

XAVIER

INTRAMURALS

Sand Volleyball Rules

National Federation of High School Association Rules will govern play, with the following modifications:

Team Requirements

- A. All eligible players must have a valid XU All-Card, which must be presented before the start of each game.
- B. A team shall consist of no more than four (4) nor less than two (2) players. A late player may enter the game between points.
- C. Coed Modifications:
In all matches, a team shall be composed of two (2) men and two (2) women. Up to four women may be played, while up to two men may be played. Teams may play with 2 men and 0 women, or 4 women and 0 men.
- D. There will be a 5-minute grace time from the game time. A point will be awarded for every minute the opposing team delays the match. Forfeit score will be 2-0.
- E. No jewelry is allowed. The first time will be a loss of point. The second time will be a forfeit.

Equipment and Facilities

- A. Volleyballs will be provided by the XU Intramural Department.
- B. All jewelry must be removed before participating.
- C. Equipment such as helmets, pads or braces worn above the waist, leg and knee braces made of hard, unyielding substances, or casts is strictly prohibited. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 2 inch of slow recovery rubber or similar material will be allowed.

Scoring

- A. Rally scoring will be used.
- B. Teams will play best 2 out of 3 games.
- C. The first two games are played to 21, win by 2.
- D. The third game is played to 15, win by 2.
- E. There is no time restriction
- F. The line is considered 'in'

Game Play

- A. The captains will rock, paper, scissors for the choice of court side or the service. The winner chooses either side or service. The loser receives the remaining option.
- B. Teams will change sides at the end of each game
- C. There is no restriction on kicking. Players may kick to play a ball, if done legally.

The Serve

- A. The back-right position is the service position.
- B. Players will rotate clockwise into this position.
- C. A served ball contacting the net and continuing into the opponents' court is live.
- D. Receiving a served ball with an overhead pass using open hands is legal.
- E. Blocking a serve is illegal.

- F. A service is considered a fault when:
- a. The ball passes under the net
 - b. The ball touches a player of the serving team
 - c. The ball lands outside the opponent's playing area

The Net

- A. No part of the body, arm, or hand may pass over the top of the net during play except on a block.
- B. There is no center line under the net. A players' body may partially or completely pass under the net into the opponents' court. Interference occurs only if the opponent is hindered in playing the ball. C. Interference results in a side-out or point in favor of the hindered team.
- D. No contact with the net or cables which attach the net to the standards is allowed.
- E. Incidental contact with the standards is allowed but a player may not attempt to support themselves or catch their balance on the standards.
- F. The ball must pass over the net entirely between the standards or their invisible indefinite extensions.

Illegal Handling of the Ball

- A. The ball must clearly rebound off the player's body.
Players may kick the ball
- B. Double-Hits are illegal while setting the ball.
- C. A Held Ball (any time the ball comes to a visible rest) is illegal. This may occur while digging the ball, lifting the ball to change direction, or setting.

SPORTSMANSHIP

Sportsmanship is vital to the success of each and every program we offer to the university community. In order to encourage proper conduct before, during and after a scheduled contest, the Intramural Sports Department has developed a rating system. The rating procedure is as follows:

Acceptable Rating (3)

The team exhibits respect and cooperation and sporting behavior towards all sport programs staff, teammates, and opponents. The team has no issues or minor disagreements with the judgement of the officials. Captain demonstrates control over spectators, teammates, and him/herself.

Average Rating (2)

The team exhibits some respect and cooperation towards all sports programs staff, teammates, and opponents. The team has several minor disagreements with the judgement of the officials. Captain demonstrates mild or little control over spectators, teammates, and him/herself. Teams receiving one unsportsmanlike penalty fall into this category as well.

Unacceptable Rating (1)

The team does not exhibit respect and cooperation with unsporting behavior towards any sport programs staff, teammates, and opponents. The team displays issues and disagreements with officials. Captain demonstrates no control over spectators, teammates, and him/herself. Teams receiving more than one unsportsmanlike penalty fall into this category as well.

If a team receives two unacceptable ratings in a season, the team will be removed from the league and have to meet with the Sports Programs Office. Teams may face additional suspension and sanctions for one unacceptable rating depending on the situation and severity of the incident.