

TOP TEN THINGS TO KNOW ABOUT INTRAMURAL SAND VOLLEYBALL

1. Net heights are 7'8" for all leagues.
2. All men's, women's and coed divisions play 4-on-4 volleyball. A team will consist of 2 men and 2 women for coed. The minimum required to play is 3. If a team has only 3 players, they must play with a vacant spot for the 4th player. This spot is included in the regular rotation so that at one point the team will have two players on the front line. This vacancy is skipped in serving so that a team does not lose service, side out, or point.
3. If a team is not present and ready to play by (5) five minutes after scheduled matched time, the 1st set will be a no show. The team ready to play at match time will have the choice of service and side of court to start the 2nd set. If a team is not present and ready to play by (10) ten minutes after the scheduled match time, the entire match will be declared a no show.
4. The captain must submit their starting line-up to the referee no later than 5 minutes prior to the start of the match. All line-ups must be listed in serving order. There is no Libero. Coed line-ups must be listed in male/female alternating order.
5. A match consists of winning two out of three sets to 25 scoring points using the Rally System. A set is won when a team scores 25 points and is ahead by at least 2 points. No set shall exceed 30 points. If the teams are tied at 29-29, the first team to score the 30th point shall be declared the winner.
6. There is no limit on the number of players permitted to substitute at one time. There is no limit on the number of times a player may enter and re-enter the game, but they may only play and re-enter in the same serving spot. Coed substitutions must be male for male and female for female only, unless it will bring the ratio to 2 and 2.
7. The winner of a coin toss has the choice of service or side of court. The team not serving first in the first game shall serve first in the second game. Service for the third game will be determined by a coin toss. Teams change sides after each game.
8. It is illegal to attack or spike a serve.
9. A team has three contacts to return the ball over the net.
10. In all coed games, if the ball is played more than once on a side, both genders must contact it at least once.

INTRAMURAL SAND VOLLEYBALL PLAYING RULES

General Information

- 1) **The team captain and all players are responsible for all information contained in the Playing Rules, the Intramural Eligibility, Policies, and Guidelines webpage, and the Sand Volleyball Event webpage.**
- 2) **Participants must have a valid photo ID with them at all times.**
- 3) Intramural Volleyball is governed by the playing rules and any modifications outlined in this document.
- 4) Prior to the scheduled game time, players should be signed in with a valid photo ID, warmed up, and ready to play.
- 5) Each team shall designate to the referee the team captain(s) for the contest. The captain is required to sign the scorecard at the end of each game to verify the final score and confirm all players are properly checked in.
- 6) **Net heights are 7'8" for all leagues.**
- 7) All Coed rule exceptions are **highlighted** in this document.

Players

- 1) **All players are required to bring a valid photo ID to all Intramural Volleyball games.**
- 2) All men's, women's and coed divisions play 4-on-4 volleyball. The minimum required to play is 3.
 - a) **(2 men and 2 women for coed)**
- 3) If a team has only 3 players, they must play with a vacant spot for the 4th player. This spot is included in the regular rotation so that at one point the team will have two players on the front line. This vacancy is skipped in serving so that a team does not lose service, side out, or point.
- 4) **If a 4th player arrives late, they may enter the game in the empty spot when their team next serves.**
- 5) **All coed teams must have at least one male player, but not more than 2, on the court.**

No Show

- 1) If a team is not present and ready to play by **(5)** five minutes after scheduled matched time, the 1st set will be a no show. The team ready to play at match time will have the choice of service and side of court to start the 2nd set.
- 2) If a team is not present and ready to play by **(10)** ten minutes after the scheduled match time, the entire match will be declared a no show.
- 3) **If a team has one no-show, they are not eligible for the playoffs. A team with two no-shows is completely removed from the league unless they communicate to the programs office in Gregory Gym that they intend to play their remaining games! Send an email to utrs.intramural@austin.utexas.edu**

Equipment and Uniforms

- 1) Players must wear athletic apparel with **no exposed metal**.
- 2) Baseball style hats, bandannas, sunglasses or other headwear with knots or dangerous materials are not permitted.
 - a) **Religious Headwear** – In the event a participant may not expose his/her uncovered head, the Intramural Coordinator may approve a covering or wrap which is not abrasive, hard, or dangerous to any other payer and which is attached in such a way it is highly unlikely to come off during play. Hard items including, but not limited to, beads, barrettes, and bobby pins are prohibited. Participants must receive approval for headwear from the Intramural Coordinator **prior** to participating.
- 3) **NO** casts/splints will be allowed under any circumstances. Players who wear a knee brace with exposed metal, hard plastic, or metal hinges are required to cover it with padding or foam at least ¼ inch thick.
- 4) Players may wear kneepads, covered knee braces, headbands, and hair control devices.
- 5) Players **may NOT** wear any exposed jewelry of any type.
 - a) **Medical Alert and Religious Medals** – Medical-alert and religious medals are not considered jewelry. Religious medals must be taped and worn under the uniform. Medical-alert medals must be taped and may be visible. The wearing of a religious medal must be approved by the Intramural Coordinator prior to participating in any contest. (A cross would not be considered a religious medal for the purposes of this rule)
 - b) **Special Event Wristbands** – If participating in a special event that requires a participant to wear a wristband (ex. OU or ACL wristbands), it is the PLAYER'S responsibility to provide an acceptable method to cover the wristband. Acceptable methods are limited **ONLY** to the following: sweat bands or athletic tape, which will **NOT** be provided by RecSports.
- 6) All equipment is subject to the approval of the Intramural Staff on duty.

