

INTRAMURAL SPORTS CO-REC SAND VOLLEYBALL RULES

UMass Intramural volleyball rules with modifications will govern play.

Each player must present their [valid UMass UCard](#) to participate in each and every intramural contest.

For the full list of intramural policies and procedures, please read the [Intramural Participants Guide](#)

Team captains are responsible for the conduct and eligibility of their teammates, spectators and adherence to the rules governing play.

Co-Rec Specific Rules

Each team shall consist of four (4) players comprised of 2 women and 2 men. A team must have a minimum of three (3) players to begin a match. This will be comprised of 2 women and 1 man or vice versa. Substitutions must be woman-for-woman and man-for-man

Equipment

- A. The official ball is the one supplied by the intramural program.
- B. Teams may elect to play with a different ball, provided it is agreed upon by both teams.
- C. The official shall not permit any player to wear equipment that, in their judgment, is dangerous to other players. **Jewelry, including rings, bracelets, necklaces, watches and earrings, is illegal.** Taping of earrings and other jewelry is not permitted regardless of the reason. Medical emergency bracelets/necklaces may be worn but **must** be covered and taped to the body.
- D. T-shirts and athletic shorts or pants must be worn.

Game Play

Each match will be one game in length. The scoring style will be rally scoring. The first team to score thirty (30) points (win by 2 or a 35-point cap) will be declared the winner.

1. Each team shall be permitted one (1) timeout per match. Timeouts will only be granted during a dead ball. Any player may request a timeout.
2. A coin toss at the beginning of the match will determine which team receives the choice of first serve or choice of side of court for the beginning of the match.
3. The teams shall change sides of the court each time the total number of points scored is a multiple of ten (10). For example, teams would switch sides when the score was 7-3, 5-5, or 10-0.

Positions of Players

1. A team does not have to rotate following a side-out. However, teams must rotate servers.
2. **Substitutions:** Players may make a substitution when play is stopped or the ball is dead. Teams have unlimited substitutions.
3. **Server:** The server shall serve from within the serving area and shall not touch the lines bounding this area or the court outside this area at the instant the ball is contacted during the serve. Part of the server's body may be in the air over or beyond these lines, as long as the contact with the line or floor comes after the contact of the ball being served.
4. **Position of Players at Service:** At the time the ball is contacted for the serve, all players (except the server) shall be within the team's playing area and may be in contact with the boundary lines but

may not have any part of the body touching the court outside those lines. There is no set rotation for the non-servers. The three non-servers may be positioned anywhere on the playing court.

5. **Screening:** The players of the serving team must not prevent the receiving players from watching the server or the trajectory of the ball. Screening is illegal and results in a side-out for the opponent.
6. **Blocking:** Blocking the ball is permitted by any or all of the players, except the server.
7. **Serving Out of Turn:** A player shall not serve out of turn. Any points scored on this service shall be canceled and a side-out awarded to the opponent. If the opponent serves before an out-of-turn service is realized, then there shall be no loss of points. In either case, players of the team in error shall regain their proper positions before the next serve by either team.

Playing the Ball

1. **Service:** The service is the act of putting the ball into play by the player in the right back position who hits the ball with one hand (open or closed) or any part of one arm in an effort to direct the ball into the opponent's area. The serving area will be any point behind the end line (excluding the end line) between the two sidelines.
 - A. The server shall have 5 seconds in which to release or toss the ball for service.
 - B. If after releasing or tossing the ball for service, the server catches the ball or allows the ball to fall to the floor without being hit or contacted, the service effort shall be canceled and a re-serve directed.
2. A team shall continue to serve until a side-out is awarded to the opponent or the game ends.
3. The serve alternates to the opponent when a side-out is awarded to the opponent.
4. A served ball is a service fault and becomes a dead ball when:
 - A. The ball does not legally cross the net
 - B. The ball passes under the net
 - C. The ball touches one of the server's teammates
 - D. The ball touches the court on the server's side of the net
 - E. The ball does not cross the net entirely between the net antennas or lands out of bounds
 - F. The ball touches any obstruction
5. **It is illegal to block a serve or spike a serve.**
6. Each team is limited to a maximum of three (3) hits on its side of the net to get the ball successfully over the net. Lifting, carrying the ball, and underhand slapping of the ball are illegal hits and shall result in a point or side-out. When the team's first contact is simultaneous contact by opponents or an action to block, the next contact is considered the team's first hit.
7. If any part of the ball contacts the boundary lines, it is considered in.
8. Legal contact is a touch of the ball by a player's body that does not allow the ball to visibly come to rest or involve prolonged contact with a player's body.
9. **Simultaneous Contacts:** This involves more than one contact of the ball made at the same instant.
 - A. When one player contacts the ball with two or more parts of the body at the same instant, it is permitted and considered one hit (except for a block which does not count as a hit).
 - B. When teammates contact the ball at the same instant, it is permitted and considered one hit (except a block which does not count as a hit). Any player may make the next hit.
 - C. 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 to have touched the ball last. The other player may participate in the next play and the simultaneous contact shall not count as a hit.

Play at the Net

1. A player shall not contact any part of the net or its supports while the ball is in play. When the ball is driven into the net so that it causes the net or its supports to contact an opposing player or players, it is not a foul if the opposing player(s) did not contact the net by their own impetus.

2. A ball may be played from the net provided that a team still has at least one of its three hits remaining.
3. When returning the ball to the opponent's side of the net, a player may follow through over the net, providing they first contact the ball on their own side of the net. A player shall not contact a ball which is completely on the opponent's side of the net unless the contact is a legal block.
4. Blocking a ball which is completely on the opponent's side of the net is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when:
 - A. The attacking team has completed its three allowable hits.
 - B. The attacking team has had the opportunity to spike the ball, or in the official's judgment, directs the ball with intent to return it to the opponent's court.
 - C. The ball is falling near the net and, in the official's judgment, no member of the attacking team could make a play on the ball.
5. There is interference by a player who makes:
 - A. Contact with an opponent which interferes with the opponent's legitimate effort to play the ball.
 - B. Intentional contact with a ball which the opponent has caused to pass partially under the net and the opponent is attempting to play it again.

Penalty for Illegal Net Play: A point or side-out awarded to the opponent.
6. **Successive Contacts:** 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 between the two plays. A player shall not make successive contacts of the ball unless there is:
 - A. Simultaneous contact by teammates.
 - B. Simultaneous contact by opposing players.
 - C. Successive contacts by a player whose first contact is a block (then the second contact shall count as the first hit by the player's team).
7. **Multiple Contacts:** Multiple contacts of the ball are more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted only:
 - A. When the ball rebounds from one part of the player's body to one or more other legal parts in one attempt to block;
 - B. On any first team hit, whether or not the ball is touched by the block, provided there is no finger action.

SPORTSMANSHIP

- A. In order to promote a fun and safe playing environment, participants and spectators are expected to be civil towards one another and staff.
- B. Any conduct judged by an intramural staff member to be detrimental to the participants, program, or any particular intramural activity may result in removal from a contest and/or further sanctions.
- C. A detailed outline of the Intramural Sports Sportsmanship Policy can be found [here](#)