CO-REC SAND VOLLEYBALL RULES

Official rules are the USA Volleyball/KSU Intramural 6-person rules with the following intramural adaptations for Co-Rec play:

Rule 1. Height of the Net. The height of the net shall be 7’ 11-5/8” for co-rec play.

Rule 2. Teams and Players. Each team shall consist of 3 men and 3 women. Teams will be allowed to play with 5 players. If 5 members are used, 3 of the team members must be female.

Rule 3. To Win A Game. A game is won by the team that first scores 15 points with a lead of two points. In case of a 14-14 tie, play is continued until a two-point advantage is reached (e.g. 16-14 or 17-15). There is a 17 point cap on any game.

Rule 4. To Win A Match

A. A best-two-out-of-three-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. Game 3 will use Rally Point Scoring.

Rule 5. Court Switches. In 15-point games, court switches occur each time the total number of points scored is a multiple of five.

Rule 6. Rotation Order. The rotation order specified by the starting line-up must be maintained throughout the game.

Rule 7. Alignment. The serving order and positions on the court at service shall be male and female alternated or vise versa.

Rule 8. States of Play

A. Ball “In Play” — The ball is “in play” from the service contact until the ball is out of play.

B. Ball “Out of Play” — The ball is “out of play” from the moment the ball contacts the ground or a fault is committed.

C. Ball “In” — The ball is “in” when after being put in play its first contact with the ground is on the playing court or a boundary line or when it causes a boundary line to move.

D. Ball “Out” — The ball is “out” when:

1. After being put in play, its first contact with the ground is completely outside the playing court and it does not cause boundary lines to move;

2. It completely crosses the net outside the crossing space after the attacking team’s third contact;

3. It touches an object outside the court, an overhead object or a person out of play; or

4. It touches the antennas, ropes, posts or the net outside the antenna.
Rule 9. 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 the coin toss.

2. The first service of the second game will be determined by the choice of the team captain who lost the coin toss prior to the first game.

B. Execution Of The Service

1. The server may move freely behind the end line. At the moment of the service or take-off for service, the server must not touch the ground outside the service zone. The player’s foot may not go under a boundary line. After the service contact, the player may land on the court or outside the service zone.

2. If a boundary line moves without being touched by the server, it is not a fault.

Rule 10. 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.

a. An exception shall be allowed during the defensive play of a hard-driven ball (an attack-hit or blocked ball traveling at a high rate of speed), as judged by the referee. In that case, the ball may be momentarily lifted or pushed, provided the attempt is one continuous motion.

D. 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.

E. A joust occurs when players of the opposing teams cause the ball to come to rest above the net through simultaneous contact. A joust is not a fault and play continues as if the contact was instantaneous.

F. There is no rule concerning number of male or female contacts.

Rule 11. 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 12. 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, except during the service. A serve that touches the net is a fault.

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.

Rule 13. Player at the Net. Penetration Into the Opponent’s Playing Area and Space.

A. Players may partially or completely cross the center line below the net or outside the poles, either before, during or after a legal play of the ball, provided this does not interfere with the opponent’s play. Incidental contact with an opponent is ignored, unless such contact interferes with the opponent’s opportunity to play the ball.

B. If a player crosses the center line and interferes with an opponent during the continuation of a play, it is a fault, regardless of the opponent’s ability to play the ball.

C. While opposing players are not required to avoid the ball or the player, they cannot intentionally interfere with any legal attempt to play the ball on their court.


A. All actions directing the ball toward the opponent’s playing area, except the acts of serving and blocking, are attack-hits.

B. An attack-hit is completed the moment the ball completely crosses the vertical plane of the net or is touched by a blocker.

C. A player may contact an attack-hit at any height, provided that contact with the ball is made within the player’s own playing space.
1) If a back row player contacts the ball completely above the height of the net and the player’s foot is touching or has last touched the ground on or in front of the attack line, the attack-hit must have an upward trajectory.

**Rule 15. Blocking.** When only one male player is in the front row at service, one male back row player may be forward of the attack line for the purpose of blocking.

A. The remaining back row player must be behind the attack line until the ball has been contacted by the blocker(s) or has been hit in such a manner that no block is possible. If a back row player is not participating in a block, there is no restriction on both back row male players being in the attack zone.

B. No female back row player may participate in a block.