

TWU Fitness and Recreation
Intramural Sports
Sand Volleyball Rules

****www.twufitnessandrec.com****

ACCIDENT INSURANCE

The State of Texas and Texas Woman's University cannot accept liability for injuries. Participants are encouraged to provide their own accident or personal insurance.

BEHAVIOR AND SPORTSMANSHIP

It is every player's responsibility to:

- ✓ Keep roster up-to-date
- ✓ Know the rules and abide by them
- ✓ Respect and cooperate with the officials

It is the responsibility of the team captain to:

- ✓ Insure proper behavior on the part of his/her team's fans
- ✓ Be responsible for his/her team for all the above

Friendly competition and good spirited rivalry are expected, however:

- ✓ Officials and sport supervisors are university employees and will not tolerate verbal abuse or physical threats from or amongst players, captains or spectators
- ✓ Inappropriate conduct can result in penalties ranging from game ejection to lifetime suspension to calling DPS.

Sportsmanship Ratings will be assigned by the captains and sport supervisor following each contest:

- ✓ A team must have a "B" average to be eligible for the play-offs, regardless of their win/loss record. During playoffs, a team receiving a sportsmanship rating lower than a "B," will not be allowed to advance regardless of victory.

GENERAL

You must show a valid TWU, Fitness and Recreation, or Texas ID to participate:

- ✓ ID cards will be collected by officials prior to contest
- ✓ No ID, No play, No exceptions!
- ✓ Any problems with a lost or misplaced ID must be taken care of prior to game time in the Assistant Director's Office (Jones 100) between 10a.m. - 4p.m.

Team captains, and only team captains, may address the officials:

- ✓ May only address matters of rule interpretation or essential game information and must do so in a courteous manner
- ✓ Any verbalization directed toward an official other than outlined above, will result in ejection from the game

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BLOOD RULE

A player with a bloody injury or blood on his/her uniform must leave the game. The player may not return to the game until the wound is no longer bleeding, the wound is sufficiently covered (preferably by a trained individual), or all pieces of the uniform that have blood on them are removed and replaced.

FORFEITS

Game time is forfeit time:

- ✓ According to the Sport Supervisor's watch
- ✓ One forfeit during the season automatically removes you from playoffs and possibly from the rest of the season (unless the Sports Supervisor says otherwise).
- ✓ Each team is allowed only one default. Notification of a default to the Sports Supervisor before noon on the day of play will result in a loss but will not result in removal from playoffs, and possibly the rest of the season.

PLAYERS

Roster size is limited to 10 players:

- ✓ Players must be TWU students, Fitness and Recreation members, or faculty/staff
- ✓ Teams must have a minimum of 6 players to register as a team
- ✓ Rosters are final at 5p.m. **the SECOND Friday after your first game.**

EQUIPMENT

- ✓ Fitness and Recreation will provide all equipment – NO SUBSTITUTIONS

GAME SET-UP AND TIME

1. All games will be thirty (30) minutes with a continuous clock or a match will end when a team has won two out of three games.
2. A match consists of three games to fifteen (15) points.
- 3. In all games, a team must win by at least a 2-point margin.**
4. Games will be played using the rally scoring method.
5. A coin toss will determine choice of court and service. Teams will switch sides of the net after each game.

PLAY

1. The serve is playable if it hits the net and falls inbounds on the opposing team's side of the court.
2. If a player touches the ball or a ball touches any part of a player, he/she is considered as having played the ball.
3. The ball may be served anywhere on the end line.
4. The ball must be cleanly hit. It should not be scooped or pushed. A player may use any part of his/her body from the waist and above in the playing of the ball.

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- Exception:* A player may use their foot to play the ball as long as it is in contact with the sand.
5. A ball touching the body more than once is considered a double hit. A ball may not be hit more than three (3) times before being returned over the net (a block does not count as one of the three hits).
 6. No player may go over the net, except to follow through on a spike or block. In these instances, contact with the net is illegal.
 7. Players will not be allowed to break the vertical plane of the net while blocking.
 8. There is no blocking or attacking on the serve.
 9. Open hand digs are allowed as long as they are not ruled as lifts.
 10. The serving team will announce the score before each serve.
 11. Let serves are legal. If a serve hits the net and goes over it will be live.
 12. The ball must not visibly come to rest on the player's hands, fingers, or any other part of the body.
 13. A player may not make successive contacts of the ball, unless the first contact is an attempted block.
 14. Regarding net play:
 - A player may step under the net as long as they do not interfere with an opponent's attempts to play a ball.
 - A player may reach over the net to complete a spike which was begun on their side of the net.
 - A player may **never** touch the net.
 15. Players must not move until contact has been made with the ball on the serve.
 16. If the ball hits any part of the standards or anywhere outside of the court lines, it is declared dead.

INFRACTIONS

1. The official has the power to warn, declare side out or point, or disqualify any player from the game who is behaving in an unsportsmanlike manner.
2. Profanity, verbal, and/or physical threats directed at any other players or officials will not be tolerated and are grounds for removal from competition.
3. **Any player who is removed from competition because of behavior could be suspended from ALL further intramural activities for the semester pending a meeting with the Assistant Director.**

CO-ED RULES

1. Co-ed teams may have no more than three men on the court at the same time.