4-on-4 SAND VOLLEYBALL RULES
Men’s, Women’s, CoRec

WARNING: YOU MAY SUFFER FROM PHYSICAL/MENTAL INJURY FROM PARTICIPATING IN INTRAMURAL ACTIVITIES. PARTICIPATION IN THE RECREATION AND WELLNESS PROGRAM IS COMPLETELY VOLUNTARY. UNCG AND THE DEPARTMENT OF RECREATION AND WELLNESS ARE NOT LIABLE FOR INJURIES SUSTAINED DURING PARTICIPATION IN RECREATION & WELLNESS SPONSORED ACTIVITIES.

1. THE GAME
   A. Teams should report to the Intramural Supervisor a minimum of 15 minutes prior to their scheduled playing time. A current UNCG ID Card must be presented to the Intramural Supervisor by each player prior to every game before participation will be permitted. Game time is forfeit time. If a team fails to appear with the minimum number of players required to start by the scheduled start time, a forfeit will be declared.
      i) 1st Forfeit: Team loses $10 forfeit fee.
      ii) 2nd Forfeit: Team is automatically removed from the league.
   B. An official match will be the best two (2) out of three (3) games. All games are played to twenty-five (25) points rally scoring. If a third game is needed, the game will be played to fifteen (15) points rally scoring. Teams must win games by at least 2 points.
   C. Teams receive 1 timeout per game (no carry-overs). Timeouts are 30 seconds in length.
   D. Teams consist of four (4) players. CoRec teams consist of 2 males and 2 females. Teams may begin games with 3 players. If a team is playing with 3 players, the difference between the number of male players and female players may be not greater than one (1). (Examples: 1 male player & 2 female players or 2 male players & 1 female player)

2. RULES
   Note: All rules are governed by USA Volleyball Rules with these highlights and adaptations.
   A. Player positions on the court are Front Left, Front Right, Right Rear, and Left Rear.
      i) Players may not overlap positions prior to the serve.
      ii) After the service hit, players may move around and occupy any position on the court.
   B. When the receiving team has gained the right to serve, its player will rotate one position in a clockwise order.
   C. Players will serve from the right rear starting position.
      i) The server can serve from anywhere behind the back line.
   D. Let serves are legal and will be played.
   E. Feet can be over the centerline as long as there is no interference with the players on the other side. If there is interference, the point and/or side out will be awarded.
   F. The ball may contact any part of the body as long as it is legally hit.
   G. If two (2) or three (3) hits are needed to return the ball, a combination of male and female players must make contact with the ball in order for the return to be considered legal. (order of male & female hits is irrelevant)
   H. Players may NOT block the serve.
   I. Substitutes do not have to go in for the same person, but must rotate in to serve.
   J. Any player that is bleeding must leave the game immediately. The bleeding must be stopped and the wound securely covered with a bandage before that player can continue playing. If there is blood on any clothing, that clothing must be replaced before the player may resume competing.
   K. Because the game is self-officiated, any disputed points will be disregarded and the point will be replayed.