



CFC 4-ON-4 SAND VOLLEYBALL RULES

USA Volleyball rules with the following intramural adaptations:

Rule 1. Height of the Net. The height of the net is 7' 11-5/8" for co-rec

Rule 2. Teams and Players.

- A. Teams shall be composed of 4 players.
- B. Teams with fewer than 3 players are incomplete and forfeit the game or match.
- C. Co-Rec teams must contain *equal numbers of males and females* on each team.

Rule 3. To Win a Game. Rally scoring

A game is won by the team that first scores **21** points with a lead of two points. In case of a **20-20** tie, play is continued until a 2-point advantage is reached (**e.g. 22-20 or 23-21**).

Rule 4. To Win a Match

- A. A best 2-out-of-3 games match is won by the team that wins two games.
- B. In case of a 1-1 tie, a deciding game to **fifteen** points shall be played immediately.

Rule 5. Court Switches. In 21-point games, court switches will occur after each game.

Rule 6. Rotation Order

The rotation order specified by the starting line-up must be maintained throughout the game.

Rule 7. Players' Positions

Players may position themselves anywhere within their court.

Rule 8. Service

A. First Service In A Game

1. The first service of the first game and any deciding game is executed by the team determined by winning rock-paper-scissors.
2. The first service of the second game will be determined by the choice of the team captain who lost rock-paper-scissors the first game.

Rule 9. Playing the Ball. Characteristics of the Contact:

- A. A player may touch the ball with any part of the body.
- B. A player may have successive contacts with the ball during a single attempt to make the team's first contact provided the fingers are not used to direct the ball.
- C. The ball must be contacted cleanly and not held, lifted, pushed, caught, carried or thrown. The ball cannot roll or come to rest on any part of a player's body. It can rebound in any direction.



D. A contact of the ball using the fingers of one or two hands to direct the ball toward a teammate is a set. A player may set the ball in any direction toward his/her team's court. Rotation of a set ball may indicate a held ball or multiple contacts during the set but in itself is not a fault.

E. When contacting the ball with one hand, other than for setting the ball toward a teammate, the ball must be cleanly hit with the heel or palm of the hand.

Rule 10. Playing Faults. The following types of faults can occur during an attempt to play the ball:

A. Four hits: a team contacts the ball four times before returning it to the opponents.

B. Assisted hit: a player takes support from a teammate or any object in order to reach the ball.

C. Double contact: a player contacts the ball twice in succession or the ball contacts various parts of the player's body successively.

D. Held ball: a player does not contact the ball cleanly.

Rule 11. Ball at the Net

A. Ball Crossing the Net.

1. A ball sent to the opponent's playing area must pass over the net within the crossing space. The crossing space is the part of the vertical plane of the net limited:

A) below - by the top of the net, and

B) at the sides - by the antennas (posts) and their imaginary extensions.

2. A ball completely crossing the net below the net or entirely outside the antennas (posts) may be recovered within the limits of the three team contacts.

3. A ball completely crossing the net above the net and within or over the antennas (posts) may not be recovered.

B. Ball Touching the Net. The ball may touch the net while crossing the net.

C. Ball In The Net (Other Than The Service). A ball driven into the net may be recovered within the limits of the three team contacts.

D. Let serves will be played.

Rule 12. Player at the Net. Penetration Into the Opponent's Playing Area and Space.

- A player touches the ball or an opponent in the opponent's space before or during the opponent's attack hit.
- A player interferes with the opponent's play while penetrating into the opponent's space under the net.
- A player interferes with play by (amongst others):– touching the net between the antennae or the antenna itself during his/her action of playing the ball, – using the net between the antennae as a support or stabilizing aid – creating an unfair advantage over the opponent by touching the net – making actions which hinder an opponent's legitimate attempt to play the ball, – catching/holding on to the net. Any player close to the ball as it is played, and who is him/herself trying to play it, is considered in the action of playing the ball, even if no contact is made with it. However, touching the net outside the antenna is not to be considered as a fault.

Rule 14. Blocking Contact. No restrictions exist as to which players may participate in a block.