

University of Iowa  
Division of Recreational Services  
INTRAMURAL SPORTS



**SAND VOLLEYBALL RULES**

1. The team that will serve first is determined by the toss of the coin. The second game, the teams will switch courts and the serving team will alternate as well. After each game of a match, the teams will change playing areas.
2. Games 1 and 2 shall be played to 25 points, rally scoring, with a cap at 30 points. Match format will be best 2 out of 3 games. Winner must win by 2 points. Game 3 shall be played to 15 points with a cap at 20. Before the beginning of the 3<sup>rd</sup> game, the captains will toss a coin for the choice of team service. If a match enters a third game, teams will trade playing areas after one team scores 8 points. The serving will continue by the player who served prior to the change.
3. The Serve: The server shall stand with both feet behind the rear boundary line. There are no restrictions as to how the ball may be served except that it must be clearly hit, not thrown or pushed. Side out is declared when a served ball hits the net and does not pass over. A ball that contacts the net and continues over constitutes a **LEGAL** serve.
4. Any player may contact the ball with any body part, above or below the waist.
5. A ball touching any part of a boundary line is in.
6. It is permissible to run out of bounds to play a ball.
7. Players are not permitted to scoop, hold or throw the ball. The ball must not visibly come to rest on the player's hands, fingers or any other part of the body.
8. A player shall not make successive contacts of the ball unless they have blocked a spike at the net. One person may play the ball twice during a volley but not twice in succession.
9. A ball, other than a serve, may be recovered from the net provided the player avoids contact with the net and does not catch or hold the ball.
10. Contact of the ball during blocking action does not count as one of the three team hits. There are no gender restrictions for multiple contacts of the ball.
11. The ball must always be returned over the net by the 3<sup>rd</sup> contact, unless a block is the initial contact in which case the ball must be returned by the 4<sup>th</sup> contact.  
Blocking: A successful block is accomplished when either the ball rebounds off the hands of the blocker and directly back into the opponent's court or deflects off the hands in such a way that the blocker's team may play the ball. An attempt to block does not constitute a block unless the ball is contacted during an attempt. Front line players only may attempt a block. The team which has attempted a block shall have the right to three more contacts with the ball in order to return it to the opponent's side. When the ball, after having touched the top of the net and the opponent's block, returns to the attacker's side, the team then has the right of three more contacts in order to return the ball to the opponent's area.
12. Net Play: A player may reach under the net as long as one doesn't interfere with an opponent's attempt to play the ball. A player may reach over the net to complete a spike which was begun on the player's own side of the net. A player may never touch the net. A player may reach over the net to block, but not interfere with the opposing team's play.
13. A back-line player is allowed freedom in moving about the court but may not jump and attack within 10 feet of the net. Players must be in legal positions until the ball is served.
14. Substitution: All substitutes will be made in the center back position. All substitutes must make one complete rotation. Players late in arriving for a team of less than 6 can only rotate in when his/her team has the serve.
15. All matches will start at their designated times. There is a 10 minute grace period until forfeit is declared.
16. Blocking and spiking the ball on the serve is illegal.
17. A team is composed of 6 players. The following team compositions of males and females are allowed:  
6 players: 3 men and 3 women  
5 players: 3 men and 2 women or 3 women and 2 men  
4 players: 2 men and 2 women  
In all cases, there can never be a difference greater than 1 between the number of males and females on a team.
18. Spikes by men and women are legal.
19. **No more than two players on a team may be a member or coach of a volleyball club that plays competitively.** A list of current volleyball club members will be available at the Recreational Services office (E 216 FH).