

**Christopher Newport University
Office of Recreational Services
Intramural Sports
Volleyball (Sand)
-Rules of the Game-**

The rules below are specific for the sport indicated above and do not include intramural program policies which all participants must abide by. For a complete description of intramural policies, participants should view the Intramural Program Manual.

National Intramural Recreational Sport Association (NIRSA) rules govern any rule not mentioned in this document.

1. Team Requirements

- 1.1 A team consists of four players. A team may start and play the match with a minimum of three players. Only two club or former college volleyball player are allowed per team.
A maximum of five individuals may play in any one contest.
- 1.2 If a team is forced to play with less than three players, the match will be considered a default.

2. Serving Area

- 2.1 The serve must be made from behind the back line and within the sidelines.
- 2.2 Teams must rotate clockwise prior to their new service.

3. Game Timing and Scoring

- 3.1 A match will consist of the best two out of three games with rally scoring in each game.
- 3.2 For each game, the first team that scores 21 points and is ahead by two points is declared the winner. Otherwise the winner will be the first team to 25.
- 3.3 One 30-second time out per team per match.
- 3.4 Flip of a coin will decide which team gets choice of service or court. Second game, courts are switched and if a third game is necessary, courts are changed at eight points. Service is decided by a flip of the coin in the third game.

4. Coed. Modifications

Must be either 2M/2F or 1M/2F or 2M/1F