

1. **IN-BOUNDS:** A ball is in when its first contact with the ground is on the playing court or a boundary line.
2. **OUT OF BOUNDS:** The ball is out when its first contact with the ground is completely outside the playing court and it does not cause boundary lines to move, it completely crosses the net outside the posts or under the net after the attacking team's third contact, or it touches an object out of play.
3. **LEGAL CONTACTS:** A player may touch the ball with any part of the body. The ball must be contacted cleanly and not held (including lifted, pushed, caught, carried, or thrown).
4. **TEAM CONTACTS:** Each team is entitled to a maximum of three contacts to return the ball to the opponents. A player may not contact the ball two times consecutively except during or after a block or at the team's first contact. Blocking does not constitute a team contact, and any player may make the first contact of the ball after the block.
5. **SIMULTANEOUS CONTACTS:** 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 of bounds, it is the fault of the team on the opposite side of the net from where the ball lands. A joust occurs when players of opposing teams cause the ball to come to rest above the net through simultaneous contact. A joust is not a fault and play continues as if the contact was instantaneous. If teammates simultaneously and instantaneously contact the ball, it will count as one contact and the involved players are eligible to participate in the next contact.
6. **ASSISTED HIT:** 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.
7. **SERVING ROTATION:** The order of rotation specified by the starting lineup must be maintained throughout the game. At the beginning of a new game, the order may be rearranged.
8. **SERVING OUT OF ORDER:** If a player is discovered serving out of order, a side-out shall be called, any points made by the illegal server shall be lost, the serving order should then be corrected immediately, and the offending team shall lose that service turn.
9. **AUTHORIZATION OF SERVICE:** It is the responsibility of the server to assure that both teams are ready for service.
10. **SERVICE AREA:** The server may move freely behind the end line.

11. SERVICE ATTEMPT: If the server releases the ball for service but does not attempt to complete the service motion, a replay will be awarded. A player may only receive one such replay during anyone term of service.
12. NET SERVICE: A serve is legal if it hits the net, goes over the net, and proceeds to land in-bounds on the opponent's side of the court.
13. POSITIONING: At the time of service, players may be anywhere within their court.
14. SCREENING: The server's teammates must not prevent the opponents, through screening, from seeing the server or the path of the ball. On an opponent's request, a player must move sideways, bend over, or bend down.
15. BALL CROSSING THE NET: A ball directed to the opponent's court must go over the net within the crossing space.
16. BALL TOUCHING THE NET: The ball may touch the net while crossing the net at any time.
17. BALL IN THE NET: A ball driven into the net, other than a service, may be recovered within the limits of the three team contacts.
18. REACHING OVER THE NET: If a player reaches over the net, a foul shall be called except in the following instances:
  - A. Player reaches over the net on the follow through
  - B. Player, in an attempt to block, reaches over the net on a follow through, whether or not they touch the ball, provided some part of the ball has crossed the net on the blocker's side before the follow through occurs
  - C. During an attempt to block, the ball is hit against the net with such force that it causes the net to move under the fingers or hand of the blocker
19. REACHING UNDER THE NET: A player may not reach under the net and touch the ball or a player on the opposing team when the ball is in play on the opponent's side of the court.
20. CONTACT WITH THE NET: It is a foul when a player or a player's clothing touches any part of the net. (Exceptions: incidental contact of the net by a player's hair, hat, or glasses; a ball is driven into the net or the wind blows the net and causes the net to touch a player).
21. SUBSTITUTIONS: There are unlimited substitutions as long as one player does not occupy more than one position in the service order during a single game. Substitutions can only be made when the ball is dead.

## **COREC MODIFICATIONS**

### TEAM COMPOSITION

1. Four (4) players are on the court at a time (2 males and 2 females).
2. Two (2) players are required to start the game (1 male and 1 female).
3. Teams with three (3) players can have the following combinations: 2 males and 1 female or 1 male and 2 females.
4. Participants can compete for only one corec team, regardless of league classification.

### PLAYING RULES

1. SERVICE ROTATION: Serving order shall alternate male and female (except when a team plays with an odd number of players).
2. TEAM CONTACT: When the ball is contacted more than once by a team, it must be contacted by a member of each gender (block does not count as a contact).
3. SUBSTITUTIONS: All substitutions must be male-for-male and female-for-female.