Participation in Stanford University Recreational Sports Programs is voluntary and individuals use facilities at their own risk. Participation in any physical activity involves inherent risk and even when safety precautions are utilized, injuries and accidents can occur. The Recreational Sports Department would like to encourage each individual to consult their physician and obtain adequate personal health/accident insurance prior to participation in our programs. Stanford University does not provide personal health or medical insurance coverage for participants.

Any rule not specifically covered will be governed in accordance with those described by the

[2015-2017 USA Beach Volleyball Rule Book](#).
**RULE 1: PLAYER ELIGIBILITY**
1. Participation is limited to currently enrolled, fee-paying Stanford University students and faculty/staff members with Recreational Sports Memberships.

2. Participants must present their Student ID or current Recreational Sports Membership Card in order to participate.

3. Players can compete for only one single sex team and one coed team, regardless of league classification (e.g. participants cannot play for a men’s recreational team and a men’s competitive team).

4. All participants must meet the eligibility requirements as stated in the Intramural Sports Participant Handbook.

5. Once a participant has signed in for a team, he/she may not transfer to another team.

**RULE 2: TEAM COMPOSITION**
1. TEAMS: Each team will consist of 4 players on the court at one time. A minimum of 2 players are required to start the game.

2. CAPTAIN: Each team shall designate a team captain to make all decisions.

3. PARTICIPANTS: Team representatives including players, coaches, spectators, and other persons affiliated with the team are subject to these sport rules and all intramural policies.

4. SPORT CLUB: A team may have no more than 1 volleyball club members on their roster.

5. VARSITY & EX-VARSITY ATHLETE: A varsity or ex-varsity athlete is NOT eligible to participate in their sport or related sport within the same academic year (August to May) in which they played or practiced with the varsity team. A maximum of 2 varsity or ex-varsity athletes may compete for 1 team in a non-related sport. See the Intramural Sports Participant Handbook for specifications.

**RULE 3: FORFEITS, DEFAULTS, AND PROTESTS**
1. GRACE PERIOD: Teams will be granted a 5 minute grace period from the original game time if at least one player has signed in at game time. If the minimum number of players required to start have signed in before the grace period has concluded, the game will begin and the opposing team will be awarded 7 points. The game clock will be set to 35 minutes. **If no players are signed in at game time, there is no grace period and the game will be declared a forfeit.**

2. There will be NO RESCHEDULES in the league unless prompted by the IM Sport office. **This could include weather, programmatic needs, and other events of the**
University. If rescheduling by the program is necessary, we will try our best to accommodate everyone’s schedule.

3. Forfeits- If you have two forfeits in the league. You will be dropped from the league.

4. PROTESTS: If a team wants to submit a protest, the team captain must stop play immediately and notify the games officials and intramural sports manager. The intramural sports manager will document the appeal and forward it to the Intramural Sports Graduate Assistants or Coordinator if they cannot settle the protest on site. Teams cannot protest an official’s judgment.

RULE 4: PLAYING AREA AND EQUIPMENT
1. PLAYING AREA: All games will be played at the sand volleyball courts at

2. SAND VOLLEYBALLS: Sand volleyballs will be provided by the Intramural Sports Program.

3. ATTIRE: Matching teams jerseys are not required. All players must be in athletic attire (no jeans or khaki pants/shorts).

4. SHOES: All players must be bare foot. No metal, hard plastic, polyurethane spikes or shoes with detachable cleats are allowed. Shoes, boots and sandals are prohibited.

5. PADS/BRACES: No pads or braces may be worn above the waist. Leg and knee braces made of hard material must be covered on both sides and all edges with appropriate slow-recovery padding.

6. JEWELRY: No jewelry may be worn. Jewelry must be removed before the participant will be allowed to participate. Medical alert bracelets are permitted but they must be taped down. Taping of all other jewelry is not permitted.

7. BLOOD RULE: If a player is bleeding, has an open wound, or an excessive amount of blood on his/her uniform the player will be directed to leave the game. The injured player is not to return until the bleeding has stopped, the wound is covered, and the bloody uniform is changed.