Line Ups

- 1) The captain must submit their starting line-up to the referee no later than 5 minutes prior to the start of the match.
- 2) All line-ups must be listed in serving order. There is no Libero.
- 3) **Coed line-ups must be listed in male/female alternating order. Captains may start with either a male or a female.**

- 4) Players must be listed on the roster before they can be listed on the line-up.

Scoring

- 1) A match consists of winning two out of three sets to 25 scoring points using the Rally System.
- 2) A set is won when a team scores 25 points and is ahead by at least 2 points. No set shall exceed 30 points. If the teams are tied at 29-29, the first team to score the 30th point shall be declared the winner.
- 3) Playoffs and championship finals will follow this same scoring system.

Time-outs

- 1) Each team may call two 30-second time-outs per set.
- 2) Time between sets shall not exceed 1 minute.

Substitutions

- 1) No change will be made in the position of other players when substitutions are made.
- 2) There is no limit on the number of players permitted to substitute at one time.
- 3) There is no limit on the number of times a player may enter and re-enter the game, but they may only play and re-enter in the same serving spot.
- 4) Coed substitutions must be male for male and female for female only, unless it will bring the ratio to 2 and 2.
- 5) If a player is injured and there are no remaining eligible substitutes, then the opposing team may be permitted to pick a substitute from the injured player's team to take that spot in the line-up. Bleeding players or players with blood on their uniform must be replaced.

Serving

- 1) The winner of a coin toss has the choice of service or side of court.
- 2) The team not serving first in the first game shall serve first in the second game.
- 3) Service for the third game will be determined by a coin toss.
- 4) Teams change sides after each game.
- 5) The serving area is the entire area behind the end line between the sidelines and as deep as the court allows.
- 6) Players may not serve until the referee sounds the whistle.
- 7) Service may be underhand or overhand.
- 8) Players have 5 seconds to serve the ball.
- 9) Each player will only receive 1 re-serve per rotation, and the ball may be caught or dropped.
- 10) Players are required to serve in the order they are listed on the line-up. Coed teams must serve in alternating male/female order.
- 11) The team winning the point after "side-out" shall rotate one position clockwise before serving. This includes the first serve for the initial receiving team (the 2 position will serve first):

4	3	N	2	1
		E		
		T		
1	2	3	4	

Playing the Ball

- 1) It is illegal to attack or spike a serve.
- 2) All players are eligible to complete a legal attack.
- 3) All players are eligible to complete a legal block.
- 4) A legal hit is contact with the ball by any part of a player's body where the ball does not come to rest.
- 5) The ball must be clearly hit. Throwing, lifting, or shoving the ball are illegal.
- 6) Receiving the serve with an underhand bump is strongly recommended.
- 7) A team has three contacts to return the ball over the net.
- 8) One player may not intentionally contact the ball twice in succession; however, multiple contacts by a single player on a team's first contact are legal.
- 9) Multiple contacts are more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted only:
 - a) When the first ball over the net rebounds from one part of the player's body to another after a block.
 - b) On any first team hit, whether or not the block touches the ball.
- 10) Simultaneous contact by two or more players on the same team is considered one play, and any player is eligible to play the ball again.

11) If two opponents simultaneously contact the ball above the net, the ball remains in play and the team receiving the ball is entitled to 3 additional contacts. If the ball lands out of bounds, it is the fault of the team opposite the net from where the ball lands.

12) In all coed games, if the ball is played more than once on a side, both genders must contact it at least once.

Net Play

- 1) A ball contacting and crossing the net between the net antennas is permitted. A serve that contacts the net and crosses between the net antennas is also permitted.
- 2) A player shall not contact a ball that is completely on the opponent's side of the net unless the contact is a legal block.
- 3) Blocking the ball on the opponent's side is legal only whenever the opposing team has had a chance to complete its attack. A complete attack is defined as:
 - a) Attacking team has completed three allowable hits
 - b) If, in the official's judgment, the opposing team has completed its attack and directed the ball to the opponent's court.
 - c) Ball is falling near the net and, in the official's judgment, no legal member of the attacking team could make a play on the ball.
- 4) A ball may be attacked, excluding a served ball, when it has partially crossed the net.

Net and Center-Line Violations

- 1) A violation occurs when:
 - a) A player contacts any part of the net including net cables and antennas. It is NOT a foul if a player's loose hair touches the net, or the force of a ball hit by the opponent pushes the net into the player.
 - b) A player gains an advantage by contacting the floor/wall cables or the referee platform.
 - c) A player contacts an opponent and interferes with the opponent's legitimate effort to play the ball.
- 2) A player may touch the playing surface across the centerline with one or both feet/hands provided a part of the foot/feet or hand(s) remains on or above the centerline. Contacting the playing surface across the centerline with any other part of the body is illegal.