



CAMPUS RECREATION

Illinois State University

Intramural Sand Volleyball RULES OF PLAY

Please consult the [Intramural Sports Participant Handbook](#) for the complete list of Intramural Sports rules.

National Federation of State High School Associations rules will in effect except for the following modifications:

General Information

- Prior to Game Time:
 - Players must check in at the court they are scheduled to play. Valid IDs must be presented at check-in. Acceptable forms of IDs are:
 - Current Illinois State University student ID.
 - Current faculty/staff ID with photo ID.
- The carrying, smoking, burning, inhaling, or exhaling of any kind of lighted pipe, cigar, cigarette, hookah, weed, herbs, or other lighted smoking equipment is prohibited. This also includes products containing or delivering nicotine intended or expected for human consumption. Smokeless tobacco and electronic cigarettes are prohibited. Anyone found consuming alcohol or using tobacco products will be asked to leave the facility and may face additional disciplinary action. Participants who appear to be under the influence will also be asked to leave.
- Location for all intramural sport activities can be found on IM Leagues. Please give yourself plenty of time to get to your games ahead of schedule. Remember that all team members must be signed in and ready to play at game time to avoid a forfeit.

Players

- A legal team shall consist of six (6) players. A team may start a game with the minimum of four (4) players.
- A speaking captain must be designated for each team. They alone may appeal to the supervisor, and then only on interpretations of the rules. Games are self-officiated. Any discrepancies must be settled by team captains immediately. If they cannot decide, the Competitive Sports Supervisor will make a ruling and play will continue. If a protest occurs, the game is to be stopped immediately and proper documentation must be filled out before play resumes.
- Please reference the [Intramural Sports Participant Handbook](#) for any eligibility or sportsmanship clarification.

Equipment

- Select jewelry is permitted during play. Small, secured studs or posts worn above the chin are allowed. No jewelry is permitted below the chin, including string bracelets, commemorative bracelets, and body jewelry.
- Each team is encouraged to bring a volleyball to use for warmups. Intramural Sports will provide game balls.
- All players must wear athletic shoes with non-marking soles.
- Head decorations, headwear, and bandanas are illegal. Only elastic headbands and hair control devices are permitted.

- No casts, splints, and metal braces will be allowed unless they have been sufficiently padded.
- **NOTE:** You must schedule an appointment with a Competitive Sports Administrator prior to playing if you have a special equipment need (i.e. religious or medical). All equipment decisions made on site by the Competitive Sports staff on duty shall be final.

Game Regulations

- Major Sports will be divided into competitive and recreational leagues.
 - Competitive Leagues – Designed for players that want a more competitive environment and want to compete for a championship.
 - Format: Four scheduled regular season games. The top two teams of each pool will advance to a single elimination playoff, dependent on number of teams registered.
 - Recreational Leagues – Designed for players that want to participate in sport with a more relaxed, recreational environment.
 - Format: Four scheduled regular season games. The top two teams of each pool will advance to a single elimination playoff, dependent on number of teams registered.
- Each match will be a best of three series. The first two games shall be played to 25 points and the third to 15 points using rally scoring. Teams must win by two (2) points with a cap of 30 for the first two games and 20 for the third game.
 - Teams will switch sides when a team first reaches eight (8) points during the third game.
- A coin toss before the first game will determine which team will serve to begin the match. The winner of the coin toss has the option to serve, receive, or choose a side. Service and side will alternate for the second game, with the team receiving in the first game serving to begin the second.
 - An additional coin toss will determine service for the third game. In the case of a third game, teams will switch sides when a team first reaches 8 points.
- If a player touches the ball or the ball touches a player, it is considered as a touch. If players touch the ball simultaneously, it is considered as one hit. After teammates hit the ball simultaneously, either player may play the ball again.
- A ball touching any part of the boundary line is in-bounds. It is permissible to run out of bounds to play a ball as long as no hazards are encountered.
- Players may step on the center line when making a play, but no part of their body may cross the center line.
- Players are not permitted to hold or scoop the ball. The ball cannot visibly come to rest on the player's hands, fingers, or any other part of the body.
 - A ball, except on a service, may be recovered from the net provided a player avoids contact with the net and does not hold or scoop the ball.
- A player may not make successive hits of the ball, except after playing an attack and touching the ball on a block attempt.
- Serving:
 - A serve must be clearly hit and not pushed or thrown.
 - Serves may be underhand or overhand.
 - The ball must be served from behind the service line.
 - A service that hits any part of the net is legal and playable.
 - A serve cannot be blocked or attacked (spiked) by the receiving team.
- Spiking, Attacking and Blocking:
 - Any player may spike, attack, or block.

Grace Period

- If at game time a team is not ready for play, a 10 minute grace period will be automatically enacted.
 - Step 1 - 0 – 9:59 minutes, a team which is not ready to play will be penalized and start down 10 points in the first game and cannot receive more than a 3 sportsmanship rating.
 - Step 2 – Competitive Sports Supervisor will call forfeit at the 10 minutes if a team is not ready for play (dressed, on the court, signed in) mark and a forfeited team will receive a 0 sportsmanship rating.

Minutes Late	Penalty	Sportsmanship
0-9:59 minutes	Down 10 points in game (10-0)	Max 3
10 minutes	Forfeit	Max 0

Mercy Rule

- There will be no mercy rule

Substitutions

- Substitutions will be unlimited, but players may only enter the court at the server position.
- When a player comes late to a game that has already started, that player may only enter the game when their team holds the serve.

Playoffs

- In order to make the playoffs, teams must meet the following criteria:
 - The top two teams of each pool will advance to a single elimination playoff, unless otherwise specified by Competitive Sports Admin.
 - The team must maintain at least a 3.5 team sportsmanship rating throughout the season.
 - No team that forfeits any regular season game will be allowed to participate in the playoffs.
- Teams are able to add players to their roster at any point, including playoffs.