



Lamar University Intramural Sports 4 on 4 SAND VOLLEYBALL RULES

PLAYER ELIGIBILITY

1. Participation is limited to currently-enrolled, Lamar University-Beaumont or LIT students, faculty and staff.
 2. In order for participation in an intramural contest each player must present one of the following ids and print their name on the score sheet:
LU-Beaumont Students = Cardinal One Card
LIT- ID Students = Validated Student ID
Faculty/Staff = Employee ID
 3. Players may not play if they are wearing jewelry of any type, including necklaces, earrings, bracelets etc.
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SPORTSMANSHIP RATING

| Each team will receive a sportsmanship rating from the official(s) and/or field supervisor at the conclusion of the game.

| **A (Excellent)** - given to a team which demonstrates good sportsmanship and maintains an excellent attitude of complete cooperation. Full and complete support of the officials.

| **B (Above Average)** - given to a team when there is no incident of poor sportsmanship. Respect shown for opponents and officials.

| **C (Average)** - given to a team when unsportsmanlike conduct is not present in the game except for rare minor infractions. Poor behavior limited to individual/s, not to the entire team.

| **D (Below Average)** - given to a team if players, other than the captain, persist in questioning officials' decisions; and/or they repeatedly argue with the officials. For frequent use of profane or vulgar language. If spectators, clearly related to the team, fail to cooperate with the officials and the team is not supportive of the officials' efforts.

| **F (Poor)** - given to a team when a player is ejected and the team does not assist the officials in removing the player from the area. If players disregard warning of unnecessary roughness, unsportsmanlike conduct, abusive language or action, etc. If the team refuses to attempt to control their fans after a request to do so from the IM supervisor.

| A team that defaults will receive a **C**.

| A team that forfeits will receive a **F**.

QUALIFYING FOR PLAYOFFS

| A team must have a cumulative **2.5** rating average in order to be eligible for the playoffs.

| A team must have at least a **2.0** rating for each game in the playoffs to advance to the next round. Teams receiving a **2.0** or less are required to meet with the IM Director prior to the next contest.

| Any team that receives a **0.0** in a playoff game will be disqualified from that playoff tournament and the team and players will be suspended from all IM events for a period of time to be determined by the IM Director. The nature and severity of the incident will be taken into account.

| In case of ties and it is necessary to eliminate teams for a playoff series or tournament; the following tie-breaker format will be used:

1) Forfeits 2) Sportsmanship Ratings 3)Head/Head 4) Point Differential.

TEAM COMPOSITION

A team must have a minimum of three to start and finish a game. Anytime that number becomes lower than three a forfeit will be resulted.

Co-Rec Leagues must have two women and two men on the court. Exception: Co-rec must have a minimum of three players to start and finish a game. One of the players must be female.

SCORING SYSTEM

A Match

The match is won by the team that wins 2 sets. In the case that the match comes to a 1 to 1 tie, the deciding set is played to 11 points, with a minimum 2 point lead.

A Set

The first 2 sets are won by the team that scores 15 points first. In the case of a 14 to 14 tie, play is continued until one team has a 2 point advantage.

A Rally

Whenever a team fails in serving, fails to return the ball to the opponent, or commits any faults; the opposing team wins the rally.

The result of winning the rally...

- If the opponents served, they get a point and continue serving.
- If the opponents received the serve, they get a point and gain the right to serve next.

PLAYING SURFACES

Court Dimensions

The playing court is rectangle in shape and measures **16 X 8 meters** (52' 6" X 26' 3").

Beach volleyball rules for FIVB competition, the free zone surrounding the court should be a minimum of 5 meters to a maximum of 6 meters from the end lines and sidelines. There should be a minimum height of 12.5 meters (41 feet) of free space above the playing surface.

For Sand Volleyball...

1. The playing surface should be made up of leveled sand, as flat and uniform as possible.
2. The sand should not contain anything that could cut or injure players such as rocks or shells.
3. For FIVB competition, sand must be at least 40 cm deep and made up of fine, loosely compact grains.

For Grass Volleyball...

1. Courts should consist of grass surfaces that have been preserved free of puddles, holes, or uneven ground.

COURT LINES

Lines on the Court

1. The court is mark with 2 end lines and 2 sidelines.
2. There is no centerline.
3. All lines are 5 to 8 cm wide (2 to 3.75 inches).

4. The color of the lines must contrast sharply with the color of the sand.
 5. Lines should be made of a resistant material.
 6. If anchors are used, they should be made of soft flexible material.
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EQUIPMENT

Net Height

- Men – 2.43m (7' 11 5/8")
- Women – 2.24m (7' 4 1/8")

Antenna

The antenna is a flexible rod made of fiberglass or a similar material. The antenna is considered part of the net and sets the limit to the crossing space.

Net Posts

The posts must be round and smooth. Posts must be placed an equal distance from each sideline to the post padding. Posts can't consist of any dangerous or obstructing devices.

If anchors for guy lines are used, they must be driven flush, free of sharp edges or buried beneath the playing surface.

The Ball

The ball must be made of material more suitable for outdoor conditions since matches may be played when it is raining. The ball should be bright in color (white, orange, or yellow, etc.).

- The weight of the ball should be 9 to 10 ounces.
 - The inside pressure of the ball should be 2.5 to 3.2 lb/sq inch.
 - International competition must use homologated balls.
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PLAYING THE BALL

Team Hits

Each team is allowed three hits

For fours and sixes... The block does **not** count as a team contact, and any player can make the first contact after the block.

