1. General

1.1 All games will be played on the outdoor sand volleyball courts located in front of the McNiff Fitness Center.
1.2 Teams must field four players at all times (play is 4 vs. 4).
1.3 For CoRec the combination of the four players must always be 2 women and 2 men.
1.4 For CoRec a team may start with three players (2 women and 1 man or 1 woman and 2 men)
1.5 The team captain must be present prior to the start of the first game for a coin toss. The visiting team will call the coin flip (team listed on the left side of the schedule). The winner of the coin toss will choose whether to:
   (a) serve
   (b) receive
   (c) defend side of the net
1.6 Teams will switch sides of the net after the completion of each game.
1.7 The team which served first in game one will receive first in game two. If a third game is necessary, there will be another coin toss, this time with the home team’s option.
1.8 No jewelry may be worn on the hands, arms, ears, face or around the neck.
1.9 Three, 30-second time outs shall be awarded to each team per match.
1.10 A regular season match shall last no longer than one hour. If the match has not been completed during the one hour time limit during the regular season, the team with the highest number of points shall win the game in progress. (Example: Team #1 wins game 1 by a score of 25-15; Team #2 wins game 2 by a score of 25-21; Game #3 ends after an hour with the score, Team #1 – 18, Team #2 – 9; therefore, Team #1 wins the third game and is declared the winner of the match).
1.11 During the playoffs, time constraints shall be removed and all matches are to be played in their entirety.

2. Scoring and Rotation

2.1 A best 2 out of 3 game match will decide the winner of the contest.
2.2 A complete game shall be the first team to score 25 points using rally scoring. Rally scoring allows either the serving team or the receiving team to score a point at the completion of a play.
2.3 The team that scores the point, during the previous play, shall serve the next ball.
2.4 A team must win by at least two points to win a game (for games 1 and 2); games will be capped at 30 points. Example: Team A 30 – Team B 29; Team A wins. For the 3rd game in a match, it is the first team to reach 15. The third game will be capped at 20. Example: Team A 20 – Team B 19;
2.5 Players must rotate in a clockwise fashion if they are the team that scored the point but did not serve the last point (see diagram on next page).

2.6 Rotation Illustration.

**SITUATION #1**

![Diagram](image1)

The above illustration demonstrates a rotation for a team that has only 4 players or chooses not to use a substitute.

**SITUATION #2**

![Diagram](image2)

The above illustration demonstrates a legal rotation with a substitution. Player 4 must leave the court in order for the substitute to enter the game. Substitutes can only enter in the server's position.

3. Game Play

3.1 The serving box is behind the serving team's end-line, between either side line. The server has 5 seconds to put the ball in play after the official signals the ball ready to play. A serve that hits the net on the way over and remains in bounds is a legal serve. A serve cannot be blocked or attacked (spiked).

3.2 A player will only be allowed one re-serve. The ball can be caught or hit the ground on a false serve.

3.3 Teams shall serve in alternating gender order.

3.4 A foot fault shall be declared when the server steps over or onto the serving line (end-line). **Penalty – side out.**

3.3 Substitutions may enter the game in the serving spot only. Substitutions have no limit on how many times they enter the game. **Penalty – point for the opposing team.**

3.4 If the volleyball hits a light pole, fence or other inanimate object besides the net, play is dead. **Penalty – side out.**

3.5 At no time may a player touch the net unless the ball forcibly pushes the net into an opposing player. **Penalty – side out.**

3.6 Players may step under the net onto the opponent’s court without penalty unless the player interferes with the volley or gains a clear advantage.

3.7 Contact of the ball with any part of the body is legal and counts as a hit.

3.8 No player may touch the ball unless it is on his/her side of the net. **Penalty: side out.** Players can reach over only on the opposing side’s third hit.

3.9 A carry is a silent hit or a grab of the ball. **Penalty – side out.**

3.10 Three hits of the ball are allowed on one side of the net. Any more than 3 hits results in a penalty. **Penalty – side out.**
3.11 A double hit shall be called when the same player hits the ball twice in succession. **Penalty – side out.**

3.12 Unsportsmanlike conduct is defined as any (a) abusive or insulting language to other players and/or officials (b) any deliberate or flagrant act; **Penalty – side out; disqualification of player(s) from the current game and minimum 1 game suspension.**

3.13 Judgment calls cannot be disputed; only incidents concerning rule interpretation may be brought to the head official. The Team Captain is the only member of the team who may approach the head official if a situation arises.

3.14 The intramural official in charge reserves the right to rule on any situation not specifically covered in these rules.