4v4 Sand Volleyball Rules

THE GAME WILL BE PLAYED ACCORDING TO THE CURRENT NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATION’S RULES AS DISCUSSED WITH THE FOLLOWING EXCEPTIONS:

**Please refer to the Participant’s Manual for a complete list of all Intramural Sport guidelines & procedures**


A. General IM Procedures

a. Teams should arrive 15 minutes before the game to check-in with the supervisor. All participants must display a valid Carolina Card before each game in order to play. **No ID – No Play – No Exceptions!**

b. Teams are expected to begin the game at the schedule time. **Game time is forfeit time!**
   i. Forfeits: If your team does not have the minimum amount needed to start your game at game time, you will receive a forfeit. You then have 3 business days to come into the IM office and pay a $15 forfeit re-entry fee or you will be withdrawn from the league. You will also receive a 1.0 sportsmanship rating for that game.
   ii. Defaults: If you notify the IM office by 3p on the day of your game (*by 12pm on Sunday for Sunday games) your team will receive a default (instead of a forfeit). You will not need to pay the $15 re-entry fee and you will receive a 3.0 sportsmanship rating (instead of a 1.0).
   iii. The USC Intramural Sports Office can be reached:
      1. By email at intramurals@sc.edu
      2. By phone at 803.576.9387
      3. In person at the Strom Thurmond Wellness & Fitness Center – Room 201D

c. To receive the latest USC Intramural Sports schedules, scores, and updates be sure to download the REC*IT app directly to your phone. www.recitcollege.com

d. No jewelry can be worn during games. Captains are responsible for making sure all jewelry is removed before a player takes the field.

e. **Sportsmanship:** Each team will be given a sportsmanship rating 0-4, in accordance with the Participant’s Manual, from the officiating crew/on-site supervisor following the game. If a player is ejected, their team may play down a person for the remainder of the game.

f. Protest: The only 2 things that can be protested are rule interpretation & player eligibility.
   i. In order to protest rule interpretation, you must tell the supervisor you wish to protest before the next ball is inbouned.
   ii. Player eligibility protests can be made before, during, or after the game to any supervisor or pro-staff member.

g. **Protest:** The only 2 things that can be protested are rule interpretation & player eligibility.
   i. In order to protest rule interpretation, you must tell the supervisor you wish to protest before the next serve.
   ii. Player eligibility protests can be made before, during, or after the game to any supervisor or professional staff member.

B. Location

a. All games will be played at the Strom WFC Sand Courts, located on the outdoor pool deck

C. Players

b. Each team will consist of 4 players on the court at one time with unlimited subs. To avoid a forfeit, a team may start with no less than 2 players. Substitutions shall be made only during dead-ball situations out of the server’s position.

c. All Players must rotate including the server. (Servers must change during each rotation)

d. CoRec teams must play with 2&2 or 2&1 or 1&1

D. Equipment
e. Game balls will be provided by the Intramural Sports program, however if both teams agree to use a different ball, it may be used. Warm-up balls may be checked out from Equipment Issue.

E. Pre-game
  f. The supervisor and the captains will meet at the net and determine who starts with serve and who will pick side based on a “behind the back, 2 or 1” method

F. Scoring
  g. Each team will play best 2 out of 3 games. The first two games will be played to 21 points with a cap of 25 points; the third game will be played to 15 with a cap of 17 points. Teams must win by two unless they hit the point cap.

G. Playing the Ball
  h. Each team is entitled to a maximum of three hits, excluding the block, to return the ball to the opponent’s court.
  i. 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.
  j. A player may touch the ball with any part of the body.
  k. One handed placement or redirection of the ball with the fingers (a dink or open-hand tip) is a fault.

H. Play at the Net
  l. A ball sent over to the opponents side, must cross over the net between the ends of the net.
  m. A ball may be played out of the net, assuming the team has hits left to play.
  n. A player may not come into contact with the net in any setting (only exceptions are clothing & hair.)
  o. Servers must stay in the back row and cannot spike or block at the net. They are the only member on the court that is not allowed to attack at the net.

I. Time-Outs
  p. Each team is entitled to a maximum of two (2) time-outs per match, which shall last for 60 seconds.