



# 4x4 Sand Volleyball Rules

(Updated December 11, 2008)

The game will be played under current National High School Federation rules with the following Intramural special modifications.

## **I. GAME TIME AND SCORING**

1. During play, all matches will be the best of three (3) games with a 45-minute time limit.
2. The first two games of the match are won by the team who first scores 21 points. Therefore, a game may end 21-20. The final game (3<sup>rd</sup> game) of the match is won by the team who scores 17 points. Therefore, the game may end 17-16.
3. Rally scoring method will be used in every game, with a point scored on every service.
4. If the match is not complete when the 45-minute time limit expires, the following will govern play:
  - A) If a team has the lead in the game, it will be considered a win – regardless of score.
  - B) If both teams are tied 1-1 and in their third (3<sup>rd</sup>) game of the match, then whatever the score is when time expires will be recorded as the final score. However, if teams are tied, then next point wins the match.
5. A full team shall consist of four (4) players. However, a team may start and finish with at least three (3) players. A full Co-Rec team shall consist of a maximum of two (2) men and two (2) women on the court. When playing with three (3) players in Co-Rec, teams can play with two (2) women and one (1) man or vice-versa. **The maximum number of players a team roster may have is six (6).**
6. **GAME TIME is FORFEIT TIME.** If a team does not have the minimum number to start on the court at the scheduled game time, the team will forfeit the match.
7. The team winning the toss may elect to serve, receive, or take choice of court for the first game. The team captain not calling the toss for the first game shall call the toss in the third game. After each game of the match the teams will change sides.
8. Each team should furnish one scorekeeper. If a scorekeeper is not present, the team may keep score verbally. The server must announce the score before every serve. Teams are responsible for keeping an accurate score and correctly recording the final score on the score sheet.
10. Equipment representing possible hazards to participants will not be permitted. No hats, jewelry, exposed metal or hard unyielding plastic on braces, casts, etc. will be allowed.
11. **NO VARSITY VOLLEYBALL ATHLETES** are eligible to participate.

## **II. TIME-OUTS AND SUBSTITUTIONS**

1. An intramural staff member will keep the game clock for all games.
2. There will be one time out per team per game. The intramural supervisor must be notified if a timeout is taken. The length of a time out will not exceed thirty (30) seconds.
3. There are no substitution restrictions as long as one player does not occupy more than one position in the service order during a single game. Teams may do rotational substitution or one for one.
4. Any player who is bleeding must be substituted for until the bleeding stops. An intramural staff member or game official has the authority to remove the player. If by removing the player who is bleeding the team falls below the minimum number necessary to play (3 players) the following will apply: The game clock will stop and a maximum of five (5) minutes will be allowed for the player to stop the bleeding. An intramural staff member must approve the player to re-enter. If the bleeding is not stopped within the allotted five (5) minutes the team will forfeit the match. **THE TIME ALLOWANCE IS ONLY FOR PLAYERS WHO ARE BLEEDING, AND THE TEAM CANNOT CONTINUE TO PLAY WITHOUT THEM.**

## **III. SERVICE/CHANGE OF SERVE/CONTACTING THE BALL**

1. Players are free to position themselves anywhere on the court. There are no positional faults. No restriction exists as to which players may participate in a block or an attack. Teams must maintain a service order.
2. A player **may not block** a served ball.
3. The player may not enter an adjacent court before, during, or after playing the ball.
4. One reserve may be awarded if the server tosses the ball and allows it to fall to the floor.
5. Multiple contacts are more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted and counted as one hit only when the first ball over the net rebounds from one part of a player's body to other parts in one attempt to block or on any first team hit, whether or not the ball is touched by the block.

6. Simultaneous contact is more than one contact of the ball made at the same instant. When a player contacts the ball with one or more parts of the body at the same instant, it is considered one hit. When teammates contact the ball at the same instant it is considered one hit and any player may make the next hit. When opposing players contact the ball at the same instant, the player on the opposite side of the net from which the ball falls shall be considered the player who touched the ball last.
7. Successive contacts of the ball are two or more separate attempts to play the ball by one player with no interrupting contact by a different player. A player shall not have successive contacts unless there is simultaneous contact or successive contacts by a player whose first contact is a block.
8. The ball may contact any part of the player's body.

#### **IV. OUT OF BOUNDS**

A ball is out of bounds and becomes dead when:

- a. it touches the floor or objects on the floor completely outside the court's boundary lines
- b. it touches a non-player
- c. it enters a non-playable area (adjacent courts)

**All players are on their honor and need to make calls on their side of the court. Each serve must result in a point, side-out or replay. Captains need to be responsible for their team and settle disputes.**

**REMEMBER THIS IS A SELF OFFICIATED LEAGUE . . . HAVE FUN**