



University of Illinois at Urbana-Champaign
Campus Recreation
Intramural Sports
Sand Volleyball Rules

Sand Volleyball games will be conducted under modified USA Volleyball Outdoor Volleyball Rules. This document covers the major rules with some exceptions.

Table of Contents

- General Intramural Sports Policies and Procedures
- Inclement Weather
- Equipment
- Contest Timing
- Players
- Game Rules

General Intramural Sports Policies and Procedures

Signing-In and Rosters

1. All players must present a valid I-Card/Safer Illinois App to the Intramural Supervisor in order to sign-in and participate in an intramural contest.
2. An individual is bound to the *first* team they sign in for.
3. A participant can only play on 1 Co-Rec team *and* 1 single gender team (i.e. Men's *or* Fraternity Greek Cup).
4. If a player is found participating in the contest without having signed in with the Intramural Supervisor and doesn't have their I-Card/Safer Illinois App present, said team will forfeit the game and all forfeit fees and consequences will apply.

Forfeits and Defaults

1. Teams that are not present at their scheduled contest by game time or are unable to produce enough eligible players to field a team, will be assessed a forfeit aside from the Grace Period Exception.
2. A team may delay its right to win by forfeit and allow the other team a grace period of 10 minutes to acquire a properly equipped team through the Grace Period Exception:
 - a. Once a 10 minute grace period is granted by the team who is ready, they may not rescind their decision and take a forfeit before the 10 minutes passes.
 - b. If 10 minutes passes after the scheduled game time, and the minimum number of eligible players required to play for the opposing team has not arrived, then that team that is ready to play must accept the forfeit.
 - c. If the forfeiting team is able to obtain the minimum number of properly equipped players before the 10 minute grace period expires, game starting procedures will occur.
3. The team captain of a team that has forfeited will be assessed a \$5 forfeit fee. Additionally the team will be ineligible for playoffs.

4. If a team knows in advance that they will be unable to field a team on a given night; they may avoid the forfeit fee and loss of playoff eligibility by filing a default by 2:00pm on the business day of the contest.
5. A team that has one less than the minimum number of players required to start the contest will receive a default.

Sportsmanship

1. The Intramural Activities Program expects all participants to respect and abide by all rules and policies, show respect and concern for the intramural staff, and refrain from abusive language, poor attitude, and manipulation of the rules to further their chance of winning.
2. Sportsmanship ratings are given to teams after each contests by Intramural Sports Leads, Supervisors, and game officials. These ratings reflect behavior before, during, and after a contest. For purposes of our sportsmanship ratings, we will not count administrative technical fouls and rule technicalities against a team's overall sportsmanship. The decision will be final and ratings will exist on the following scale:
 4. Team shows excellent sportsmanship and go out of their way to keep the game safe and fun. Team receives no unsportsmanlike conduct penalties.
 3. Team shows good-to-average sportsmanship, or *one (1) unsportsmanlike conduct penalty is assessed.*
 2. Team shows below-average sportsmanship and displays dissent to game officials before, during, or after contest. *Two (2) unsportsmanlike conduct penalties is assessed during the contest on either two separate participants, or on a single participant resulting in an ejection.*
 1. The intramural contest has been terminated due to *three (3) unsportsmanlike conduct penalties being assessed on one team throughout the contest. The three penalties can all be on separate participants or on one participant receiving two unsportsmanlike conduct penalties (resulting in an ejection) and a separate participant receiving an unsportsmanlike conduct penalty.*
 0. Team displays unacceptable conduct and sportsmanship. Game is canceled due to any of the following conduct:
 - Fighting or abusive, violent behavior.
 - Team repeatedly exhibits unnecessary roughness that jeopardizes the safety of other participants.
 - Spectator or player clearly gestures or shouts obscenities.
 - A game where more than 3 unsportsmanlike conduct penalties have been assessed to one team.

Playoffs

1. To advance to playoffs during a five (5) week regular season, a team must win three (3) contests out of four (4), or more.
2. To advance to playoffs during a four (4) week regular season, a team must win two (2) contests out of three (3), or more.
3. Teams must have a sportsmanship rating average of at least 2.5 to advance to playoffs.
4. Captain must have completed the online Captain's Quiz prior to the end of regular season to advance to playoffs.

5. Teams must have NO regular season forfeits to advance to playoffs.
6. Teams that advance will be seeded in the bracket according to winning percentage, head to head results, sportsmanship and point differential at the end of regular season.

Protests

1. A team captain may protest player eligibility and rule interpretation, but *not* the judgement of the officials.
2. To file a protest, notification of the protest must be made to a game official at the time of the alleged infraction prior to the *next live ball*.
3. A player's eligibility must be protested *prior to the end of the contest*. No more than three (3) participants can have their eligibility protested during a single contest.

For more information regarding the policies and procedures of Intramural Activities please see the Intramural Activities Handbook on Active Illini and the Campus Recreation website.

Inclement Weather

1. Information regarding cancellations will be relayed to captains either in an email or phone call from the Intramural Office or the on-site Intramural Supervisor.
 - a. Emails from the Intramural Office may come through Active Illini.
2. Unless teams have received an explicit cancellation message in regards to their sport via email or phone, teams should assume that all intramural contests will be played as scheduled.
3. In the event that a contest must be ended early due to inclement weather as determined by the on-site supervisor:
 - a. A game shall be considered "official" and the result final if after the conclusion of the first set, the contest is cancelled due to inclement weather.
 - b. If the first two sets are complete, but the contest was tied, a final set will be scheduled to determine a winner provided there is time and space available in the remainder of the regular season. .
 - c. If the first set is not completed when the contest was stopped, the contest will be rescheduled and started over from the beginning on a rescheduled date provided there is time and space available in the remainder of the regular season.

