

GRAND VALLEY STATE UNIVERSITY
RECREATION

Intramural Sports
Sand Volleyball Rules

Equipment

1. Game balls will be provided by GVSU IM Sports. However, teams may supply their own balls provided they are approved by the intramural sports staff.
2. No jewelry. All rings, bracelets, and other jewelry must be removed. EXCEPTIONS: medical alert or religious symbols jewelry MUST be taped or bandaged to the body. Tape for covering jewelry is not provided.
3. Guards, casts and braces must be covered and protected as defined by the NFHS and GVSU IM Sports.
4. Hats are permitted. Bandanas with a single knot may be worn

Players and Substitutes

1. A team consists of four (4) players. A minimum of two (2) players is required to start a match.
2. Co-rec team composition may be any of the following
 - a. 2 females and 2 males
 - b. 2 females and 1 male
 - c. 2 males and 1 female
 - d. 1 female and 1 male
3. Unlimited substitutions are allowed as long as one player does not occupy more than one position in the service order during a single set.
4. Co-rec teams must alternate service order. Only a person of the same gender may substitute for a player.

Coin Toss

1. The winner of the coin toss chooses
 - a. The right to serve or receive service or
 - b. The side of the court
2. The loser takes the remaining choice
3. In the second set, the loser of the toss gets the options of a or b above. A new toss will occur prior to a third game. Teams may use any method to determine the toss winners. The toss will be conducted by the team captain's and no staff needs to be present.

The Game

1. There will be no game officials, only GVSU IM Sports staff. Players and teams will be expected to call their own faults. Any disagreements may be brought to the attention of the staff for a ruling. All staff decisions are final.
2. A match is won by the first team to win two games
3. The first two games will be won when one team reaches 21 points, provided they win by two.
 - a. There is a cap of 24 points.
4. The third game, if necessary, will be won when one team reaches 15 points, provided they win by two.
 - a. There is a cap of 18 points.
 - b. There is no cap in game 3 of a playoff match. A team must win game 3 by two points.

Game Play

1. Positions
 - a. At the moment the ball is hit, each player must be inside its court lines (except the server)
 - b. Players may position themselves anywhere inside the court lines
 - c. There are no rotational faults

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2. Ball in and out
 - a. A ball is in when it touches the ground on the playing surface, including the boundary lines.
 - b. A ball is out when it
 - i. Touches the ground completely outside the boundary lines
 - ii. Touches and object outside the court
 - iii. Touches the ropes, posts or net outside the side bands of the net
3. Scoring
 - a. A point will be scored after each fault (rally scoring).
4. Playing the ball
 - a. Blocking does not constitute a team contact. Any player may make the first contact after a block.
 - b. A player may not hit the ball two times consecutively.
 - c. Teams have three contacts to return the ball over the net.
 - d. The ball may touch any part of the body to constitute a hit.
 - e. The ball must be hit, not caught or thrown.
 - f. Setting the ball over the net is not permitted.
 - g. Tipping the ball over the net is not permitted.
 - h. Players are allowed to cross under the net, provided there is no interference with the opponent's opportunity to play the ball.
5. Service
 - a. The serve is authorized when the correct server has the ball behind the end line and both teams are ready to play. The game score should be spoken to indicate the service is pending.