

Princeton University Intramural Sports Sand Volleyball Rules



I. EQUIPMENT/UNIFORM/ELIGIBILITY

- a. All players must present their Princeton University ID in order to participate.
- b. Check in with the supervisor when arriving. You must present an ID for volleyball. You are responsible for this equipment.
- c. No hats with brims or jewelry are allowed to be worn during play.
- d. All players must play in at least ONE regular season game in order to be eligible for playoffs.

II. NUMBER OF PLAYERS/GAME TIME/FORFEIT PENALTY

- a. Six players constitute a team. At least 4 players must be present to start the game and must play at all times.
- b. For Co-Rec play there must be a ratio of 3:3 or 3:2.
- c. A toss of the coin determines who gets the choice of either the serve or the court. The losing team gets first service of the next game. If necessary, the third game service is determined by another toss of the coin.
- d. Playing time is 50 minutes. In the event that a game is still being played when time is called - the team leading will be declared the winner.
- e. A team that fails to have 4 players within 10 minutes after starting time will forfeit the game.

III. GENERAL RULES AND REGULATIONS

- a. Service - The servers shall start from anywhere towards the back end of the court. Jump serves are legal, provided the server leaves the ground from the grass and contacts the volleyball legally before contacting the sand.
- b. Playing the Ball - A ball other than a service touching the top of the net and going over into the opponent's court is still in play. A ball other than a service may be recovered from the net, provided that the player avoids touching the net. The ball may be touched only three times by one team before being returned. (A player may play the ball twice provided he is first and third to lay the ball.) A block does not count as a hit.
- c. Points and side outs - If any player of the serving team shall commit any of the following acts, it shall be side out; if any of the receiving team shall commit any of the following, one point shall be scored for the serving team.
 - i. Serve illegally or out of turn.
 - ii. Fail to return the ball legally to opponent's court.
 - iii. Catch hold or dribble the ball.
 - iv. Allow the ball to touch the person or clothing below the hips.

- v. Touch the net with any part of the body at anytime except when the ball is dead. If two opponents touch the ball simultaneously, neither point nor side shall occur, the ball is dead and shall be served over.
- vi. Touch the ball if it has already been played three times before it has been returned over the net.
- vii. Reach over the net and touch the ball or a player of the opposing team when the ball is in play on that side or interfere with play of the opposing team by entering their court. **A PLAYER CANNOT HIT THE BALL UNLESS THE BALL HAS BROKEN THE PLANE OF THE NET.**
- viii. Reach under the net and touch the ball or a player of the opposing team when the ball is in play on that side or interfere with the play of the opposing team by entering their court.
- ix. Play out of position
 - x. In case of a double foul, the ball shall be played over. If there are two fouls that do not occur at the same instant, the first error takes precedence.
 - xi. Spike or kill the ball when playing the back position.
 - xii. Block or set the serve.
 - xiii. If return of the serve is not bumped.
 - xiv. If the ball is not touched simultaneously with both hands, or if hands are separate when playing the ball other than a set or when the ball is driven (spiked at you)
 - xv. Players may not touch the net or step completely over the centerline. It is loss of serve if the serving side is at fault, and counts as a point for the serving side if their opponents are at fault.

IV. SCORING

- a. Matches are best of 2 out of 3 games.
- b. Game is won when a team reaches a two-point lead with **21** or more points.
- c. We will be using **Rally Scoring** – at the end of every rally (whether team has the serve or not) is a point for the team that won the point.
- d. The teams change sides at the end of each game. Teams also change in the middle of the third game when the team ahead reaches 10.

V. SUBSTITUTIONS

Substitutes may enter the game in one of the following two manners:

- a. At one set spot on the court
- b. Subbing player for player

VI. TIME-OUTS

- a. Teams are limited to two time-outs per match.
- b. Time-outs are limited to one minute each.