# 4v4 Sand Volleyball Rules

Stanford University Intramural Sports follows the rules listed below. The rules listed below do not represent the entire rulebook. These condensed rules represent the most important aspects of the game with which to be familiar.

## Pre-Game Responsibilities
1. Teams are encouraged to arrive at least 15 minutes prior to their game’s scheduled start time. Teams are allowed a five (5) minute grace period. Teams arriving after the grace period will forfeit the contest. IM supervisors will make the call regarding the grace period.

2. Games start with a volley for serve to determine receiving/serving and courts.

3. Captains must check make sure their team is checked in with the Supervisor on duty prior to starting the game.

## Equipment
1. Players must remove watches, rings, chains, and all other jewelry that may cause injury.

2. Game balls will be provided by IMs. Teams must bring their own equipment to warm up with.

3. If they so choose, Captains can agree to use their own balls during the captain’s pre-game meeting.

## Players:
1. The game will be played between two teams of four players each.

2. A team may begin with a minimum of three players.

3. Co-Rec Teams
a. The game will be played between two teams of four players each, 2 men and 2 women, or 2 women and 1 man. There can never be more men on the court than women.
b. Men and women alternate positions on the court

GAMES AND TIMING:
1. Each game will begin with a volley for serve

2. The captain winning the volley will have the option to serve/receive or playing area

3. Matches going to a third game will require another volley for serve with the same options as above

4. Match is best two of three games.

5. Game is to 25 points, must win by two, rally scoring, no cap on number of points needed to win.

6. Third game (if ness) is played to 15, win by two, rally scoring, no cap on number of points needed to win

7. Time Outs: Each team is entitled to two, thirty-second time outs per game

BOUNDARIES:
1. A ball striking the an overhead obstruction above a playing area shall remain in play provided the ball contacts the obstruction on the side of the net that is occupied by the team that last played the ball, and the ball is legally played next by the same team

2. A ball is permitted to hit the net on serves.

3. A ball that strikes the boundary line is still considered in bounds

SERVING:
1. The server must hit the ball with 1 hand, fist or arm while the ball is held, or after it is released by the server

2. The server must serve from within the serving area and shall not touch the end line at the instant the ball is contacted for the serve

3. The server’s body may be in the air over or beyond the serving area boundary lines, having left the floor from within the serving area

4. A re-serve will be called when the server releases the ball for service, then drops it to the ground
5. A team continues serving until it commits a foul or the game ends

**BLOCKING AND CONTACT:**
1. 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

2. When teammates contact the ball at the same instant, it is considered one hit (except a block which does not count as a hit) and any player may make the next hit

3. Recovery of a ball hit into the net is permitted

4. 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.

5. Blocking a ball which is entirely 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 the:
   a. attacking team has completed its three allowable hits;
   b. attacking team has had the opportunity to spike the ball or directs the ball with intent to return it to the opponent's court.
   c. ball falling near the net, and in the official's judgment, no member of the attacking team could make a play on the ball.
   d. ball is served.

**SUBSTITUTIONS:**
1. The continuous substitution rule will be in effect. There will never be a case where player for player substitution will be used

2. Once a service has been delivered no more subs may enter the game should they arrive late.

3. EXCEPTION: Should a team begin with only 3 players, they may add the fourth any time during the match with this person entering as the server

4. Co-Rec: A man must substitute for a man, and a woman for a woman