Equipment

1. All players are required to bring a valid I-Card or show their Illini ID on the Illinois App at all Intramural contests.
2. Jewelry is not allowed during any Intramural contest. Jewelry must be removed and not taped over.
 - a. If a participant would like to wear medical alert bracelets or religious jewelry or headgear, they can have the pieces approved by the Assistant Director of Competitive Sports and Community Programs. To learn more about this process, please reference our Intramural Activities Handbook.

3. All players must wear athletic apparel with no exposed metal. Baseball style hats, bandannas, or any other headwear with knots or dangerous materials is not allowed.
 - a. Players may wear sunglasses if they desire.
 - b. Casts or splints are not permitted. Any knee brace with exposed metal or metal hinges is required to be covered.
4. Shoes are not required to play sand volleyball. If a player would like they may wear closed-toed athletic shoes.

Contest Timing

4. Contests will start at the time they are scheduled on Active Illini. Teams should check in with the Intramural Supervisor 15 minutes prior to the scheduled game time.
5. Teams will have 45 minutes to complete their schedule Intramural Volleyball contest (or match).
6. One match (or contest) will consist of three (3) games.

Players

1. Team rosters on Active Illini are unlimited.
2. Teams will play with six (6) players on the court at one time. A minimum of four (4) players is needed to start or continue a match.
3. Substitutions are unlimited and may occur prior to the serve of the player's team. Substitutes must re-enter play in the same serving spot.
4. During a Co-Rec Sand Volleyball match, a team must use a legal line up on the court at all times. A legal line up consists of using a set minimum number of players of each gender. Additionally, a legal line up must have a maximum number of three (3) players of a specific gender. Legal line ups are as follows:
 - a. 3 women and 3 men
 - b. 3 women and 2 men *or* 2 women and 3 men
 - c. 2 women and 2 men
 - d. Co-Rec substitutions must be male for male *or* female for female only, unless it is to bring the ratio to 3 and 3.
 - e. The Intramural Activities program aims to offer opportunities for all students and Campus Recreation members. While our leagues are based on traditional gender binary of men and women, our program is eager to accommodate participants whose gender identity may not fit within this framework. Please choose the team that best suits your gender-identification. For more information or questions please contact the Assistant Director of Competitive Sports and Community Programs.

Game Rules

Intramural sand volleyball games will be conducted under modified USA Volleyball Outdoor Volleyball Rules.

Scoring

1. All sand volleyball games are self-officiated. All disputes should be settled between the two teams.
 - a. If the two teams cannot arrive at an agreement within one (1) minute, the game will result in a double forfeit.
 - b. *The Intramural Supervisor on site is allowed to clarify any rules or interpretations, but they are not permitted to provide a judgement on a call. Any ruling from the Intramural Supervisor is final.*
2. Intramural sand volleyball matches (or contests) will consist of a three (3) game series. The team that wins two (2) out of the three (3) games (or sets) will win the match.
3. The first two (2) games will be played to 25 using rally scoring.
 - a. A team must win by two (2) points to win the game.
 - b. No game shall exceed 30 points. If teams are tied at 29-29, the first team to score the 30th point shall be the winner.
4. If a third match is required, it will be played to 15 points using rally scoring.
 - a. A team must win by two (2) points to win the game.
5. At the end of the match the team captains must self-report and confirm the game score to the Intramural Supervisor.

Basic Playing Rules

1. Matches will begin with a coin toss; the winning team will get choice of first serve or the side of the net to defend in the first game. Teams will switch sides and first possession in the second game.
 - a. In the occurrence of a third set, another coin toss will occur. Teams will switch sides in the third set only after a team has scored six (6) points.
2. At the time of service all players must be inside the boundaries of the court.
3. The team receiving the ball after “side-out” shall rotate one position clockwise before serving, with exception of the first serve.
 - a. Teams must maintain the same service order throughout the match.
4. A legal serve consists of:
 - a. The server standing behind the team’s end line anywhere inside the sidelines of the court.
 - i. The server must remain behind the end line until the ball has been served. If the player serves in the air, they are permitted to land on or inside the end line.
 - b. The ball must cross the net between the two antennas.
 - i. The ball may touch the net on the way over.
5. The receiving team cannot attack (or spike) the ball on a serve.
6. A team has three (3) hits to return the ball over the net between the antennae. A legal hit is contact with the ball by any part of a player’s body, including the head, which does not allow the ball to come to rest even momentarily.
 - a. One player may not intentionally hit the ball twice in succession. A double-hit off of a hard drive ball shall count as one hit.
 - b. A block is not counted as one of a team’s three (3) hits.
 - i. Passing the hands over the net on a block is legal.

- ii. Contacting the ball over the net on a block before the opponent's third hit is not legal, unless the opponent has no opportunity to play the ball.
 - c. Simultaneous contact by two or more players on the same team is considered one play, and any player is eligible to play the ball again.
 - i. If two opponents simultaneously contact the ball over the net, the ball remains in play, and the team receiving the ball is entitled to another three hits. If the ball lands out of bounds, it is the fault of the team opposite the net from where the ball lands.
- 7. Players may not contact the net.
 - a. A ball other than the serve, may be recovered from the net provided the player avoids touching the net.
 - b. In blocking, a player may touch the ball beyond the net provided that they do not interfere with an opponent's play.
 - c. A player may cross under the net provided it does not interfere with the opponent's play.
- 8. The boundary line is *in* play.

Contact Information

If you have any questions or concerns please contact the Intramural Office via email at intramurals@illinois.edu or via phone at 217-244-1344. Our office is open Monday-Friday, 9am to 5pm.