Sand Volleyball Rules and Regulations

Eligibility

Below are the guidelines that participants must follow in order to be eligible to enroll or play in UREC intramurals.

1. Undergraduates/Graduate Students

   All undergraduate students enrolled in 7 or more hours (6 or more hours for graduate students) at JMU are eligible for intramural competition.

   *Note: Undergraduate students enrolled in 1 to 6 hours (1 to 5 hours for graduate students) will be required to pay a recreation fee in order to participate in the program.

2. Faculty and Staff

   All full-time faculty and staff at JMU are eligible for intramural competition. Spouses of full-time faculty and staff are required to obtain a URAC card to participate in the program.

   *Note: All part-time faculty/staff can participate in the program; however, their spouses cannot participate.

3. Alumni

   All alumni are ineligible to participate without a proper membership to UREC.

4. Professional Athletes

   Students ineligible for varsity competition due to professional rank are prohibited from competition in the intramural sport(s). Those participants with professional rank will be ineligible for five (5) years from the date professional career ended. (This does not include try-outs and cuts from a professional team).

5. Varsity Letter Person

   A person who has received a varsity award at any university (4 year college or junior college) within the last academic year is ineligible to compete in the lettered sport or a related sport. They will be allowed to compete one full year after their final varsity season. However, teams may only carry one former varsity player on their roster

6. Student Athletes

   Any person whose name appears on a varsity, junior varsity, or freshman roster will be ineligible in that intramural sport during that academic year. This includes all players who are "red shirt" in any sport or anyone who practices with a team regularly but does not participate in intercollegiate competition.

7. Sport Club Members

   Sport club members are defined as individuals who meet any one of the following criteria:
   - Name appears on sport club team roster during the academic year.
   - Signed a participation waiver and is actively participating in club functions.
   - Actively participating with the club during their season.

   *Note: Teams are restricted to two Sports club members in their related intramural activity. Sport Club members can only compete in Level 2 and Level 3 activities (Level 1 is prohibited).

*Note: All Eligibility requirements can be located in the Intramural Handbook.
Valid JACards are required for participation. “No JACard, NO play”

*Assumption of Risk*

Individuals are highly encouraged to have a physical examination and obtain adequate health and accident insurance prior to participation in UREC activities. Individuals that choose to participate in UREC activities do so at their own risk. James Madison University does not provide insurance and is not responsible for any injury that may occur to individuals participating in any UREC activity. Participation is voluntary. Student Health and Accident Insurance information may be obtained at the University Health Center.

UREC strongly discourages the use of alcohol and/or drugs by participants prior to any recreational activity. The use of alcohol and/or drugs by participants during any recreational activity is prohibited. In addition, food, beverages, and tobacco products (dip, chew, cigarettes, etc) are not allowed at any intramural activity site. The following rules apply to all participants of University Recreation sponsored programs:

- Smoking, drinking, or using smokeless tobacco products at an intramural site will result in removal from facility site and sound.
- Leaving the bench area and/or consuming an alcoholic beverage will result in an immediate ejection from the game.
- Games may be forfeited if, IN THE JUDGMENT OF THE INTRAMURAL SITE MANAGER ON DUTY, the participant’s unsportsmanlike conduct is due to the use of alcoholic substances either before or during the activity.

**Facilities**

1. Games will be played at the University Park on the Sand Volleyball Courts.

2. There will be an official present. He/she will only whistle when there is a fault or violation. He/she will not whistle on every point/serve. He/she will also keep score and time.

3. UREC Site Managers will be present to supervise the facility.

**Game Time and Timing Regulations**

1. Matches will be best two out of three games. Each match will consist of a forty (40) minute running clock. A game is completed when a team scores a total of twenty-one (21) points or time for that game has run out. A team must win by two points; however, there is a twenty-five (25) point cap for each game.

2. All Games will be rally-scoring which means whenever a team fails to serve or return the ball, or commits any other fault, the opposing team wins the rally.

