KENT STATE UNIVERSITY | Department of Recreational Services

Sand Volleyball Rules

All participants must show a valid KENT STATE UNIVERSITY ID or Government Issued ID no less than 5 minutes before the start of every game. Anyone without an ID will not be allowed to participate. *No exceptions.*

All games will be officiated based on the *National Federation of State High School Association Volleyball Rules;* which will be in effect unless otherwise noted in this supplement.

GENERAL RULES

- Teams will play a doubleheader each week
- Games will be self-officiated. An Intramural Sports Supervisor will be present
  - Teams will need to work out disagreements among themselves
  - "Replaying a Point' might be necessary and encouraged in some situations
- Net height will be the same for all divisions and will be played as is.
- Only the Team Captain may address questions concerning a player, the game or an official's call.
- Athletic shoes may be worn but are not required for participation. Participants may play barefoot if they so choose, but they do so at their own risk.
- Participants are required to wear shirts and shorts/pants (bathing suits are not acceptable clothing).
- The following items are permitted to be worn during competition: sunglasses, and headgear such as headbands or bandanas.
- The following items are not permitted to be worn during competition: hats, baseball caps, visors, rings, bracelets, watches, necklaces, dangling jewelry, jean shorts, and any item an official or supervisor feels may be a risk to the participants' safety.
- A team may consist of up to four (4) people, but must consist of a minimum of three (3) players.

CO-REC VOLLEYBALL

- A team will consist of up to four (4) players
  - Two (2) males and two (2) females
  - Can never have a 3-to-1 ratio
- A team must have a minimum of three (3) players to being the match
  - This will be comprised of 2 women/1 man or 2 men/1 women
- The serving order and position on the court shall alternate male/female as best as possible.

MATCH LENGTH

- The match will be one game in length
- Each match will be scored to 30, win by 2, with a cap of 35
- Each team shall be permitted one (1) timeout per match. Timeouts will only be granted during a dead ball. Any player may request a timeout.

SERVING

- The first server of the game is the player in the right back position. Thereafter, when a team is awarded a side-out the player in the front right position rotates to the serving area.
- Each team member shall serve in-turn and may have one chance to hit the ball over the net on the serve.
- Only one toss for service is permitted. A second toss is not allowed.
- The server shall stand with both feet behind the rear boundary line. The serving area shall be behind the end line and from sideline to sideline. Both sideline extension lines are included in the width of the serving area.
- The ball may be served underhand, overhand or sidearm and may be hit in any manner by the hand.
- A serve that contacts the net and continues across, shall be in-play.
- A served ball may not be blocked or attacked by the receiving team.
- Before the serve, all members of both teams must be in their respective positions on the court. After the ball is served, players may move out of any position.
- Teams shall change sides of the court each time the total number of points scored is a multiple of ten (10).
  - For example, teams would switch sides when the score is 7-3, 5-5 or 10-0.

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PLAYING RULES

- A ball hit into the net, may be recovered provided a player does not make contact with the net or cross under the net. A player may not play the ball in succession, unless played once by another player.
  - Exception: A block does not count as a hit. One player can make contact with the ball twice if initial contact is a block.
- A team must return the ball across the net with three or fewer contacts. A block does not count as contact.
- If a player is hit by the ball or has touched the ball, it is considered legal contact and to have been played. Legal contact is a touch of the ball by a player's body; which does not allow the ball to visibly come to rest or involve prolonged contact with a player's body. Kicking the ball is legal
- When the ball lands on the boundary line, it is considered in the court. It is legal for a player to run out-of-bounds and play the ball; however, a player may not enter another volleyball court to play the ball. The ball must cross between the antennas

SUBSTITUTIONS

- Either of two (2) methods of substitution will be considered legal; however, you may not use a combination of the two (2). Co-Rec subs may only enter for a player of the same gender.
  - The incoming player must take the position and place in the serving order of the player for whom they are substituting.
  - 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.
- There is no limit on the number of substitutions.
- If a player receives a yellow card, they must substitute out of the game and re-enter at the next available substitution opportunity, but they must sit out for at least one (1) point.
- If a player receives a red card, they will be ejected and must leave the facility immediately. The player may not be substituted for during the rest of the game. If this brings the team below three (3) players, the game will end and the team will forfeit the game, regardless of the score.

RULE 5 – FOULS/VIOLATIONS

- The following are fouls or violations:
  - Serving illegally, or out of turn
  - Touching the net or reaching under the net to interfere with an opponent playing the ball
  - Stepping over or crossing the center line and interfering with the opponents' play
  - Contacting the ball twice in succession, unless the first contact is a block or "double-hit"
  - Catching or holding the ball while playing it (i.e., lifting the ball)
  - Failure to return ball over the net in three or fewer contacts
  - A player that blocks or interferes with the intended set of the opposing team
  - Blocking or attacking a serve. Note: Players may set the serve
- If a foul is committed by the receiving team: a point is awarded to the serving team
- If a foul is committed by the serving team: a point plus the service rally scoring

EJECTION

- In the case of an ejection, the player not only must leave the premises but also needs to meet with the Coordinator of Intramural Sports, before she/he may participate in the next activity.

THE INTRAMURAL STAFF HAS THE RIGHT TO STOP A CONTEST IF THEY DEEM IT NECESSARY!!!!!