

BEMIDJI STATE UNIVERSITY
4-PERSON SAND VOLLEYBALL RULES

INJURIES: In case of an injury, please contact a Recreational Sports Supervisor. Minor first aid is available with the Supervisors (band-aids, gauze pads, and ice packs). Individuals participate at their own risk. They are responsible for their own health and safety.

FORFEITS: If a team forfeits a game or misses the captain's meeting they are automatically ineligible for the playoffs. A team can become re-eligible one time by coming in and paying a \$15 forfeit fee. This fee needs to be paid by 4pm on the day of their next game. If a team does not pay then they can play the rest of their games, but will not be included in the playoffs regardless of record. Once a team forfeits twice, they may be permanently removed from the league.

RULE 1: THE GAME

- a.) A team consists of four(4) players. Teams may use less than four players on the court, but only a minimum of two will be allowed. Co-rec: At least 1 male and 1 female is required to start play. There can never be more males than females on the court for a team. Teams can play with as many as 3 females and 1 male.
- b.) Points can be made only by the serving team. Fifteen(15) points wins the game, provided there is a two point lead. With a cap of 17 points.
- c.) A total of three games will be played every match. Matches will end on the hour, however, a match must not be called until one team (in the third game) has scored a minimum of eight points and has obtained a two point lead. We will play the best of two out of three. Third game will be played to 15, unless time. (Regular scoring, not rally).

RULE 2: THE COURT

- a.) Serving Area- The server shall serve from within the serving area, behind the service line. Part of the server's body may be in the air over or beyond this line. Stepping on the line while serving is out. Serve can be made from behind the entire back line.
- b.) Out-of-Bounds- The ball is out-of-bounds when it touches any surface or object or ground outside the court, or touches the net outside the markers on the sides of the net. Any part of the ball touching a boundary line or a marker on a side of the net is in-bounds.
- c.) If the ball strikes an obstruction that is not over the court (trees, etc.) the ball is dead.

RULE 3: GAME EQUIPMENT

- a.) Height of Net - It shall be 7 feet 11 5/8 inches for co-rec games
- b.) The Game Ball - shall be the ball provided by the Campus Recreation Office unless both team captains agree on an alternative ball prior to the beginning of the match.

RULE 4: PLAYER EQUIPMENT AND UNIFORM

- a.) Players are not required to wear shoes or similar footwear. Knee and elbow pads are

optional.

*Teams must bring their own balls to warm-up with.

RULE 5: SCORECARDS

- a.) The supervisor shall be responsible for maintaining the scorecard.
- b.) Both team captains shall complete the scorecard after the game.

RULE 6: THE TEAM- COMPOSITION AND POSITIONS

- a.) First game (coin toss)-For the first game of the match, one of the captains of the two teams shall call the toss of the coin. The winner takes the serve or choice of player areas. The loser receives the serve or choice of playing areas, as the case may be.
- b.) For Subsequent Games- Teams shall change playing areas at the end of each game of the same match. First serve shall alternate.
- c.) Serving Out of Turn- A player shall not serve out of turn. An out of turn service may be called by the official or brought to the official's attention by the opponent's captain. If this is then verified by an official, the points made on this service shall be canceled and side-out declared. If the opponent serves before the out of turn service is called and verified, there shall not be loss of points. In either case, the players of the team in error shall regain their proper positions before another service by either team.
- d.) Beginning of Game (line-up) - At the beginning of a game, players shall take their respective positions according to the order in which they wish to serve. The line-up may be changed for each new game. Must alternate guy-girl in line-up.
- e.) Screening- At the moment of the service it is illegal for players of the serving team to place their arms for the purpose of forming a screen with which to mask the server's action, or to jump, or form groups of two or more players for such purpose.

RULE 7: GENERAL TIME FACTORS

- a.) The regular starting time for all matches will be that which has been scheduled, on the hour. If a team fails to begin the contest within five minutes of the regular starting time, the first game will be automatically forfeited, and the entire match forfeited will result after ten minutes has elapsed from the regular starting time. The court will remain open, however, for any players present to practice until the next scheduled game time.
- b.) Teams are not allowed time-outs. Play will only be stopped for the replacement of an injured player.

RULE 8: THE SERVE

- a.) Putting the Ball in Play- The server shall initiate the serve by hitting the ball with the hand(s), fist(s), or arm(s). The serve shall hit the ball over the net into the opponents' area. The serve may be underhand or overhand.
- b.) Dead Ball (Side-Out) - A served ball is dead if it:
 - I. Touches the ground on the server's side of the net
 - II. Touches one of the server's teammates
 - III. Touches or passes under the net
 - IV. Crosses the net entirely outside the vertical tape marker or lands out of -bounds
 - V. Touches any obstructions or objects before contacting an opponent or the ground of the opponent's area.