3. Should the match be decided by a third game, games are played to fifteen, win by two, seventeen point cap.
4. A coin flip will decide which team gets the choice of service or court. In the second game, courts are switched and the losing team serves first. If a third game is necessary, the serve or side of court will be decided by a coin flip.

The Team

1. Four (4) players constitute a team. Each team must have at least three (3) players to begin a game. Games will start at the designated time. If one team is more than ten (10) minutes late, a forfeit will be declared. For every minute a team is late, it will lose .2 on its sportsmanship rating. Co-Rec: Each team needs to have an equal number of males and females playing at the same time. If a team has only three players, it must have either two males or two females.

2. Each team will be allowed one (1) time out per game of a one minute duration. If a team calls a time out because of an injury and the player remains in the game, that team loses one of their time outs. Teams are penalized a point for excessive time outs.

3. **Substitutions**: Substitutions may occur at any time provided it is recognized by the official. The free substitution rule will be in effect, but you must replace the player who took your place. Co-Rec: Subs must be made male for male and female for female.

Player Equipment

1. Head decorations, head wear, and jewelry are illegal. Only headbands no wider than 2 inches made of nonabrasive, unadorned, single-colored cloth, elastic, fiber, soft leather, pliable plastic, or rubber will be permitted during the course of the game. No bandannas ("do rags") or baseball caps are allowed.

2. Games will be played with a UREC game ball. This ball will not be used during warm-ups. UREC will have a limited number of balls that can be checked out with a JAC card at the University Park Equipment Window. Teams are advised to bring their own ball to warm up with.

3. No shoes are to be worn in the University Park Sand Volleyball Courts.

Rules Section

The Game

1. **Any rule not mentioned below will default to NFHS (National Federation for High School Sports) Volleyball Rules.**

2. **Scoring**: All scoring is rally scoring which means whenever a team fails to serve or return the ball, or commits any other fault, the opposing team wins the rally.

3. **Rotation**: the team receiving the ball for service shall immediately rotate position in a clockwise direction. At the time of the serve, players must remain in the same relative position but they may switch positions after the ball is served. Co-Rec: The serving order and positions on the court shall alternate female-male, etc.
3. If a player serves out of turn, “side out” will be called and the ball will go to the opposing team.

4. A served ball that hits the net and goes over is a playable ball, but if it does not clear the net, it is a “side out.”

5. **Playing the ball:** The ball must be clearly hit. It may be hit with one or both hands (open or closed) above the waist. It is illegal to “push”, “carry”, or “lift” the ball. **Co-Rec:** Spiking is legal.

6. The ball can be played with any part of the body.

7. A ball may be hit only three times on one side. A player cannot hit the ball twice in succession. **Co-Rec:** When a ball is played more than once on a team’s side of the net, it must be contacted by both sexes.

8. **Simultaneous Hit:** If the ball is hit at the same time by two players, either one of the players can hit the ball again.

9. **Net Play:** It is a violation to touch the net. It is not a violation if the player has hit the ball into the net causing the net to touch a player on the other side. There is an imaginary plane extending indefinitely above the net. It is illegal to strike the ball on your opponent’s side of this imaginary plane. It would not be a violation, however, if the ball were to be on your side of the plane, and your follow through were to cause your hand to penetrate this plane. It is also legal to penetrate the plane if you are blocking an opponent’s hit, provided your arm is not at a downward thrust. A player may reach under the net provided they do not interfere with an opponent legally making a play on the ball.

10. **Center Line:** A player may not cross under the vertical plane of the net to play a ball.

11. **Boundaries:** If any part of the ball touches a boundary line, the ball is considered inbounds. A replay will be declared where there are conflicting calls between teams. All balls must be returned above the net and between the vertical tape markers.

