

# 2025 4X4 Sand Volleyball Tournament

## Sand Volleyball Rules

(Games will be played under current National High School Federation (NHSF) rules.

with the following intramural special modifications)

### GAME TIME AND SCORING

- All matches will consist of best of three sets. First two sets will play to 21 points and the third set will play to 15.
  - Teams will have to win by two points.
  - First two sets will cap at 25 points and the third will cap at 19.
- Game time is forfeit time. If a team does not have the minimum number to start on the court at the scheduled time, the team will forfeit the match.
- A full team shall consist of four (4) players. The maximum number of players on a team roster is six (6).
- This is a self-officiated tournament; however, a net judge will be present to make the final call on disputes. There will be a scorekeeper to keep official score.
- Rock, paper, scissors will determine the right to serve or to receive the serve.
- No hats, jewelry, exposed metal or hard unyielding no plastic on braces, casts, etc. will be allowed.

### TIME-OUTS AND SUBSTITUTIONS

- Each team is allowed one thirty second (:30) timeout per set. Time out may be called prior to server receiving ball on either side of court (between plays).
- There are NO substitution restrictions, as long as one player does not occupy more than one position in the service order during a game.
- If a team falls below the minimum number necessary to play due to a player being injured, the team will forfeit the match. The game clock may be stopped for a maximum of 5-minutes to allow a player to stop bleeding if such an injury occurs. THE TIME ALLOWANCE IS ONLY FOR PLAYERS WHO ARE BLEEDING, AND THE TEAM CANNOT CONTINUE WITHOUT THEM.

### SWITCHING SIDES

- Due to certain conditions (i.e., sun in eyes, wind), teams will switch sides every 7 points. Teams switch sides when the sum of both teams' points add up to 7 or multiples of seven.

## BALL IN PLAY

- Players are free to position themselves anywhere on the court. There are no positional faults. No restriction exists as to which players may participate in a block or an attack.
- Teams must maintain a serve order.
- One reserve may be awarded if the server tosses the ball and allows it to fall on the ground.
- A player **may not block or attack** a served ball.
- Each team has up to three contacts at the ball before the ball returns to opposing team's side of the court; blocks do not count as a contact.
- A player may not contact the ball two times in a row unless there is simultaneous contact with one or more body parts at the same time.
- Two players may contact the ball at the same time; however, it is considered two hits.
- You cannot lift, double contact, or throw the ball.
- Technically you can receive a serve with your fingertips ("set the serve") if perfectly clean but since this is primarily a self-ref sport and too subjective, **we do not allow you to set the serve**.
- You can spike, roll, fist, knuckle, or cobra a ball with your hand but you cannot push, tip or throw. If you set the ball over the net, the ball must travel directly in the path the shoulders are facing, with back or front (no deceptive setting).
- The ball may contact any part of the player's body.
- No part of the body may touch the net at any time unless a ball or person driven into the net causes the contact.

## REFEREES

- Sand volleyball is self-managed. **All players are on their honor and need to make calls on their side of the court. There will be a net judge to settle any disputes. Each serve must result in a point, side-out or replay. Coaches need to be responsible for their team and settle disputes. HAVE FUN!!!**

## Note:

- Pets, alcohol, and tobacco will not be allowed on the premises.
- Coaches are responsible for ensuring ALL players are aware of rules/regulations.