



SAND VOLLEYBALL RULES

Updated 7/30/25

Recent changes will appear in italicized and highlighted text

Situations not specifically covered or implied by these rules shall be governed by the High School Volleyball Rule Book (NFHS) except where a special University of Colorado Colorado Springs Intramural Sports rule applies.

Rule 1: Facility

1. All games will be played at IVP Sand Volleyball Courts. 5910 Omaha Blvd Colorado Springs, CO.

Rule 2: Eligibility

1. The Intramural Sports Program is open to all University of Colorado Colorado Springs undergraduate and graduate students currently enrolled, as well as faculty, staff, and affiliate members, provided they have a valid membership with Campus Recreation and a valid Sport Pass. This event is free.
2. Prior to participating, all players must check-in with the Sport Programs Supervisor. To check-in, each participant must present their University issued virtual ID, or must provide a University or must provide a government-issued photo ID.
 - a. No participant may participate in Intramural Sport under any identification other than their own. Any player using an assumed name, false gender identity, or an illegal I.D card will cause their team to forfeit the contest they participated in. The individual will also be suspended from intramural competition and their case will be forwarded to the UCCS Dean Students Office.
3. Varsity athletes may participate in other intramural activities outside of their varsity sport. However, they may not participate in their varsity sport or its related activities at the intramural

Rule 3: Team Composition

1. Each team will consist of 4 participants. The minimum number of participants needed to begin a match is two.
 - a. If an injury or disqualification reduces the number to fewer than 2, the game shall be forfeited.

Rule 4: Equipment

1. A player wearing illegal equipment shall not be permitted to play. This applies to any equipment which, in the opinion of the staff, is dangerous or confusing. Types of equipment or substances which shall always be declared illegal include:
 - a. Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots. EXCEPTION: Face Shield.
 - b. Any exposed jewelry (ear rings, nose rings, necklaces, etc.)
 - c. Pads or braces worn above the waist. Casts worn above or below the waist.

Rule 5: General Play

1. All players except the server shall be within the team's playing area and in correct serving order with no overlapping of adjacent player's front-to-back or side-to-side at the instant the ball is contacted for the serve.



Campus Recreation

UNIVERSITY OF COLORADO **COLORADO SPRINGS**

- a. After the ball is contacted for the serve, players may move from their respective positions.
2. The match will be started using paper, rock, scissors, or a coin toss to determine which team will serve first.
 - a. This will be conducted by team captains at the captains meeting before each match.
 - b. The winner may defer the serve and choose a side or choose to serve.
 - c. At the beginning of the second game, the team that received the first in the previous game shall have first serve in the following game.
 - d. Before the third game, the captains shall conduct another coin flip or rock paper scissors with the same options available as the beginning of the match.
3. Match Format
 - a. Two out of three scored 20.
 - b. Teams must win by two points with a cap of 25 points.
 - c. If a third set is needed, the game is played to 10, win by two points, cap at 15 points.
 - d. Time allowed between sets is limited to two minutes.
4. Time outs
 - a. Each team is allowed one 30 second time out per set.
5. Weather
 - a. If for any reason the game must be called before completion, it will be called official if two matches have been played.
 - b. Whichever team is up in the third match shall be declared winner.
6. Service
 - a. The match begins with the serve, in which the back right position is designated as the server during the rotation.
 - b. One re-serve will be allowed during the term of service.
 - c. The order in which teams are to serve shall be called the serving order.
 - d. Players must be in the correct serving order when the ball is served.
 - e. A server shall continue to serve until their team commits a fault.
 - f. If the serving team wins the rally, it scores a point and continues to serve.
 - g. If the receiving team wins the rally, it scores the point and gains the serve.
 - h. Each time a team gains the serve it must rotate one position clockwise before serving. Failure to do so will result in a side out if done intentionally.
 - i. A server shall hit the ball with one hand, fist or arm.
7. Faults
 - a. Serve illegally.
 - b. Fail to return the ball legally to opponents' court.
 - c. Catch the ball.
 - d. Hold the ball (scooping, lifting, and shoving shall be considered holding).
 - e. Strike the ball more than once in succession.
 - f. Be the fourth player to play the ball (except when there has been a simultaneous hit.)
 - g. Touch the net with any part of the body at any time except when the ball is dead.
 - h. Reach under the net and touch the ball or a player of the opposing team when the ball is in play on that side.
 - i. Interfere with the play of the opposing team by entering the opponent's court.
 - j. Touching the court on the opposite side of the center line when the ball is in play.
 - k. Make an illegal substitution.
 - l. Throw the ball.

