**Sand Volleyball**

All standard Intramural policies, Intramural Volleyball rules, and NFHS Volleyball rules apply except with the following changes/clarifications:

Grace period: None

**Team composition**

Before the start of each match, all participants must check in with the sport assistant using their Panther ID or government-issued ID.

Teams must be prepared to start a match at the scheduled match time or risk forfeit. A team shall consist of four (4) players to start. Roster limit is 8. A team must have a minimum of two players to start a match. Otherwise, it is a forfeit.

Co-Rec teams must start and finish with a minimum of one female. There may not be more than two male players playing at a time.

**Equipment**

A player’s clothing must be presentable and appropriate for competition at the discretion of the staff. Bottoms must have a minimum of a 4” inseam, and skirts are only allowed with shorts or spandex underneath. Women are required to wear a minimum of a sports bra throughout play. Bikinis are not allowed. Shoes are not allowed on the sand.

Jewelry is not allowed for safety reasons. Medical or religious medals must be removed from chains or taped/sewn under the uniform. Hair barrettes are permitted to secure hair.

Sweatbands or bandanas worn as sweatbands are permitted; however, hats and other bandanas are not permitted. A guard, cast, or brace made of hard and unyielding leather, plastic, or pliable plastic, metal or any other hard substance, even though covered with foam padding, is not permitted on the finger, hand, wrist, forearm, or elbow.

Supports are permitted on other parts of the body as long as they are soft and yielding or all exposed metal and other hard parts are padded with at least 1/2” of foam rubber (or 1/4” closed cell, slow recovery foam rubber).

**Playing Area**

The posts are out of play and will serve as antennas.

The service zone is behind the end line and between the extensions of the sidelines. Players may serve anywhere in the service zone.

**Rights and Duties of Players and Teams**

The captain is the only person who may address the referee and shall be the team’s spokesperson.

The captain may make a request for a timeout when the ball is dead. Each team is allowed one 45-second timeout per game.
The following misconducts are subject to sanction: addressing the officials concerning their decisions or committing actions to influence their decisions; making profane or vulgar remarks to officials, opponents, or spectators; shouting, yelling, or crossing the vertical plane of the net in an attempt to distract an opponent who is playing or attempting to play the ball.

Offenses by players or other team members may result in warning, expulsion, or disqualification:

Warning: A minor unsporting offense results in a yellow card.

Expulsion: Extremely offensive conduct results in the red and yellow cards held together, expulsion from the remainder of the game. Expelled players must leave the premise until the start of the next game.

Disqualification: A second expulsion curing a match or any attempted/actual physical aggression towards others will result in the red and yellow cards held apart, disqualification for the remainder of the match. Disqualified players must leave the facility for the remainder of the night and contact the Intramural Assistant Director prior to participating in another contest (in any sport offered by Intramural Sports).

Game Play

Game time will start at the beginning of the captains meeting.

Matches will consist of two rally-scored games to 15 points; win by 2 (with a 20-point and 30-minute limit). In the event of a 1-1 tie, a third game shall be played to 11 points, win by 1. If a match is not complete after 30 minutes of play the current game being played will play until one team scores four points more than the winning team has at that point in time. If both teams are tied with one game won each and time has expired, the third game will be played to four points.

A coin toss will determine who serves the first game of the match. The winner of the coin toss will choose from one of three options: serve, receive, or side. The loser of the coin toss chooses from the two remaining options.

Sand volleyball does not have a mercy rule.

Boundary lines that are moved during play shall not cause a rally to stop. If a boundary line is moved, the official will make the call on where the line should be rather than the line’s current location.

A let serve counts.

Players may contact the ball with any part of the body.

A block does not count as a hit.

A player’s lower body may break the centerline beneath the net as long as it does not interfere with the play. No contact with the net is allowed.