8. The Intramural Sports Staff has the right to deem certain equipment unsafe or illegal.
1. GAME: A game is over when one team scores 21 points (third game, if necessary, is played to 15 points), win by 2. Team which wins 2 out of 3 wins. If the games exceed the designated time, during regular season it will be considered a TIE.

3. SCORING CAP: The first two games will not exceed 30 points and the third game will not exceed 15 points.

4. TIME LIMIT: Each match will have a 40 minute time limit.

RULE 6: PLAYING THE GAME

1. VOLLEY FOR SERVE: Teams shall volley for service. The winner of the volley shall choose either to serve or which side of the court to play. The team not awarded service shall serve first in the second game.

2. RALLY SCORING: If the serving team wins the rally, the team scores a point and continues to serve. If the receiving team wins the rally, the team scores a point and gains the serve.

3. SWITCH SIDES: Teams will change sides after each game.

4. BOUNDARY LINES: A ball landing on any part of the boundary line is considered inbounds.

5. LEGAL CONTACTS: The ball must be clearly hit, not thrown, lifted, tossed or held. The ball cannot at any time visibly come to rest in contact with a player. The ball can legally rebound off any part of the body above the waist (no use of feet).

6. TEAM CONTACTS: Each team is entitled to a maximum of three contacts to return the ball to the opponents. A player may not contact the ball two times consecutively except during or after a block. Blocking does not constitute a team contact, and any player may make the first contact of the ball after the block. This rule applies in 4v4. In 2v2, a block at the net is considered to count as contact.

7. SIMULTANEOUS CONTACTS: If two opponents simultaneously and instantaneously contact the ball over the net, the ball remains in play and the team receiving the ball is entitled to another three hits. If such a ball lands out of bounds, it is the fault of the team on the opposite side of the net from where the ball lands. A joust occurs when players of opposing teams cause the ball to come to rest above the net through simultaneous contact. A joust is not a fault and play continues as if the contact was instantaneous. If teammates simultaneously and instantaneously contact the ball, it will count as one contact and the involved players are eligible to participate in the next contact.

8. ASSISTED HIT: A player is not permitted to take support from a teammate or any object in order to reach the ball. However, a player who is about to commit a fault may be stopped or held back by a teammate.

(Updated Fall 2015)
9. SERVING ROTATION: The order of rotation specified by the starting lineup must be maintained throughout the game. At the beginning of a new game, the order may be rearranged.

10. SUBSTITUTIONS: Teams may elect to rotate all players in one at a time through the server’s position OR may substitute player for player. Teams must use the same method (rotation or player for player) for the entire game. If teams choose to substitute player for player, a person who has subbed out may only re-enter in the same place for the same person. Also, once a player has substituted into the game and substituted out again, s/he may only re-enter the game to replace the person s/he replaced the first time. Subs must be reported to the scorer and recognized by the "down" official. If the substitution is not completed promptly, the referee shall charge a timeout to the offending team.

11. SERVING OUT OF ORDER: If a player is discovered serving out of order, a side-out shall be called, any points made by the illegal server shall be lost, the serving order should then be corrected immediately, and the offending team shall lose that service turn.

12. AUTHORIZATION OF SERVICE: The server must wait for their opponent to be ready before serving.

13. SERVICE AREA: The server may move freely behind the rear boundary line.

14. SERVICE ATTEMPT: If the server releases the ball for service but does not attempt to complete the service motion, a replay will be awarded. A player may only receive one such replay during anyone term of service.

15. FOOT FAULT: The server may not step onto the court (this includes the boundary line) until after he/she has contacted the ball.

16. NET SERVICE: A serve is legal if it hits the net, goes over the net, and proceeds to land in-bounds on the opponent’s side of the court.

17. POSITIONING: All players on both teams except the server must be inside the boundaries at the time of the serve.

18. BACK LINE PLAYERS: A player whose legal position at the time of the serve is in the back row may not block, or attempt to block the ball. A back line player may not attack the ball above the height of the net in front of the ten-foot line.

19. SCREENING: Players on the serving team may not group or stand in a position that blocks the view of the receiving team.

