

Bucknell University Recreation Services Intramural Sand Volleyball Rules



The Players: 4 VS 4

- Each team consists of four active players.
- A team for the Co-Rec league must have a 1:1 ratio of men to women (2 men and 2 women). A minimum of 1 man and 1 woman are needed to start.
 - If a team has 3 players, then they may go 2 men and 1 woman, or 2 women and 1 man.
 - 3 men and 0 women will not be accepted.
- A team must have 2 players to avoid a forfeit.
- Substitution is open and unlimited.

The Players: 6 VS 6

- Each team consists of six active players.
- A team for Co-Rec league must have 4 players to start the game, 2 men and 2 women.
 - 2 women must stay on the court at all times
 - Games may be played with 4, 5 or 6 players
 - 5 men and 1 woman will not be accepted.
- Substitution is open and unlimited.

Player's Equipment

- Jewelry is not allowed, with the exception of flat wedding bands. Medical or religious medallions must be removed from chains and taped or sewn under their uniform.
- Hair barrettes are permitted as a means of securing the hair. A head sweatband or bandanna worn as a sweatband is permitted; however, hats and "do-rags" are not permitted.

- A guard, cast or brace made of hard and unyielding leather, plaster, 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 inch foam rubber (or 1/4" closed cell, slow recovery foam rubber).

Games and Scoring

- A coin toss will determine who serves the first game of the match. The captains call the toss of a coin. The winner of the toss chooses: 1) first serve or, 2) choice of court for the first game. The loser of the toss receives the remaining options.
- A match is three games to 21; or, a one hour time limit from the scheduled start of the game.
- Scoring will be by rally point. A point will be scored on each and every service.
- A team must win by two points to 21 or first to 25 points
- A team may substitute only during a dead ball. The new player must take the original player's place in the rotation.
- All three games will be played regardless of the outcome of the first two games, unless the time limit has expired.
- Semi-final and final games will have no time limit.
- Records are based on total games won and lost, and forfeits.

General Play

- Teams are to change sides of the net after each group of five points are scored. (i.e. when the combined score of both teams is 5, 10, 15, 20, etc. you are to change sides)
- After each game of the match, the teams will switch sides of the court.
- Requests for a time-out may be made by the captain when the ball is dead. Teams are allowed two 30 second time-outs per game.
- A team delay is sanctioned with a warning on the first occasion and a penalty on any subsequent occasion during the same game, regardless of reason. Team delays include:
 - A second improper request during the same game.
 - Delay in completing a substitution
 - Delay in returning to play after a time-out.
 - Delay in moving to positions for serving or receiving service after completion of a rally.
 - Action by a player which creates an unnecessary delay in the start of play.
 - A player on the court wearing jewelry.

Player Alignment

- There are no restrictions on player alignment. You must rotate the serve.

Serving

- The server shall have five seconds after the Sports Supervisor's whistle for service in which to contact the ball for service.
- The service is considered good when the ball passes over the net between the antenna or their infinite extensions without touching the net or other objects.
- The team not serving to start the match will serve to start the second game.
- The team which receives the ball for service shall rotate one position clockwise before serving.
- The player(s) of the serving team must not, through screening, prevent the receiving player from watching the server or the trajectory of the ball. Screening is illegal and a fault.
- At the time the ball is contacted for the serve, the placement of players on the court must conform to the service order (server is exempt from this requirement).

Playing Faults

- Each team is allowed a maximum of three (3) successive contacts of the ball in order to return the ball to the opponent's area.
- The ball may only be contacted above the waist.
- Players may have successive contacts of the ball during blocking and during a single attempt to make the first team hit of a ball coming from the opponents, even if the ball is blocked, provided the ball is not held or thrown.
- When the ball visibly comes to rest momentarily in the hands or arms of a player, it is considered as having been held. The ball must be hit in such a manner that it rebounds cleanly after contact with a player. Scooping, lifting, pushing, or allowing the ball to roll on the body shall be considered to be a form of holding.
- A player is not allowed to attack the ball on the opponent's side of the net. If the ball is contacted above the attacker's side of the net and then the follow through causes the attacker's hand and arm to cross the net without contacting an opponent or the net, such action does not constitute a fault.
- It is technically legal to set a serve, but it is the Sports Supervisor's judgment whether or not it done without a lift or a double contact.

Blocking

- Blocking may be legally accomplished only by players who are in the front row at the time of service.
- Back row players may not block or participate in a block, but may play the ball in any other position near or away from the block.
- Any player participating in a block shall have the right to make the next contact, such contact counting as the first of the team's three hits.
- Blocking or attacking a served ball is a fault.
- Blocking of the ball across the net above the opponent's playing area shall be legal provided that such block is:

- After a player has attacked the ball, or in the Sports Supervisor's judgment, has intentionally directed the ball toward the opponent's playing area
- After the opponents have completed their three hits
- After the opponents have hit the ball in such a manner that the ball would, in the Sports Supervisor's judgment, clearly cross the net if not touched by a player, provided no member of the attacking team is in a position to make a legal play on the ball
- If the ball is falling near the net and no member of the attacking team could reasonably make a play on the ball.

Play at the Net

- A player's hair touching the net is not considered a foul.
- Players are now permitted to penetrate the opponent's court beyond the center line with the hand and foot. Touching the opponent's area with a hand or foot is not a fault providing that some part of the encroaching foot or feet remain on or above the center line.
- A ball which has penetrated the vertical plane above the net may be played by either team.

Faults

- A double fault occurs when players of opposing teams simultaneously commit faults. In such cases, the Sports Supervisor will direct a replay.
- If faults by opponents occur at approximately the same time, the Sports Supervisor shall determine which fault occurred first and shall penalize only that fault. If it cannot be determined which fault occurred first, a double fault shall be declared.
- If the serving team, or a player on the serving team, commits a fault, a side-out shall be declared. If the receiving team, or a player on the receiving, commits a fault, the serving team shall be awarded a point. (However, in rally scoring for the third game of the match, a point is scored on every served ball.)

Disputes

- Any situations which can not be resolved through discussion will result in a replay.

Revised 11/05/10