

# **INDOOR BEACH VOLLEYBALL**

**OFFICIAL RULES OF THE GAME**  
**(for teams of 4 players)**

*October, 2002*

## CONTENTS

|   |            |
|---|------------|
| • Fielding a Team                                 | Page 1     |
| • The Game  | Page 1-2   |
| • Player and Referee Uniforms                     | Page 2     |
| • Duration Of Game                                | Page 2     |
| • The Toss & Choice Of Ends                       | Page 2     |
| • Playing Equipment: Ball Type                    | Page 3     |
| • The Referee                                     | Page 3     |
| • Arrival/Late Players/Late Start Penalty         | Page 3-4   |
| • Player Short & Substitutes                      | Page 4     |
| • Positioning Of Players On Court                 | Page 4     |
| • Service   | Page 5     |
| • Receiving                                       | Page 6     |
| • Setting   | Page 6     |
| • Spike & Hard Driven Ball                        | Page 6     |
| • Block   | Page 6-7   |
| • Hitting The Ball During Play                    | Page 7     |
| • Simultaneous Hits                               | Page 7-8   |
| • Play At The net                                 | Page 8     |
| • Hands Passing Over the Net                      | Page 8     |
| • Overhead Roof Netting                           | Page 8     |
| • Crossing The Centre Line                        | Page 8     |
| • Ball Out Of Play                                | Page 9     |
| • Time-Outs Not Permitted                         | Page 9     |
| • Scoring   | Page 9     |
| • Competition Points                              | Page 9     |
| • Ladder Position                                 | Page 10    |
| • Referee Zone: Coaches & Players Restricted Area | Page 10    |
| • Misconduct: Red & Yellow Card System            | Page 10    |
| • Blood Rule                                      | Page 10    |
| • Finals Qualifications                           | Page 10    |
| • Drawn Finals                                    | Page 10-11 |
| • Game Fees                                       | Page 11    |
| • Court & Net Dimensions                          | Page 11    |
| • Variations                                      | Page 12    |

**INDOOR BEACH VOLLEYBALL: RULES OF THE GAME (4 A SIDE)****1. FIELDING A TEAM****a) Number of players:****(i) Mens and Womens Grades**

- A team shall consist of a maximum of 4 players. A female may fill in as a male in Mens grades but is given no special consideration for doing so.
- A complete team is made up of 4 players, with the option of 2 substitutes.
- Only 4 players per team are permitted on court at any one time.

**(ii) Mixed Grades**

There must be no more than 2 males and no more than 2 females on court at anytime. A female cannot fill in as a male in Mixed grades.

**b) Player Short**

- (i) For a game to start, a team must have a minimum of 3 players. A team reduced to 2 players through unavailability, injury or send off, will forfeit the game.
- (ii) In Mixed grades, at least 1 female must be on court at all times.
- (iii) Also refer to rule 9.

**c) Substitutes**

- (i) Each team may have upto 2 substitutes.
- (ii) Substitutions can be made only at the end of each set except in the event of a player being injured in the course of play when they can be substituted at any time.
- (iii) Also refer to rule 9.

**2. THE GAME**

Indoor Beach Volleyball is played by two teams of four players on a sand court divided by a net. The object of the game is to ground the ball in the opponent's court or to force the opponents into error. Each team is allowed 3 touches before returning the ball across the net. The ball must not be thrown, lifted or pushed, but must be hit cleanly. The players are generally positioned on the court in two lines of two, facing the net.

The game consists of 5 basic skills:

**(i) Serve**

The act of putting the ball into play, from the backline, over the net by an over or underarm action.

**(ii) Receive**

First touch of the ball on receiving the service must be with the forearms (referred to as a 'dig'), the object being to pass the ball to a teammate close to the net.

(iii) **Set**

The act of setting the ball up for an attacking hit by volleying the ball into the air using the fingertips.

(iv) **Spike**

The most common attacking shot, the player jumping up to hit a 'set' into the opponent's court.

(v) **Block**

A defensive action performed by jumping up with both hands above and over the net, attempting to prevent a 'spike' from entering the court.

The standard sequence of the above is for the 'serve' to be received by a player who 'digs' it to the centre frontline player for a 'set' to another player. The receiver of the set then attempts to 'spike' the ball into the opponent's court, avoiding a 'block' and forcing an error or grounding the ball in the opponent's court.

