

Sand Volleyball Rules

TEAMS AND PLAYERS

Different divisions are offered:

4x4 Co-Rec Competitive

6x6 Co-Rec Recreational

A. Co-Rec teams shall be composed of a minimum of FOUR players. Teams may not begin or continue with less than FOUR players. Two men and two women for Co-Rec teams.

B. All students, faculty or staff can participate provided they are not on the varsity roster for the related sport. **All participants must present their valid OBU ID.**

C. Recreational rules are the same except for No SPIKING. A spike is determined by a downward hit with the elbow breaking the 90 degree plane.

TIMING AND SCORING REGULATIONS

A. A game is over when one team scores 21 points. The winning team must have at least a two (2) point advantage. The match is over if:

- (a) one team wins two out of three games,
- (b) the third game, if needed, is played to fifteen (15) and the win by two rule is in effect.

B. Rally scoring is in effect. A two (2) point advantage is required to win a game.

SERVING REGULATIONS

A. Rock, Paper, Scissors(the OBU way...) will be done between the two opposing captains. The winner has the choice of: serving the first game or choosing which side of the court to start on. At the beginning of the second game the roles are reversed.

B. Rock, Paper, Scissors(the OBU way...) will be done at the beginning of the third game with the winner getting the same options as above. Teams will switch sides in the middle of the third game.

C.. Players must stay in their respective serving order for the entire game. At the beginning of a new game the players may be rearranged.

D.. A serve is legal if it hits the net as long as it goes over the net and lands in bounds.

TIME OUTS

A. Teams are allowed one time-out per game. A time-out is one minute long. Time-outs may be requested any time the ball is dead.

PLAYING THE GAME

A. A player may not hit the ball twice in succession (unless on a block). When playing the ball, **the player may use any part of their body, including feet.**

B. The ball may be contacted a maximum of three times by a team before it is sent over the net.

C. **In Co-Rec:** if two hits are used to hit the ball over the net, a female must be involved in the play or a side-out will result.

(The 2 Guys rule)

C. If two or more players of the same team contact the ball simultaneously, it is considered one play. The players involved may participate in the next play. This next play should be counted as an additional contact.

D. Ball crossing the net:

1. If the ball touches the net on the return, it must touch the net between the markers and go over into the opponent's court.

2. A ball striking the net and going over is still in play.

3. The ball may be played when any part of it has crossed the top of the net. It is not essential for the entire ball to be on a player's side of the net before played.

4. The only legal double hit allowed is if when executing a block, the ball comes through the hands and hits another part of the player's body.

E. Illegal Net Play

1. Holding or pushing the ball against the net.

2. Touching the net with any part of the body while the ball is in play. If the ball is driven into the net with such it causes the net to contact a player on the opposing team, no foul shall be called and the ball shall continue to be in play.

3. Reaching over the net:

a. If a player reaches over the net on the follow through a foul shall not be called.

b. If a player in an attempt to block reaches over the net on a follow-through, whether or not they touch the ball, a foul shall not be called. (Provided some part of the ball has crossed the net on the blocker's side before the follow-through occurs.)

c. If during an attempt to block a ball, the ball is hit against the net with such force that it causes the net to move under the fingers or hand of the blocker, no fouls shall be called.

4. Reaching under the net:

A player may not reach under the net and touch the ball or a player on the opposing team when the ball is in play on the opponent's side of the court.

F. Legal net play:

1. A ball other than a service may be recovered from the net provided the player avoids touching the net.

2. If two or more players from opposing teams contact the ball simultaneously above the net, any of the players involved are eligible to participate in the next play, which shall be considered the first of three contacts allowed to the team. When a ball is contacted simultaneously by both teams and it becomes motionless, a replay is ruled.

3. If one or more players is attempting to block and is contacted by the ball, this player is eligible to participate in the next play which shall be considered the first contact for that team.

G. Any part of the ball touching a boundary line is

considered in bounds.

H. Any ball striking an object over the court or outside the boundary line will be considered out of bounds unless stated otherwise in the rules.

SUBSTITUTION

A. The incoming player must take the position and place in the serving order of the player in which they are substituting. No change shall be made in the order of rotation.

B. Substitutions may be made at any time in case of injury. If an injured player is not able to continue play and all substitutions have entered the game, the injured player may be replaced by any player who was not in the game at the time the injury occurred.

CONDUCT OF PLAYERS, COACHES, AND SPECTATORS

A. The Intramural/Recreational Sports Program is for your benefit and enjoyment. You are expected to control your behavior and conduct yourself in a responsible and respectful manner with your peers. Good sportsmanship is vital to the conduct of every activity and

unsportsmanlike conduct will not be permitted. Any participant that repeatedly exhibits a poor attitude and lack of sportsmanship and makes any physical and/or verbal against an intramural official or staff member may result in permanent banishment from the program.

Reporting Scores

All matches need to be reported to the Intramural office, via email, text, or on site Intramural staff.

Email: david.gardner@okbu.edu

text 405-250-7828