

UND WELLNESS & HEALTH PROMOTION

UNIVERSITY OF NORTH DAKOTA

SAND VOLLEYBALL RULES

General

The *RecSports Participant Handbook* will govern all aspects of play not considered playing rules of the sport. Participants are expected to follow the Handbook rules of conduct as well as the sport-specific rules outlined below. The Handbook is available at und.edu/RecSports. Key Handbook items include:

- **Updates for 2023-2024'** - Handbook pg. 4
- **Alcohol, Tobacco, and Illegal Drugs** – Handbook pg. 6
- **Participant Eligibility/ID Requirements** – Handbook pg. 7
- **Playoff Requirements** – Handbook pg. 9
- **Captain Responsibilities** – Handbook pg. 10
- **Team Name Requirements** – Handbook pg. 12
- **Registration & Payment** – Handbook pg. 14
- **Default/Forfeit Instructions and Consequences** – Handbook pg. 17
- **Adding Players to Roster/Participation Limits** – Handbook pg. 18
- **Appropriate Attire** – Handbook pg. 19
- **Team/Participant Conduct** – Handbook pg. 21

Schedules

Schedules for league play are posted online through Fusion IM's.

Facility

All games will be played at the Student Wellness Center on the Sand Volleyball Courts outside the Wellness Center, or in case of inclement weather on the Volleyball Courts inside the Wellness Center

Questions

Please feel free to contact RecSports with any questions or concerns.

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Rules

- Sand Volleyball is a shortened season that will be taking place during the month of September
 - 4 weeks of competition
 - Each week is a round robin
- The RecSports program utilizes NFHS Volleyball rules unless they are removed/modified below.
- The game is self-officiated, if there are any disputes that can't be settled then the supervisor present will make a ruling.

Field of Play

- The court is defined by the boundary lines on the sand courts outside the Wellness Center
- Any ball that hits the line is determined to be in

Players, Rosters, and Substitutions

- Teams will consist of 4 players. Teams may start with as few as 2 players. If a team is reduced to less than 2 players at any point during the match, the match will be forfeited.
- Substitutions
 - Players will rotate in a clockwise rotation.
 - Must rotate in at the serving position.

The Game

- Games will be played using rally scoring.
- Games are played up to 20 points. If the game is tied 19-19, the next point will decide the winner.
- Matches are one set
 - Every week, each team will play each team in their division
- Each team gets 1, 45-second timeout per match.

Serving

- A coin flip will determine who will serve first in the match
- The first server of the game is the player in the right back position. After a side-out, the receiving team's first server would be the player who started the game in the front right position.
- When receiving the ball for service after a "side out" has been called, each member of that team shall rotate one position clockwise.
- Each member of the team shall serve in turn and may have one chance to hit the ball over the net on the serve. A re-serve shall be called when the server releases the ball for service, then catches it or drops it to the floor.
 - Only one re-serve is permitted per player, per turn in rotation at service.
- The server shall stand with both feet behind the rear boundary line. The serving area shall be behind the end line and from sideline to sideline. Both sideline extension lines are included in the width of the serving area. The server may not step over the line during service.
- Any ball that hits the net on the serve will be considered live and playable.
- The ball may be served underhand, overhand, or sidearm and may be hit in any manner by the hand.
- The receiving team may set the serve but may not block or attack a served ball.
- Before the serve, all members of both teams must be in their respective positions on the court. After the server contacts the ball, players may move out of any position.

Contacting the Ball

- A contact is any touch of the ball by a player (excluding the player's loose hair).
 - Each contact is counted as on the team's 3 allowable hits before crossing to the opponent's side of the net.
 - The block does NOT count as one of the 3 hits.
- A player may not play the ball in succession, unless played once by another player.
 - Exception: One player can make contact with the ball twice if initial contact is a block or a simultaneous hit with another player.

- A ball hit into the net, other than a serve, may be recovered provided a player does not make contact with the net or crosses the centerline.
- If a player is hit by the ball or touches the ball, it is considered **legal contact**. Legal contact is a touch of the ball by a player's body above and including the waist (no kicking), which does not allow the ball to visibly come to rest or involve prolonged contact with a player's body.
 - Play may continue if the ball hits a foot which is stationary on the ground (not kicked).

Fouls/Violations

If the receiving team commits a foul - point for serving team. If committed by the serving team (point plus the service in rally scoring). The following are fouls or violations:

- Serving illegally, or out of turn.
- Touching the net or reaching under the net to interfere with an opponent playing the ball.
- When a player's foot crosses the centerline into opponent's court. A player may step on the line however may not make contact with the opposing team or cross the line.
- Contacting the ball twice in succession, unless the first contact is a block or a simultaneous hit with another player.
- Catching or holding the ball while playing it.
- Contacting the ball in an underhand motion with open hand on hands (slapping/scooping).
- Any prolonged contact between the player and the ball.
- Failure to return ball over the net in 3 or fewer contacts.
- A player that blocks or interferes with the intended set of the opposing team.
- A player or players who move out of their rotation position before the server contacts the ball.
- Kicking the ball. (foot is not on the floor when contact is made)