



UW-Green Bay Intramurals Sandblast Volleyball Rules
<http://www.uwgb.edu/sportsctr/intramurals>
revised: 9/9/2005



» *All UW-Green Bay Intramural Policies and Regulations hold true and must be abided by* «

Game Length:

- A game is completed when a team scores a total of 11 points (winning by at least 2 points), or reaches 15 points first.
- The first team to win two games wins the match.

Third Game:

- If a third game is needed to decide the match, rally scoring will be used to speed up the game. In this case, first to 11 wins!
- Rally scoring is the scoring opportunity for either (the serving or the receiving) team to score on any serve.
- The rest period between games of a match shall be no more than 1 minute long.

Timeouts:

- 1 timeout per game
- Timeouts can only be called during a dead ball, unless there is an injury. If play is stopped due to an injury, that point shall be replayed.
- Timeouts shall be no more than 1 minute long.
- If more than one timeout is called in a game, the referee will assess a penalty point to the other team if they are serving or call a side out.

Players/Team:

- Each player on a team must fulfill the eligibility requirements as stated in the Intramural Policies and Regulations.
- Roster size is limited to a maximum of 8 players.
- A team must consist of at minimum: 2 men and 2 women; but not more than 3 men or 3 women.
ie: 6 players: 3 men, 3 women; 5 players: 3 men, 2 women OR 3 women, 2 men; 4 players: 2 men, 2 women

Before The Game:

- A coin toss will precede the match. The team captain that wins the coin toss can choose a side, or to serve, or to receive.
- A second coin toss will precede the third game, if a third game is needed.

Scoring:

- One point will be awarded to the serving team for an infringement of any rule by the receiving team.
- A double foul shall be called when players on opposing sides commit a foul simultaneously. The play will then be repeated.
- A ball touching the boundary line is considered good.
- A ball landing on the sand outside the boundary line, or a ball that hits the net is considered a fault.
- At the end of each game of the match, the teams exchange sides of the courts.

Match Play:

Serving:

- At the start of each game, the player in the right back position shall put the ball into play from within the serving area.
- The server may hit the ball; directly off the holding hand, after tossing it from the holding hand, with one or both hands, open or closed hands, with the arm.
- Both teams must follow the serving order. All six players must be included in any serving order. Each player has one term of service each time the proper service order is repeated. Service must alternate as side-out is called.
- If a player serves out of turn, side-out shall be called as soon as the mistake is discovered. Any points made on the service before the error was discovered shall be cancelled up until the opponents serve the ball. If the mistake in serving order occurs but is not discovered until after the opponents have scored, there shall be no loss of points. The serving order must be corrected immediately.

Playing The Ball:

- A player may not hit the ball twice in succession, except if the player has just made a block. In that case he/she can hit the ball again.
- In playing the ball, a player may use any part of the body provided that the ball is given immediate impetus at contact. Therefore, foot digs are legal!
- The ball may be hit a total of three times by a team before it is sent over the net. A block is not considered a hit.
- If two or more players of the same team simultaneously contact the ball, it is considered one play and the players involved may participate in the next play. Therefore, a double hit should not be counted for either of the players if they hit the ball on the next play.

Ball & Net:

- Some part of the ball must pass within the two markers on the net before the other team can contact it.
- A ball, except on a service, striking the net and going over is still in play. It may be recovered provided the player doesn't hit the net.
- If two or more players from opposing teams contact the ball simultaneously above the net, any of the players involved are eligible to participate in the next play.
- A player cannot touch the net at any time unless the impact of the ball on the net pushes the net into the player.
- No part of the body may touch the opponent's playing area except part of one foot that is still in contact with the centerline.
- Absolutely no attacking the serve. However, it may be blocked!
- A dead ball may be called by the official, which will temporarily suspend play.