

Whitworth Intramurals: 4v4 Volleyball Rules

4v4 Volleyball Rules

Teams: Players must sign up through FusionIM and be registered and paid to be eligible to participate. No exceptions.

Game Time: Both teams must have a minimum of one representative on the court/field at game time. Teams must meet the minimum roster requirements by 5 minutes after the scheduled game time!

Minimum Roster Requirement: 2 players

Minimum Required to Play: 2 players

Maximum Roster Requirement: 12 players

Game Structure:

Games are played best 2 out of 3, the first two games are to 25 points, and the third game is played to 15, all games are win by two. There is no point cap.

Equipment:

Volleyballs will be provided by intramural referees. Knee pads are allowed but not required. Non-marking shoes are required for play.

Scheduling:

This sport is typically played as a Jan Term sport. All games will be scheduled on Fusion IM and played on Court 3* in the U-Rec. Please see "Section 7" of the IM policy regarding rescheduling, defaults, forfeits and no-shows. Be sure to update your team's time preferences prior to the start of the season.

*Court 3 is not always available, be prepared to adjust.

Game Play:

General:

1. Be respectful to the players of your team, the opposing team and the officials.
 - a. Officials have the right at any time to ask a player to be more respectful or to leave the gym/court if their behavior is inappropriate or disrespectful.
2. During each rally, each team can only contact the ball three times.
 - a. The only exception being a touch off the block, after which that team has the opportunity to contact the ball three more times following the block.
 - i. The player who had made the contact on the block is allowed to touch the ball again as one of the three touches.
3. It is illegal to double hit the ball, including double tapping the ball on a set.
 - a. The only exception is after a block.
4. It is illegal to carry the ball.
 - a. A carry by definition is a catch and release of the ball.
 - b. Prolonged contact is considered a carry (up to referee interpretation).
 - c. Players can protect themselves from getting called on a carry for a ball below their waist if they close their fists (doesn't always work, but good general practice).
5. The volleyball is not allowed to touch, go outside of, or go over the antenna.
 - a. If the ball does these, it is considered out .
6. Players must roll balls under the net, they are not allowed to overhand throw over the net.

Plays at the net:

1. Players are never allowed to touch the net during play. If they touch the net before the ball hits the ground, then it is the other team's point
 - a. Any contact with the net is considered to be in the net and game play stops with a whistle from the referee.

- b. Players who make contact with the net after the ball hits the ground will still receive their point but will also receive a warning as going into the net is a safety hazard.
- 2. Players are also not allowed to go under the net, this is also safety hazard.
 - a. The mid-line under the net is a mutual zone. Players are allowed to step on the line, but if their foot is completely over the line, then the other team gets the point.
 - b. This includes players who jumped for an attack and land on the other side of the mid-line, or for players who dive to dig a ball and slide under the net. If any part of the body crosses the midline, it is considered a fault.
- 3. "Roofing" or reaching beyond the net is illegal.
 - a. By definition, roofing is an interference where a defending player or blocker makes contact on a playable ball while it is still on the other side of the net.
 - i. Typically, this will occur on a first or second hit where the offensive team still has one more hit to get the ball over the net but is interfered from making a play on the ball by the defensive team.
 - b. Interference depends on the spot of the volleyball above the net.
 - c. If any part of the volleyball is over the net, there is no interference, the ball has to be completely on one side or another for interference to be called.

Serves:

- 1. Everyone is required to serve, unless subbed out for.
 - a. Players rotate clockwise when they get the ball and must stay in the same order throughout the game.
 - i. If a player were to be subbed out, the substitute would take the spot of that specific player in the order, but that position would still be required to serve and play either front or back row depending on the rotation.
 - ii. Players can only be subbed for if a team has 7 or more eligible players.
- 2. Teams do not need to rotate on the first serve if they started the game receiving.
- 3. When serving the volleyball, you must not cross the service line on the end of the court until after the volleyball is contacted. Serves must be contacted with one hand (no feet).
 - a. Referees have the ability to determine player ability level while in the game. Players who are less skilled will be given a warning prior to being called for a fault. This is all up to referee interpretation.
- 4. If a player tosses a ball to serve but does not hit it, then it is a redo. This is only allowed once per point, the second time it is a loss of a point.
- 5. It is illegal to block/attack a serve.
 - a. This means that once the ball is served, a player on the opponent's team cannot jump in front of the ten-foot line and attack the ball either with one or two hands.
 - b. This includes setting it back over the net. Anything that involves the player's hands at chest level and higher will be considered an attack.

Foot Plays:

- 1. It is legal to contact the ball with a foot as long as that foot is touching the ground (either heel or toes).
- 2. The contact is illegal if any part of the foot is not touching the ground.
- 3. The cut-off point for contact with the leg to be considered a kick is at the knee and higher.
 - a. Anything below the knee will be considered kicking the ball.
- 4. Players are not allowed to kick the balls during warm-ups or when giving the ball to the other side. This is both a safety concern and to prevent damage to the volleyballs.

Dead Balls:

- 1. A ball that contacts any surface that is not part of the ceiling is considered a dead ball.
 - a. This includes balls that hit the poles, walls, running track and basketball back boards.
 - b. This does not include the net.
- 2. A ball that contacts the ceiling is only considered live if the ball returns to the team that touched it last.
 - a. If the ball hits the ceiling and comes back down on the other side of the net, then the ball is dead, and the point is given to the team that did not hit the ball into the ceiling.

- b. If the ball hits the ceiling and comes back down on the same side of the net, the ball is playable.

Back Row Attacks:

1. Since this league includes a maximum of 4 players on the court, every player on the team is allowed to hit in the front row.

Substitutions:

1. Teams are allowed to substitute without notifying the referee.
2. Substitutions are only allowed during dead balls. No substitute can enter the game after the ball has been served and a volley is in progress.

Timeouts:

1. Teams are allowed 1 timeout per game, timeouts do not carry over to other games.

Nomad Rule:

Nomads are defined as IM participants who have paid and are eligible to play on a team during the current season and have been requested to participate with another team so that a game can be completed. Teams automatically accept the use of nomads and accept the outcomes that come from using nomads. Teams can use up to two nomads to complete a roster, but teams are not allowed to play a nomad if they will have a bench. Captains are responsible for the actions of their nomad, including sportsmanship. **Nomads are not allowed to be used during playoffs!!**

Blood Rule:

Any player who is bleeding must be substituted for until the bleeding stops. An intramural staff member has the authority to remove the player. If by removing the player who is bleeding the team falls below the minimum number necessary to play, the following will apply: The game clock will stop and five (5) minutes will be allowed for the player to stop the bleeding. Any blood on the court must be removed using proper methods, and bloodied clothing must be changed. **AN INTRAMURAL STAFF MEMBER MUST APPROVE THE PLAYER TO REENTER AND HAS THE AUTHORITY TO PREVENT REENTRY.** Players who refuse to leave the game due to bleeding could potentially face suspension.

Protest Policy:

Teams have the option of protesting any application or misinterpretation of a rule. No protest of a judgment call will be considered. When a team requests a protest, they must call a time-out and the game must be stopped and no further game action should continue. The concern must be brought to the attention of the referees, who will check the ruling, have deliberation and then make a decision. If the call is overturned, the team is not charged with a time-out. If the initial official's ruling is upheld, the team is charged with a timeout. Game play will then continue as normal. If the team determines to continue challenging the call, a formal request can be made by filling out the Protest Form and submitting to the IM coordinator *within 24 hours of the game*. See the Participant Manual posted on the Whitworth intramurals website or by speaking to an IM staff member.



Last Updated: 12/13/18