Teams play to win sets which are made up of points. The team who wins the most points wins a set. The team who wins the most sets in the allotted time wins the game.

**3. PLAYER & REFEREE UNIFORMS**

Refer to ISV Tournament By-Rules in force at the time.

**4. DURATION OF GAME**

- a) All matches will consist of 40 minutes game time or 5 sets – whichever comes first. (Note: The match fee entitles teams to a full 40 minutes of participation regardless of the scoreline. The game does not stop because a team is leading 3 sets to nil and cannot lose the game. Commonsense should prevail when a set has been completed and there is only 1 or 2 minutes left to play. But if a team exercises its right to play the whole 40 minutes, regardless of the scoreline and the amount of time left, then the referee must allow the game to continue).
- b) There are no breaks between sets.

**5. THE TOSS & CHOICE OF ENDS**a) **Choice of Ends**

The referee will flip a coin for a team to serve first and will advise which team is to call. Whoever loses the toss may choose ends. At the beginning of the next set, the opposing team shall serve first.

b) **Change of Ends**

Teams change ends at the end of each set.

c) **Fifth Set**

Teams will toss for serve before the 5th set.

## **6. PLAYING EQUIPMENT: BALL TYPE**

- a) All games will be played using balls designated by the ISV Board of Management each season.
- b) Balls must be in good playing condition.
- c) Ball pressure is recommended to be slightly under the amount indicated on the ball.
- d) Clubs providing incorrect balls during the home/away season will cause the home teams to be penalised 1 x premiership point.

## **7. THE REFEREE**

- a) Before each game, a referee will be appointed to adjudicate the rules of the game with absolute impartiality.
- b) Teams will have no choice in the appointment of the referee.
- c) The referee may only be changed at the discretion of the duty manager or tournament organiser.
- d) The referee's decision during a game is final. No dispute, written or otherwise, will alter the result.
- e) The referee will be the sole judge of fair and unfair play.
- f) The captain of a team may query a referee's decision. Once the referee has replied, any further talking to or about the referee or their decision may be penalised.

## **8. ARRIVAL/LATE PLAYERS/LATE START PENALTY**

- a) All teams are to be present to do the toss at the court allocated for their match 2 minutes prior to the time fixtured for commencement of their game.
- b)
  - (i) Any team failing to arrive on time will forfeit the right to a toss. The non-offending team can choose their end and whether or not they wish to serve first.
  - (ii) If both teams are late, the first team to have 3 players present will have the right to choose their end and whether or not they wish to serve first.
  - (iii) Under no circumstances is any game to start without the minimum number of players required to play a game. A team which commences playing with less than the minimum number may be considered to have forfeited the match. If players are delayed, the game must commence when the minimum number of players from each side is available and has signed the Team Sheet.
  - (iv) Individual player(s) arriving late may take part in the match providing their arrival is before the commencement of the 2nd set. After this time, the team captain must ask for the consent of the duty manager or tournament organiser to allow a late player to participate.

- c) (i) Teams causing a game to start late will be penalised as follows:

**Delay after**

**fixtured time**

**Penalty**

0-4 minutes:

Nil

5-9 minutes:

Opposition to start 10 points ahead in 1<sup>st</sup> set.

10-14 minutes:

1<sup>st</sup> set awarded to opposition.

15-19 minutes:

1<sup>st</sup> set plus 10 points of 2<sup>nd</sup> set awarded to opposition.

20 minutes plus:

Game is forfeited (unless rule (iii) below is invoked).

- (ii) The amount of time a team causes a game to start late must be taken off the 40 minutes allotted for the game. For example, if a game is delayed by 10 minutes this leaves 30 minutes game time.
- (iii) If a team arrives 20 minutes or more late, the non-offending team, after approval by the duty manager, may choose to waive the right to the forfeit for the sake of getting the game played. However, once a game has commenced under these circumstances, teams acknowledge they are playing for premiership points and all Game Rules and By-Rules (including the penalty described at (i) above) will apply.
- (iv) Non-offending teams cannot be forced to play once the opposition is 20 minutes or more late.
- d) Forfeits can only be declared by the duty manager or tournament organiser.

## 9. PLAYER SHORT & SUBSTITUTES

### a) Player Short

- (i) A team can play with 3 players.
- (ii) When a team is reduced to less than 3 players and a substitute is unavailable the offending team will forfeit the game regardless of the reason.
- (iii) Any team that fields 3 players must nominate a 'hole' position and will automatically lose their serve when the 'hole' position rotates to the serving line.
- (iv) In Mixed grades, at least 1 female must be on court at all times.