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**Sportsmanship**

**Philosophy**
Sportsmanship is individuals or teams doing unto others as they would have others do unto them. Sportsmanship is individuals containing an understanding and appreciation of the rules developed for sport. Players enjoying the recreational experience and encouraging others to participate regardless of skill level will help enhance the integrity of the program. All participants will take responsibility for his/her own actions regardless of the repercussions, which involves not blaming others for mistakes made or making excuses for wrong doings. Sportsmanship is recognizing and acknowledging character and honor among team members and opponents while practicing such characteristics themselves. Participants will respect officials, supervisors, and opponents during, before, and after a contest. Finally, sportsmanship will portray an overall respect and passion for the sport and recreation.

**Sportsmanship Mission**
UREC and the Intramural Sports program are dedicated to promote and enforce positive sportsmanship among all JMU participants. Through each contest participants must portray fair play, respect for
opponents, and intramural staff, as well as, graciousness in winning or losing. In order to encourage proper conduct during games, officials, supervisors, and administrative personnel will make decisions to warn, penalize and/or eject players, coaches, teams, and/or spectators for poor sportsmanship. The decisions made by these individuals are final and will be reviewed by the Coordinator of Intramural Sports. In the instance teams challenge their rating, only the captain will meet with the Coordinator of Intramural Sports to discuss the issue. All captains are responsible for the conduct of their teams during an intramural contest. The sportsmanship rating can be affected by actions occurring before or after a contest.

**Sportsmanship Criteria and Ratings**

Based on this philosophy the following system will be used to evaluate a team’s sportsmanship during each contest in which they participate:

Teams will receive a rating each week that will create an average at the end of the season. Teams in **Level I** must have an average of 3.0 at the end of their fourth week to continue play. Teams in **Level II** and **Level III** must have an average of 3.0 to be eligible for playoffs.

**Example:**

Week 1: 3.0  
Week 2: 3.0  
Week 3: 2.5  
Week 4: 3.0  
**Total 11.5**

Average Conversion: 11.5 / 4 = 2.875. This team would not be eligible for continued play or playoffs.

**Superior: 4.0 “Win with class – lose with dignity”**

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. Teams respect all decisions made by the intramural staff.
3. All questions to the sport official must be respectful and reasonable. *Statements are not questions and will not be recognized.*
4. Teams are responsible for their actions and spectators they bring to the event.
5. Teams state positive comments of encouragement towards teammates and opponents.
6. Teams accept a loss and congratulate the opponent on their success.
7. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.

**Excellent: 3.5**

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.
*Note: All teams that request to cancel within 24 hours of their next contest will receive a 3.5 rating. The opposing team will also receive a 3.5 rating.

**Good: 3.0**

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. **Teams receive and adhere to verbal warnings, but receive no ejections, yellow cards, unsportsmanlike penalties or technical fouls.**

**Average: 2.5**

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. **Teams receive a technical foul, yellow card, or unsportsmanlike conduct, but receive no ejections.**

**Below Average: 2.0**

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. **Teams receive two technical fouls, yellow cards, or unsportsmanlike conducts, but receive no ejections.**

*Note: Teams that forfeit through a no show will automatically receive a 2.0.

**Poor Conduct: 1.0**

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. **Teams receive an ejection.**

**Unacceptable: 0**

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. Teams receive multiple ejections or the game is forfeited by intramural staff.

**Sportsmanship Sanctions**

The intramural program contains the right to address all issues that pertain to sportsmanship issues. Players that are ejected from an event will receive an automatic one game suspension and will have to meet with the Assistant Director or Coordinator of Intramural Sports. The captain of the team will have to attend this meeting to discuss the sportsmanship issue and the rating system. The intramural program also reserves the right to contact Judicial Affairs to resolve extreme disciplinary situations. All situations will be handling individually and sanctions may vary.

**Blood Borne Pathogen Policies**

Any player, who sustains an injury where bleeding or oozing occurs, or where blood has saturated the uniform, must leave or be removed from the contest. The bleeding must be stopped and the area completely covered before the individual is allowed to reenter the game. An Intramural staff member must clear the individual before the participant can resume play. If the uniform has become contaminated with blood, it must be changed before the player reenters the game.