20. BALL TOUCHING THE NET: The ball may touch the net while crossing the net at any time.

(Updated Fall 2015)
21. BALL IN THE NET: A ball driven into the net, other than a service, may be recovered within the limits of the three team contacts.

22. RECEIVING THE SERVE: A player may not attack the serve above the net.

23. REACHING OVER THE NET: If a player reaches over the net, a foul shall be called except in the following instances:

   a. Player reaches over the net on a follow-through
   b. Player, in an attempt to block, reaches over the net on a follow through, whether or not they touch the ball, provided some part of the ball has crossed the net on the blocker’s side before the follow through occurs
   c. During an attempt to block, 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
   d. Player reaches over the net to block the ball without attacking the ball or making contact with the net

24. 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.

25. CONTACT WITH THE NET: It is a foul when a player or a player’s clothing touches any part of the net. (Exceptions: incidental contact of the net by a player’s hair or glasses; a ball is driven into the net or the wind blows the net and causes the net to touch a player).

26. UNSPORTSMANLIKE CONDUCT: Any attempt to distract a player by yelling, stomping the feet, or distracting action will result in unsportsmanlike conduct and a point given to the opposing team.

RULE 7: COED MODIFICATIONS
1. TEAM COMPOSITION: Each team will consist of 4 players are on the court. A minimum of 2 players are required to start the game.

   a. 4 players are on the court – 2 males and 2 females
   b. 3 players are on the court – 2 males and 1 female or 1 male and 2 females
   c. 2 players are on the court – 1 male and 1 female

2. POSITIONING: In court positioning, men and women must alternate positions; therefore, they must also alternate serving.

3. TEAM CONTACT: When the ball is contacted more than once by a team, it must be contacted by a member of each gender (block does not count as a contact).

(Updated Fall 2015)
4. SUBSTITUTIONS: Teams may elect to rotate all players in one at a time through the server’s position OR may substitute player for player. Teams must use the same method (rotation or player for player) for the entire game. If teams choose to substitute player for player, a person who has subbed out may only re-enter in the same place for the same person. Also, once a player has substituted into the game and substituted out again, s/he may only re-enter the game to replace the person s/he replaced the first time. Subs must be reported to the scorer and recognized by the "down" official. If the substitution is not completed promptly, the referee shall charge a timeout to the offending team. All substitutions must be male-for-male or female-for-female.

RULE 8: SPORTSMANSHIP
1. RATING: Each team will begin the contest with a 5 sportsmanship rating and shall be rated by the officials at the end of the contest. The authority of the officials’ ratings exists prior to, during, and following all contests to which that official is assigned, and extends to all persons on, at, or near the playing site. Sportsmanship ratings shall be marked on the score sheet prior to captain signing off on the score and sportsmanship rating.

a. 5 – Excellent Sportsmanship: Players cooperate fully with the intramural sports staff and opposing team members. If necessary, the captain converses calmly with officials about rule interpretations and calls.

b. 4 - Good Sportsmanship: Team members verbally complain about some decisions made by the intramural sports staff and/or show minor dissent which may or may not merit a conduct warning (unsportsmanlike penalty / technical foul / yellow cards / etc.). Teams that receive one conduct warning will receive no higher than a "4" rating.

c. 3 - Mediocre Sportsmanship: Team constantly comments to the intramural sports staff or the opposing team. The team captain exhibits little or no control over teammates or him/herself. Teams that receive one ejection or two conduct warnings (unsportsmanlike penalty / technical foul / yellow cards / etc.) will receive no higher than a “3” rating.

d. 2 - Below Average Sportsmanship: Team constantly comments to the intramural sports staff or the opposing team. The team captain exhibits little or no control over teammates or him/herself. Teams that receive one ejection and one conduct warning or a combination of three conduct warnings (unsportsmanlike penalty / technical foul / yellow cards / etc.) will receive no higher than a "2" rating and the game will be forfeited.

e. 1 - Unacceptable Sportsmanship: Team is completely uncooperative. Captain has no control over teammates and/or him/herself. Any team that receives two ejections or four conduct warnings (unsportsmanlike penalty / technical foul / yellow cards / etc.) will receive a "1" rating and the game and season will be forfeited.