### b) Substitutes

A substitute must be in the correct uniform or uniform penalties will apply.

## 10. POSITIONING OF PLAYERS ON COURT

Players can take position anywhere on the court.

## 11. SERVICE

### a) **Definition**

A serve is the act of putting the ball into play, executed from behind the baseline, over the net by an over or underarm action. The ball must be contacted with the hand only and there must be air space before the contact is made. (NO HANDBALLING – only females are allowed to handball if they choose).

### b) **Service Lines**

- (i) The server may freely move or jump provided they do not cross over the baseline until they have hit the ball. Once the ball has been hit, the server is free to move onto the court.
- (ii) If there is not enough room for the server to serve the ball into play on the service line, the player may place one foot inside the court to serve.

### c) **Right to Serve**

When the team receiving the serve wins the exchange, it wins the right to serve.

### d) **Duration of Serve**

- (i) Once the team has gained the right to serve, its players rotate one position clockwise. The server has 5 seconds from the referee's whistle to serve.
- (ii) If the server delays serving for more than 5 seconds, the serving team loses serve.
- (iii) If the server throws the ball in the air to serve they will not be allowed to catch the ball to try to serve again. The ball must hit the ground before the server can touch the ball. Servers are only allowed to do this once.

### e) **Rotation**

- (i) There is no set rotation as long as the serving rotation is being maintained.
- (ii) Any team that fields 3 players must nominate a 'hole' position and will automatically lose their serve when the hole position rotates to the serving line.

### f) **End of Set**

- (i) At the end of each set, teams change ends.
- (ii) The team who served second in the prior set will serve first in the new set (except for (iii) below).
- (iii) Teams will toss for serve before the 5th set.

### g) **Ball Touching Net on Serve**

A ball having been served which hits the dividing net, passes over it and carries to the opposition's half of the court will be considered in play.

### h) **Setting Serves**

Setting of serves is not permitted.

### i) **Mixed Games**

- i) In the Mixed grades, a player is allowed a maximum 3 consecutive serves. If the team still holds serve after a player has served 3 times, that team shall rotate to the next server.
- ii) Service must alternate between male and female.

## 12. RECEIVING

First touch of the ball on receiving the service must be with the forearms (referred to as a 'dig'). The object of the dig is to pass the ball to a teammate close to the net. The serve can be received using a 'forearm dig' or an 'overhead dig'. Hands must be held together for an overhead dig.

## 13. SETTING

### a) Definition

A 'set' is the act of setting the ball up for an attacking hit by volleying the ball into the air using the fingertips. The ball may spin repeatedly as long as it comes off the fingertips clean and even. The ball cannot shank backwards on a set.

### b) Double Contact

A 'double contact' shall be ruled if both hands do not contact the ball simultaneously. Moderate spin is allowed with the spin of the ball being used as purely an indication of non-simultaneous contact. The 'double contact' call is at the discretion of the referee.

### c) Setting Serves

Setting of serves is not permitted.

## 14. SPIKE & HARD DRIVEN BALL

a) The 'spike' is the most common attacking shot, created by a player jumping up to hit a 'set' into the opponent's court.

b) A 'hard driven ball' is one that travels in a direct, straight down direction with no upward curve.

c) A 'double contact' may be allowed if the ball is deemed to be 'hard driven' because the receiver will not have time to change their shot.

d) A serve is not a 'hard driven' ball.

e) A spike that heavily clips the net is not a 'hard driven' ball as it allows the receiver to change their shot.

f) It is up to the referee's discretion as to whether the ball is 'hard driven'.

## 15. BLOCK

a) A block is the action of interrupting the flight of the ball when it is in the opponent's court. Any player who contacts the ball whilst participating in a block shall have the right to make a second contact. The second contact, however, shall count as the first of 3 hits allowed by the team.

b) If the ball touches 1 or more players in a block, it will be counted as only 1 hit for the team, even if the contacts are not made simultaneously by the players participating in the block.

- c) The hands of the blocker(s) may reach over the net provided the opposing team have made their allotted 3 contacts with the ball.
- d) When the ball, after having touched the top of the net and the opponent's block, returns to the attacker's side, the players of the team have the right to another 3 hits.

