1. General

1.1 All games will be played on the outdoor sand volleyball courts located on the new Fitness Center.
1.2 Teams must field two players at all times (play is 2 vs. 2).
1.3 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
1.4 Teams will switch sides of the net after the completion of each game.
1.5 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.
1.6 No jewelry may be worn on the hands, arms, ears, face or around the neck.
1.7 Three, 30-second time outs shall be awarded to each team per match.
1.8 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).

2. Scoring

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. The third game will be played up to 15 points. 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; games will be capped at 30 points. Example: Team A 30 – Team B 29; Team A wins. Third games are capped at 25 points.

3. Game Play

3.1 The serving box is behind the serving team's end-line, between either sideline. The server has 5 seconds to put the ball in play after the official signals the ball ready to play. The ball must NOT hit the net on the way over during a serve. Penalty – side out.
3.2 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 A player may not cross over the center of the court. **Penalty – sideout.**

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.**

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.**

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.

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

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3.23 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.

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