Simultaneous Contacts

1. When two teammates touch the ball simultaneously it is considered two hits (except when blocking)
2. If there is simultaneous contact above the net by opposing players, the team that ends up with the ball has 3 hits available to return the ball. If the ball goes “out” it is the fault of the team on the opposite side.
3. If simultaneous contact above the net leads to a held ball, it’s not a fault and play continues.

Assisted Hit

A player is not permitted to take support from a teammate in order to play a ball. However, if a player is about to commit a fault, they can be held back by a teammate.

Contacting the Ball

1. The ball may touch any body part.
2. The ball must be hit, not caught or thrown.
3. During a defensive play of a **hard-driven ball**, the ball may be **held** momentarily with the hands, as well as **doubled** with the fingers.
4. If simultaneous contact by opponents leads to a held ball, play continues.

Faults in Contacting the Ball

1. Fourth Contact
Team contacts the ball 4 times before returning it to the opponent.
2. Player Assisted
A player is supported by a structure or teammate when attempting to play the ball.
3. Prolonged Contact
The ball comes to rest on a player or is caught or thrown. Exception: During a hard-driven defensive play or simultaneous contact by opposing players.
4. Multiple Contacts
 1. A player contacts the ball twice or more in succession (two separate attempts).
 2. A player hits the ball with his/her body twice successively (multiple contacts in a single attempt to make a play).

Ball “In”

The ball is in when it touches the ground of the playing court, including the boundary lines.

Ball “Out”

The ball is “out” when...

1. It lands outside the boundary lines, without hitting them
2. It hits a person or object outside the court
3. It hits the antennae, cables, ropes, posts, or netting outside the antennae
4. It completely crosses the net totally or partially outside the crossing space

Playing Faults

1. The penalty for a fault is the opponent wins the rally
 2. If two or more faults are committed consecutively, only the first one counts.
 3. If faults are committed simultaneously, a double fault is counted and the rally is replayed.
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PLAY AT NET**Crossing into the Opponents Court**

A player may enter their opponent’s court to play a ball that is headed towards the opponent crossing under the net provided that the ball hasn’t yet completely crossed under the net when making contact with the ball.

Pursuit Rule

A player may pursue a ball that crosses the vertical plane of the net, provided that...

1. The ball is head to the opponent’s free zone
2. The ball passes totally or partly outside the crossing space
3. When the ball is played back, the ball crosses again totally or partially outside the crossing space

The opponents may not prevent an opponent from pursuing such a ball.

Ball in the Net

1. The ball may be recovered after it is driven into the net.
2. If the ball knocks the net down, the rally is replayed.

Reaching Over the Net

When blocking, a player may reach over the net and touch the ball provided...

- this contact doesn't interfere with opponents play or
- contact is after the player executes the attack hit

Penetrating into Opponents Side

Player may enter opponent's space, court, or free zone provided they don't interfere with play.

Touching the Net

1. Players can't touch any part of the net or antennae
2. After a player contacts the ball they may touch the net posts, ropes, or anything outside the **total length of the net**, provided the contact doesn't interfere with play.
3. If the net touches an opponent because the ball was driven into the net, it isn't a fault.
4. Incidental contact with the hair in the net isn't a fault.

SERVICE

The serve is the action of putting the ball in play by a server. The serve must be executed by contacting the ball with one hand or arm.

Doubles Serving Order

1. When the serving team wins the rally, the player that just served serves again.
2. When the receiving team wins the rally, the player that did not serve last will serve next.

Executing Serve

At the moment of contacting the ball to serve or at ground take off for a jump serve, the server must not touch the court, end line, or ground outside the service zone.

- After the contact, the server may step outside the zone or into the court.
- If the line moves because sand or grass pushes it, it isn't a fault.
- The ball must be tossed or released before making contact for serve.

- The ball must be contacted by the hand or any part of the arm.
- The ball must be served if the server tosses or releases for an attempt to serve. (There's no re-serve because of a toss, drop)

Screening

When serving, the server's teammate must not prevent the opponent from seeing the server or the ball. On the opponent's request, the server's teammate must move sideways.

ATTACKING

Attacking

All actions of directing the ball towards the opponent, except serving and blocking, are attack hits.

- An attack is completed the moment the ball **completely crosses** the vertical plane of the net or is **touched** by a blocker.
- Any player may carry out an attack hit provided the contact takes place in their own playing space.
- For Males in Reverse Coed Doubles or Back Row Players in Sixes...

If contact is made when the ball is completely above the height of the net, and the player's foot is touching or last touched the ground on or inside the attack line, the attack hit must have an **upward trajectory**.

Attacking Faults

- Hitting the ball when it's completely on the other side of the net.
- Hitting the ball "out"
- Completing an attack hit using open hand finger action or directing the ball using the fingers.
- Completing an attack hit on the opponent's serve when the ball is completely above the height of the net.
- Completing an attack hit using an overhead pass, which has a trajectory **not perpendicular in line** with the shoulders?

BLOCKING

Blocking

- Blocking is the action of being close to the net, intercepting a ball coming from the opponent by reaching higher than the top of the net. A block is a **deflection of the ball** coming from the opponent.
- The next contact after a block may be executed by any player.
- A blocker may place hands or arms over the net provide this action doesn't interfere with play.
- These contacts may occur with **any part of the body**.

Beach Volleyball Rules for Fours and Sixes...

- Blocking contact **doesn't count** as a team contact.
- The blocking team has 3 contacts to return the ball after a blocking contact.