## 16. HITTING THE BALL DURING PLAY

- a) **All Grades**
  - (i) Each team is allowed a maximum of 3 consecutive contacts with the ball on its side of the net to redirect the ball towards the opponent's side of the net.
  - (ii) The ball may be hit with any part of the body.
  - (iii) The ball can contact any number of parts of the body, providing the contacts are simultaneous and that the ball is not held but rebounds clearly when receiving a serve or an attacking hit.
- b) **Contacted Ball:** A player who contacts the ball or who is contacted by the ball shall be considered as having played the ball except when blocking.
- c) **Held Ball:** When the ball comes to rest momentarily in the arms or hands of a player, it is considered as being held. The ball must be hit cleanly. Scooping, lifting, throwing, carrying or one handed sets shall be considered as holding.
- d) **Double Hit:** A player contacting the ball more than once with any part of their body, without any other player having touched it between the contacts, will be considered as having committed a double hit. A double hit is only allowed on the first touch of any rally as long as it is not using the fingertip set.
- e) **Mixed Grades: Contact by Female**  
 In addition to the above rules, the following rule applies to Mixed games:  
*"When the ball is contacted 3 times in succession by one team, a female must contact the ball on at least one of the 3 occasions. Violation of the rule will cause the offending team to lose the point".*

## 17. SIMULTANEOUS HITS

- a) **Double Fault**  
 When 2 players on opposing teams commit a fault simultaneously, the referee will direct a replay. An example of this is when 2 players on opposing teams both touch the net at the same time.
- b) **Simultaneous Hit by Two Opponents**  
 In a simultaneous contact of the ball by 2 opponents above the net, the player on the side opposite the projected flight of the ball is considered to have touched it last. After which the team whose side the ball enters has the right to play the ball 3 times. If the ball is held simultaneously by 2 opposing players, this is a double fault and the referee will direct a replay.

c) **Simultaneous Hit by a Team Member**

If 2 or more players of the same team attempt to play the ball and the ball is touched by only 1 of them, this shall be considered as 1 touch only. A player may play the ball whilst in contact with a player of their team.

However, no player may be used as a means of support to reach the ball. When 2 players of the same team contact the ball simultaneously this is considered as 2 hits, except when blocking.

**18. PLAY AT THE NET**

- a) When the ball touches the net in the course of play it is considered to be good and play continues.
- b) If the ball was contacted 3 times by a team and then touches the net without crossing to the opponent's side, the referee shall stop play but only after the ball is hit a fourth time or makes contact with the ground.
- c) If the ball is driven into the net with such force as to cause the net to contact a member of the opposing team, such contact shall not be considered as a fault on the part of the player.
- d) If 2 opponents touch the net simultaneously, the point will be replayed.

**19. HANDS PASSING OVER THE NET**

a) **During the Block**

Touching the ball with the hands over the net in the opponent's court shall be considered a fault unless the opposing team has touched the ball 3 times.

b) **After the Spike**

Passing the hands over the net without touching it, after the spike, is permitted.

**20. OVERHEAD ROOF NETTING**

If the ball hits the overhead netting on the same side as the team playing their 3 hits, the ball is still live. Any ball that hits the roof and goes over the net will be deemed a fault.

**21. CROSSING THE CENTRE LINE**

- a) It is not a fault to enter the opponent's court during play.

b) **Crossing The Vertical Plane**

Crossing the vertical plane of the net with any part of the body, with the result of interference or distraction to the opponent while the ball is in play, constitutes a fault.

## 22. BALL OUT OF PLAY

### a) **Ball Touching Nets, Walls, Stands**

The ball will be considered out of play when it touches a side net, back net, wall, net structure or referee stand.

### b) **Ball Landing Outside**

The ball is considered to be out when it touches the ground outside the playing area.

### c) **Dead Ball**

When the referee blows the whistle all play must stop. The ball is then considered 'dead'.

### d) **Boundary Line / On The Line**

Any part of the ball that lands on the boundary lines is considered in.

### e) **Crooked Lines**

If the line ropes are not straight and the referee is uncertain whether the ball hits or lands in, the referee must instruct the players to straighten the line. If the ball mark is then outside the playing area, the ball shall be deemed out.

## 23. TIME-OUTS NOT PERMITTED

Time-outs are not permitted except for injury, rule or score clarification, and adjustment of clothing. If this rule is violated, the offending team's captain may be subject to a yellow or red card for time wasting.

