4X4 Sand Volleyball Rules

PLAYERS
Teams will consist of 4 players. The minimum number of players to begin a contest is 2. For co-rec leagues, two women are required. For Co-rec a minimum 1 male 1 female required.

EQUIPMENT
Intramural Sports will supply nets, game ball and officials. The height of the net will be 8'

THE GAME
Each game will begin at the indicated time on the schedule. Forfeiture time is game time. Once a team has the minimum number of players required to start, they must begin play. Rock, paper scissors is used to determine which team serves first.

SCORING
• A match will be the best 2 of 3 games.
• For the first two games, a game is won by the team that first scores 25 points with a two-point advantage.
• If a score of 25-25 is reached, play continues until a two-point advantage is reached (27-25) or until the first team reaches 28.
• For the deciding game (third game) in a match, the game is won by the team that first scores 15 points with a two-point advantage (or first to score 18).
• After each set, teams switch sides.

Co-Rec Specific Information - VOLLEYS
If there is more than one hit on a side, one of those hits must be made by a woman before the ball is returned to the opponent’s side. Serving order and position on the court is an alternation of men and women.

RALLY
Whenever a team fails in its service or fails to return the ball, or commits any other fault, the opposing team wins the rally.

TIMEOUTS
• Each team gets 1 timeout per set
• Timeouts may be requested only when the ball is out of play and before the whistle for service
PLAYING THE BALL
• A player may not hit the ball two times consecutively
• If two teammates touch the ball simultaneously it is counted as two hits, except when blocking
• If both opponents touch the ball at the same time above the net and the ball remains in play, the receiving team will get 3 more hits
• If there is a held ball between the two opponents over the net it is not considered a fault
• The ball may touch any part of the body

THE NET
• While crossing the net, the ball may touch the net, while in play or on the serve.
• A ball driven into the net may be recovered within the limits of the 3 hits
• If the ball rips the net or tears it down, the rally is cancelled and replayed
• A blocker may touch the ball beyond the net as long as they don’t interfere with the opponents play
• A player can pass their hand beyond the net after his/her attack hit, as long their contact has been made on their own side

SERVICE
• Server may move freely in the service zone
• Ball may hit the net on a serve
• Server has 5 seconds to serve after the referee blows their whistle. If served before the whistle, play is cancelled and repeated
• If ball has been tossed or released by the server and lands without being touched is considered a service

SERVICE FAULTS
• Violation of the service order
• Server touching the court/line when serving.
• If the ball touches a player of the serving team before crossing the net

BLOCKING
• A blocking contact is counted as one of the 3 team hits
• Any player including the blocker may hit the first hit after the block
• A player may place his/her hands and arms beyond the net provided that his/her action does not interfere with the opponents play.

BLOCKING FAULTS
• Blocker touches the ball in the opponent’s space either before or simultaneously with the opponent’s attack hit
• A player blocks the opponent’s service
• Ball is sent out off the block