ANGELO STATE UNIVERSITY
University Recreation

Sand Volleyball Rules

1. Four players constitute a team. Each team must have at least 3 players to begin a game. Co-Rec: Each team will play with 2 males and 2 females. A team may begin with 3 players, of any combination.

2. A coin flip will decide which team gets the choice of service or court. In the second game, courts are switched and the losing team serves first. If a third game is necessary, the serve is decided by a coin flip.

3. Games will start at a designated time. If one team is more than 10 minutes late, a forfeit will be declared. For every minute a team is late, their opponent will receive one point.

4. Games will be the best two out of three matches. A match is completed when a team scores a total of 15 points or has played for 10 minutes running time, whichever occurs first. A team must have a two-point advantage to win; however, there will be a 17-point cap for each game. If a score is tied at the end of 10 minutes of there is only a one-point difference between opponents, play will continue until one team has a two-point lead. (The ball will remain alive if the time clock sounds - keep playing.)

5. Scoring: Rally scoring to 15 points.

6. Substitutions: May occur at any time, provided a "time-out" has been recognized. The free substitution rule will be in effect (you may substitute into the game any number of times) but you must replace the player who took your place. Co-Rec: Male for male and female for female.

7. Rotation: The team receiving the ball for service shall immediately rotate positions in a clockwise direction. At the time of the serve, players must remain in the same relative position but they may switch positions after the ball is served. Co-Rec: The serving order and positions on the court shall alternative.

8. If a player serves out of turn, "side out" shall be called and the ball will go to the opposing team.

9. A served ball that hit the net is a "side out".

10. Playing the ball: The ball must be clearly hit. It may be hit with one or both hands (open or closed) above the waist. It is illegal to "push", "carry", or "lift" the ball. Co-Rec: Spiking is legal.

11. The ball can be played with any part of the body.

12. A ball may be hit only three times on one side. A player cannot hit the ball twice in succession. Co-Rec: When a ball is played more than once on a team's side of the net, a female must come in contact with the ball.

13. Simultaneous Hit: If the ball is hit at the same time by two players either one of the players can hit the ball again.

14. Net Play: It is a violation to touch the net. It is not a violation if the player has hit the ball into the net causing the net to touch a player on the other side. There is an imaginary plane extending indefinitely above the net. It is illegal to strike the ball on your opponent's side of this imaginary plane. Although, the ball may hit on your side of the plane, and your follow through might cause your armor hand to penetrate this plane. This would not be a violation. It is also legal to penetrate this plane if you are blocking your opponents hit, provided your arm is not in a downward thrust. A player may reach under the net provided he does not interfere with an opponent to legally play the ball. Co-Rec: There are no restrictions on males or females at the net.

15. Center Line: A player may cross under the vertical plane of the net to play a ball.

16. Timing: There shall be one time-out per team, per game with a one-minute duration. There shall be a three-minute break between the games. If a team is called out because of an injury and the player remains in the game, the team loses one of their time-outs. Teams are penalized a point for excess time-outs.

17. Boundaries: If any part of the ball touches a boundary line the ball is considered in bounds. A replay shall be declared where there are conflicting calls between teams. All balls must be returned above the net and between the vertical tape markers.