## 24. SCORING (25 Points Per Set System)

a) Teams will play 5 sets or a maximum of 40 minutes whichever comes first.

b) A point will be awarded on every service. If a serve is a fault, this means the opposition will win a point and the serve.

c) The first team to reach 25 points, regardless of the opposition's score, will win a set.

d) In the case of a set being cut short due to game time elapsing, the set will be considered to be completed if a team has reached 13 points or more and is holding a 1 point advantage.

e) (i) In home and away games, when time has elapsed and the set score is tied at 13 or more, the referee is to notify the teams that a sudden death point will be played. The point will be served by the winner of the previous point. The winner of the sudden death point will win the set.

(ii) When time has elapsed at the end of a set and sets are level, there will be no sudden death point played.

## 25. COMPETITION POINTS

Refer to ISV Tournament By-Rules in force at the time.

**26. LADDER POSITION**

The ladder position is determined by the following criteria:

1. Highest total points (win points less administrative penalty points).
2. Highest number of outright wins (if equal on total points).
3. Highest difference between sets for and against (if equal on all of the above).
4. Highest number of sets won (if equal on all of the above).
5. Highest number of set points won including incomplete sets (if equal on all of the above).

**27. REFEREE ZONE: COACHES & PLAYERS RESTRICTED AREA**

Coaches and players not on court are not permitted within 5 metres of the referee's stand. If this rule is violated, the offending person may be subject to a yellow or red card.

**28. MISCONDUCT: RED & YELLOW CARD SYSTEM**

The red and yellow card system will be employed during ISV Tournaments. Refer to ISV Tournament By-Rules in force at the time.

**29. BLOOD RULE**

Any player who suffers a cut or abrasion which causes bleeding, must leave the playing area. The bleeding must stop before the player can return.

**30. FINALS QUALIFICATIONS**

- a) Refer to ISV Finals Qualification By-Rules in force at the time for information relating to eligibility for finals.
- b) **Interchange / Substitute Players**
  - (i) Interchange / substitute players must sign the Team Sheet and have their names initialled by the match referee to confirm they participated on court for at least 1 set for the game to count towards qualification for finals. When this does not occur, the players will be presumed not to have played the minimum period.
  - (ii) It is the captain's responsibility to ensure that referees initial the names of interchange / substitute players who legitimately participated.

**31. DRAWN FINALS**

- a) Beach Volleyball is a timed game of 40 minutes or 5 sets, whichever comes first. When the 40 minutes has elapsed, the game will stop. The referee will declare a winner if a team has won 1 more set than the opposition.

- b) A completed set, i.e. where one team has reached 13 points or more and is 1 point in front, will count as a set when deciding the winner.
- c) In the case of teams being tied at the end of 40 minutes on 1 set each, a 3<sup>rd</sup> set will be played with the first team to reach 13 points being declared the winner. (Note: There is no requirement to play a deciding set to 25 points).
- d) If the game is into the 3<sup>rd</sup> or 5<sup>th</sup> set and time is up but no team has reached 13 points, the game will continue until one team reaches 13 points. That team will be declared the winner.
- e) There is no requirement to play the best of 3 sets. (In the case of a game being reduced in length due to a late start, a side could win the 1<sup>st</sup> set with the 2<sup>nd</sup> set tied on points when time is up).

### 32. GAME FEES

Refer to ISV Tournament By-Rules in force at the time.

### 33. COURT & NET DIMENSIONS

The following are the preferred court and net dimensions:

- a) **Court**
  - Length: 18 metres x 9 metres wide divided into 2 equal sizes.
  - Court is marked by 50mm wide lines which are part of the court.
- b) **Net Height**
  - Between 2.24 and 2.43 metres.
  - Stretched between full width of the court.
- c) **Net Height for Finals Games**  
Where net height is adjustable, the net for finals games for Mens, Mixed and Womens grades will be set at 2.43 metres.

# VARIATIONS

## 15 POINTS PER SET SCORING SYSTEM

The 15 points per set game will be played under the same conditions as the 25 points per set game except for the following rules:

- a) Points can only be won on service.
- b) The first team to reach 15 points with a 2 point advantage over the opposition will win a set. Otherwise, if there is not a 2 point advantage, teams will play until one team reaches 17 points or a team gains a 2 point advantage prior reaching 17 points.
- c) In the case of a set being cut short due to time constraints, the set will be considered completed where the score is 8 or more with the leading team holding a 2 point advantage.