

# 4v4 Sand Volleyball

National Federation of State High School Association rules will govern play with the following exceptions and highlights:

## GENERAL INFORMATION

- Games will begin on September 6, 2020.
- All games will be played on the [Lincoln Sand Volleyball Courts](#).
- Facial coverings are required while at the site, as well as during the game.
- Blue and orange leagues will be offered for CoRec. Blue leagues are considered competitive leagues and are recommended for more experienced athletes. Orange leagues are considered recreational leagues and are designed for participants who want to try a new sport or continue playing for fun!

## ELIGIBILITY

All participants must have an active REC membership and show their Boise State Identification Card prior to each contest. Eligibility status is the responsibility of each individual participant and the Team Captain.

## TEAMS

1. The game shall be played by two teams of four players. A minimum of two players is necessary to begin play.
2. If both teams would like to play with 6 players, they may, but both teams must agree. If not, both teams will play with four.
3. Game time is forfeit time. A 5-minute grace period from the scheduled start time will be allowed before a forfeit is declared if the team short of the minimum player requirement has at least one player present at the scheduled game time.

## THE GAME

1. During the pre-match conference, a coin toss or Rock, Paper, Scissors shall be conducted between the managers of each team. The winner shall choose either to serve/receive or the side playing area. The loser of the toss shall be given the remaining choice.
2. Matches are a best-of-three sets.
3. The first two games will be played to 21 points, win by 2 or first to 25.
4. If a third game is necessary, the game will be played to 15 points, win by 1.
5. All games will use rally scoring (every serve/sideout is a point).
6. Teams must rotate throughout the game.



## SERVICE

1. The server shall hit the ball with one hand, fist, or arm while the ball is held, or after it is released by the server.
2. The server shall serve from within the serving area and shall not touch the end line or the playing court inside the lines of the court at the instant the ball is contacted for the serve. The server's body may be in the air over the court granted they had left the court from within the serving area.
3. A re-serve can be taken when the server releases the ball for service, then catches it or drops it to the floor.
4. The team not serving first in the previous game of a match shall serve first in the second game. If a third game is necessary, Rock, Paper, Scissors will be conducted for the serve.
5. For an illegal serve, a service fault, or the receiving team being out of position when there is an illegal serve, point and service is awarded to the receiving team.

## PLAY

1. All sand volleyball games are self-officiated. Either team can call a violation and/or fault on themselves or their opponent. If both teams fail to resolve an issue within 30 seconds, the result of the game will be a double forfeit loss.
2. A hit is a contact/touch of the ball which is counted as one of the team's three allowable plays before the ball is returned to the opponent's side of the court.
3. A team shall not have more than three hits before the ball crosses the net into the opponent's playing area. When the team's first contact is simultaneous contact by opponents, or an action to block, the next contact is considered to be the team's first hit.
4. A player may touch the ball with any part of the body. The ball must be contacted cleanly and not held (including lifted, pushed, caught, carried, or thrown). The ball cannot come to rest on any part of the player's body. This violation results in a point for the other team.
5. Simultaneous contact is more than one contact of the ball made at the same instant.
  - a. When one player contacts the ball with two or more parts of the body at the same instant, it is permitted and considered one hit (except for a block which does not count as a hit).
  - b. When teammates contact the ball at the same instant, it is permitted and considered one hit (except a block, which does not count as a hit).
  - c. When opposing players contact the ball at the same instant, the player on the opposite side of the net from which the ball falls shall be considered the player to have touched the ball last. The other player may participate in the next play and the simultaneous contact shall not count as a hit.



- d. A “joust” occurs when two opponents cause the ball to come to rest above the net through simultaneous contact. A “joust” is not a foul, a play continues as if the contact was instantaneous.
6. Successive contacts of the ball are two or more separate attempts to play the ball by one player with no interrupting contact by a different player between the two plays. A player shall not have successive contacts of the ball unless there is:
  - a. Simultaneous contact by teammates.
  - b. Simultaneous contact by opposing players.
  - c. Successive contacts by a player whose first contact is a block; then the second contact shall count as the first hit by the player’s team. In this scenario, a point is awarded to the other team.
7. A ball contacting and crossing the net shall remain in play provided contact is entirely within the net antennas.
  - a. A let serve is legal.
8. 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:
  - a. The attacking team has completed its 3 allowable hits;
  - b. The attacking team has had the opportunity to spike the ball or directs the ball towards the opponent’s court;
  - c. Ball is falling near the net and, in the official’s judgement, no member of the attacking team could make a play on the ball.
9. Blocking a serve is not permitted.
10. A net foul occurs while the ball is in play and:
  - a. A player contacts any part of the net, including net cables or net antennas.
  - b. It is not a foul when a player’s hair touches the net, or the force of a ball hit by an opponent pushes the net or net cables into the player.
11. Players are allowed to have their entire body under the net or be on the opposition’s side of the court as long as it does not interfere with their opponent making a play. If contact or interference is made, point and service will be awarded to the affected team.

## **COREC MODIFICATIONS**

1. Two self-identified males and two self-identified females must be on the sand when playing with four. When playing with three, a team can have two self-identified males and one self-identified female or two self-identified females and one self-identified male. When playing with two, a team must have one self-identified female and one self-identified male.
2. Teams must alternate genders on positioning and service.