Contact us at imsports@uccs.edu



Campus Recreation

UNIVERSITY OF COLORADO COLORADO SPRINGS

- m. Hold or push the ball against the net.
- 8. Court Boundary Line
 - a. Any part of the ball contacting the boundary line is considered **IN**.
- 9. Net Boundary Line
 - a. The ball must cross entirely between the nets' antennas to be a legal play.
- 10. Substitutions
 - a. May be made only during a dead ball and without delay.
 - b. Substitutions will be made in the back left position (after serving).
- 11. Forfeit
 - a. There will be a 10-minute grace period for teams that have not arrived by game time. If after 10 minutes have passed and one or both teams do not have the minimum number of eligible players to start a game, then the game will be forfeited

Rule 6: Playing the Ball:

- 1. Legal Contacts
 - a. All players must legally contact the ball either by passing (digging) or overhead passing (setting action).
 - b. The ball may not have pro-longed contact with the hands, fingers, or any upper body part.
 - c. A player may go out of bounds to play a ball, but not beyond the centerline extended. If a player plays a ball that would have been out of bounds, it is considered good.
 - d. If a ball is driven into the net with such force, it causes the net to contact a player on the opposing team; no foul shall be called, and the ball shall continue to be in play.
- 2. Kicking
 - a. Kicking is legal and will be counted as one of the 3 touches per side.
- 3. Multiple Contacts (Legal)
 - a. Touches by a player during one play of the ball and are permitted:
 - i. When a ball rebounds from one part of a player's body to another in one attempt to save a hard driven spike not already touched by a teammate, it is a legal multiple contact and considered one hit.
- 4. Multiple Contacts (Illegal)
 - a. The same player may not contact the ball twice in a row.
- 5. Simultaneous Contact
 - a. By the same team is allowed and either player may contact the ball again.

Rule 7: Net Play Net

- 1. Players may not contact the net during a rally, exceptions to this are the player's hair or the net being pushed into a player by the ball.
- 2. Encroachment
 - a. A player must not cross the center line with the foot.
 - b. If the opposing team is attacking or playing the ball over, the defender is allowed to cross the plane to block.
 - c. Ball in the vertical plane of the net is free to be played by either team.
- 3. Block/Attack
 - a. It is illegal to block/ attack the serve (attempts included).
 - b. Legal blocks or attacks are made by any player in the front row.

Contact us at imsports@uccs.edu



Campus Recreation

UNIVERSITY OF COLORADO **COLORADO SPRINGS**

- c. Legal attacks for back row players are when the ball is contacted by the player entirely behind the ten-foot line.
 - d. It is illegal for back row players to attack or block the ball in front of the ten-foot line after leaving their feet.
 - e. It is legal for a blocker to attempt to block, and attempt contact with the ball immediately following the block (i.e. blocks/passes) because a block does not count as a contact.
4. The attack is considered complete when:
 - a. The attacking team has had the opportunity to spike the ball or intentionally direct the ball into the opponent's court.
 - b. The attacking team has completed their 3 allowable hits.
 - c. The ball is falling near the net, and, in the official's judgment, no member of the attacking team could reasonably make a play on the ball.
5. If two or more players from opposing teams hit the ball simultaneously, it shall not count as one of the three hits.
6. If only one player is attempting to block and in doing so contacts the ball, he/she is permitted to contact it a second time.
7. A back line player may not return a ball which is completely above the top of the net while positioned on or in front of the spiking line (or its out of bounds extension).
8. Reaching over the net is permitted using:
 - a. The follow through on a hit made on the player's own side.
 - b. An attempt to hit.
 - c. A block or attempt to block.

Rule 8: Forfeit Scoring

1. Should a team win by forfeit, the reported score for the game will be 2-0.

Rule 9: Sportsmanship

1. Intramural Sports expects all participants and spectators to conduct themselves in a sportsmanlike manner. Following each game, officials and/or supervisors evaluate team behavior and issue sportsmanship points to all teams. For tournaments or special events, if there is an issue with sportsmanship the team or individual will receive a warning. If there is another instance of sportsmanship issues the staff on site has the right to remove a player or team from the event. Sportsmanship issues include:
 - a. Participants are openly arguing calls with officials on multiple incidents.
 - b. Fighting.
 - c. Mocking the skill level of an opponent.
 - d. Trash Talk.
 - e. Not having control of spectators for your team.
 - f. Etc.