RULE 9: DURING PLAY

- a.) Co-rec teams need to alternate positions by gender.
- b.) Dead Ball - the ball is dead if the players of the team allow the ball to touch the ground. The ball is also dead if a player hits it so that it:
 - I. Crosses the net entirely outside the markers on the side of the net, or not entirely within the net antennas, or
 - II. Lands out of bounds
- c.) Pass - The ball must be clearly passed. When, in the opinion of the official, the ball visibly comes to a rest at contact, the player will be called for a carried ball. Players are not permitted to scoop, hold, or lift the ball.
- d.) Spike - An attack play in which the ball is forcibly hit into the opponent's court with a one-hand over head motion.
- e.) Dink - An attack play which the ball is softly hit into the opponent's court with the fingertips of one hand. The ball may not be directed or carried sideways, downward, or overhead with an open hand and a breaking of the wrist.
- f.) Simultaneous Contacts by Teammates - Simultaneous contact of the ball with two or more parts of the same team are considered as one play. Players participating in such a play may participate in the next play.
- g.) Simultaneous Contacts by Player - Simultaneous contact of the ball with two or more parts of a player's body are allowed and are considered as one play.
- h.) Successive Contacts by a Player - A player shall not play the ball twice in succession. The plays that are exempt from the rule are:
 - I. Simultaneous contacts by teammates,
 - II. Successive contacts by blockers,
 - III. Simultaneous contacts by opponents.
- i.) Successive Contacts by Blockers-When a player participates in blocking and makes only one attempt to play the ball during the block, successive contacts of the ball are allowed during such play, even though it was not a hard driven spiked ball. Players participating in this play may participate in the next play; however, the second hit shall count as the first of three hits allowed for the team.
- j.) Reaching Over the Net- In returning the ball, a player may follow through over the net or in an attempt to block, providing first contact with the ball is on the player's own side of the net, but may not contact the ball there until the opponent has hit the ball to return it. A block is purely a defensive technique. Blocking a served ball is illegal.
- k.) Blocking- It is a play by one or more players who attempt to intercept the ball over or near the net. Any or all the players in the front line are permitted to block.
- l.) Crossing Center Line- A player may cross the center line with his/her foot/feet as long as the foot/feet remain(s) on or above the center line and the player does not interfere with the play of an opponent.
- m.) Recovering Ball From Net- A ball may be played from the net.
- n.) Ball Considered Crossing Net- When only part of a ball crossed the net and is then contacted by an opponent, it is considered as having crossed the net. Any ball contacted by blockers on the opponent's side of the net may be considered to have legally crossed the net.
- o.) Net Contact- A player shall not contact any part of the net or its supports while the ball is in play or while completing a play. If a player inadvertently touches the net

supports it is not a foul. When the ball is driven into the net so that it causes the net to contact an opposing player or players, this is not a foul, if they did not actually contact the net by their own impetus.

p.) Replay- A replay is the act of putting the ball in play again without awarding a point or side-out for the following reasons:

- I. An officials mistake
- II. A foreign object entering the court
- III. An injured player
- VI. The ball simultaneously held above the net.

RULE 10: SUBSTITUTION

Court substitution is done only on each new rotation, players will enter the court to the left of the server in the left back position. Each new substitute must complete a full rotation unless injury has occurred.

RULE 11: CONDUCT

No player or substitute shall act in an unsportsmanlike manner while on or near the court.

PENALTY: Following a **WARNING**, the official shall award opponents an automatic side-out and may disqualify the offender, if the use of disconcerting acts or words becomes flagrant.

RULE 12: ENFORCEMENT

Automatic Side-Outs - Are the penalty for committing any of the following fouls:

a.) Player position fouls-

- I. Server's teammates screening serve
- II. A player is serving out of turn
- III. Illegal substitution

b.) Service fouls-

- I. The serve is hit out-of-bounds
- II. Server unnecessarily delays game(fails to serve within 5 seconds)
- III. Ball tossed up and then caught (must let it drop to ground) this is **REPLAY**.

c.) Net play fouls-

- I. Contacting the net while the ball is in play or while completing play
- II. Offensively contacting ball before it has crossed the net
- III. Interfering with opponents or opponent's play by reaching under the net.

d.) Other playing fouls-

- I. Player contacting the ball more than once in succession except as provided by rule.
- II. Player commits a foot foul by foot/feet extending completely over the center line.

Adds and Drops

- All add/drop forms must be turned into campus recreation before 12 noon on the day of the match for the change to be in affect for that game
- Teams must remain at 14 players or fewer
- All Add/Drops for a Sunday game must be turned into the Intramural office by 12noon on the Friday before to be in affect.

Mutual Postponements

- All mutual postponements must be turned in at least 24 hours prior to either the original scheduled game date or the new scheduled game date, whichever is earlier

Sportsmanship Rating

- All teams must have a minimum cumulative Sportsmanship Rating of a 2.75 to be eligible for the playoffs. If a team misses this standard they will be ineligible for the playoffs regardless of record. Teams will receive a grade "A" - "F" each game by the site supervisor. If a team has a player ejected then that team will receive a grade no higher than a "D." Sportsmanship grades will be posted along with the schedules and standings. Any team that receives lower than a 1.99 cumulative sportsmanship grade for a playoff game will be automatically removed from the playoffs.