SAND VOLLEYBALL RULES

Participation: All participants must have a valid Phoenix Card and be eligible for participation as listed in the Elon University Intramural Sports Participant Guide.

Match time is forfeit time.

Unless otherwise noted below, all NFHS Volleyball Rules apply.

1. Game and Equipment

1.1. A team consists of 4 participants. A game may start with 3 participants.

1.1.1. Teams are allowed unlimited substitutions.

1.2. The supervisor shall toss a coin to determine either the choice of serve or court.

1.2.1. The team winning the toss will have the option to serve or select a side of the court to play during the first game.

1.2.2. Teams will change sides for the second game.

1.2.3. If a third game occurs, teams will repeat this process to determine service and side.

1.3. Scoring

1.3.1. A match consists of the best 2 out of 3 games.

1.3.2. Rally scoring is used for each game. A point will be scored on each serve.

1.3.3. A game is won by the team who first acquires 21 points. (No 2 point advantage)

1.3.4. If a third game occurs, this game is won by the team who first acquires 15 points. (No 2 point advantage)

1.4. All participants may play any place on the court.

1.5. All games are self-officiated.

1.5.1. The supervisor will make a decision when there is a discrepancy between the two teams.

1.5.2. The decision of the supervisor is final.

1.6. All equipment will be provided by Campus Recreation.

1.6.1. If a team would like to use a different volleyball it must be agreed upon by both team captains.

1.7. Each team shall designate a captain to act as team spokesperson and make decisions. Only the captain may talk to officials.

1.7.1. The Team Captain is responsible for the conduct of his/her teammates, spectators, and managers/coaches. Team representatives are subject to sanctions as listed in the Elon Intramural Sports Participant Guide.

2. Service

2.1. A participant’s service will take place when they assume the right back position and ends when a loss of rally is awarded.

2.1.1. Servers must stand behind the boundary line, and between the sidelines for a legal serve.

2.1.2. They may not touch the end line during a serve otherwise it will result in a foot fault and loss of rally. A point will be awarded to the opposing team.

2.1.3. A server continues to serve until side out is declared. Each member of the team shall serve in order, rotating in a clockwise direction.

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2.2. The serve must pass over the net into the opponent’s court unassisted and MAY touch the net.

2.3. Participants must be within the boundary lines when the ball is served.
   2.3.1. Participants can leave the boundaries to play a ball during actual play.

2.4. A participant may receive a serve or hard driven ball with bump pass, one arm bump, or overhead bump, provided hands are together, or any part of the body as long as the ball does not come to rest.
   2.4.1. When receiving a serve, a participant MAY also attempt to set the ball.
   2.4.2. A participant MAY NOT block a serve.

3. **Violations During Play**

3.1. During each return the ball must be clearly hit.
   3.1.1. If a ball is thrown, lifted, tossed or held it will be a lift violation which results in a loss of rally and point for the opposing team.
   3.1.2. The ball can legally rebound off any part of the body.

3.2. A point is scored when the ball is not legally returned or when it hits the floor in the opponents’ side of the court.
   3.2.1. The ball must pass over the net inside or touching the boundary lines to be legal.
   3.2.2. The ball may be recovered from the net as long as the participant does not contact the net, with exception of a serve.
   3.2.3. If a participant contacts the net, the opposing team will be awarded the point.

3.3. The ball must be returned over the net in a maximum of 3 hits.
   3.3.1. On the fourth hit, the play will result in a loss of rally and a point will be awarded to the opposing team.

3.4. No participant may hit the ball twice without a teammate having made contact with the ball between the participants’ first and second hits except when:
   1) Two participants on the same team hit the ball simultaneously - either participant may play the ball as the team’s second hit
   2) Two participants on opposing teams hit the ball simultaneously either participant may play the ball as the team’s first hit
   3) A blocked ball as the team’s first hit.

3.5. A participant may not play a ball on the opponent’s side of the net unless it is hit in the air or blocking and no downward motion of the blocker’s hands may take place.

3.6. If two opposing participants make contact with the ball for more than second, it is a held ball and replay is called.

3.7. A violation is called when a participant’s foot lands completely over the center line.
   3.7.1. This will result in a loss of rally. A point will be awarded to the opposing team.