

University of Wyoming
INTRAMURAL SPORTS

4 on 4 VOLLEYBALL RULES

(Updated 7/07)

General Rules Adapted for Intramural Play; in other cases, the rules of the National Federation of State High School Athletic Association will be in effect.

1. **THE COURT:** The court will be 60 feet long and 30 feet wide, divided into two equal halves by a net with an approximate height of 7' 4 1/4" for women and co-rec, and 7' 11 5/8" for men.
2. **PLAYER EQUIPMENT & UNIFORM**
 - a.) **NO JEWELRY WILL BE PERMITTED** in Intramural Volleyball. Jewelry includes, but is not limited to, earrings, exposed wedding rings or bands, other rings, necklaces, bracelets, rubber bands, and metal barrettes. The only exception to this rule is a medic alert bracelet or necklace. In that case it must be taped down. If you refuse to remove your jewelry you will not be allowed to participate. **TAPING OF JEWELRY TO THE BODY WILL NOT BE PERMITTED. ALL JEWELRY MUST BE REMOVED PRIOR TO THE INTRAMURAL EVENT.**
 - b.) A guard, cast or brace made of hard or unyielding materials is not permitted.
 - c.) Hair devices may be worn if made of soft material.
 - d.) Street shoes or hats are not allowed on the court.

Any player wearing illegal equipment or uniform shall not be permitted to play until the equipment or uniform problem is corrected.

3. **COURT OBSTRUCTIONS**

A ball striking the ceiling or an overhead obstruction shall remain in play provided the ball contacts the ceiling on the side of the net extended that is occupied by the team that last played the ball, and the ball is legally played next by the same team.
4. **COURT BOUNDARIES**

A ball will be out-of-bounds when it:

 - a.) touches a wall.
 - b.) touches the floor completely outside the court's boundary lines.
 - c.) touches the net cables or net completely outside the vertical tape markers, net supports, or referee's platform.
 - d.) touches the net antennas or does not pass over the net entirely between the net antennas.
 - e.) touches a non-player who is not interfering with a player's legitimate effort to play the ball.
 - f.) touches the ceiling beyond the vertical plane of the net and its out-of-bounds extension.
 - g.) touches or breaks the plane of a non-playable area such as adjacent courts scheduled for play, bleachers, the track, or curtain divider.
 - h.) touches any part on the backboard including the rim.
5. **TEAM COMPOSITION & POSITION**
 - a.) A team shall have 4 players. A game may begin with a minimum of 3 players.
 - b.) All players, except the server, shall be within the team's playing area and may have any part of the body on the boundary lines, but no part of the body touching the floor outside those lines at the time of the serve.
 - c.) The server is the only player with a designated floor position. The server may not attempt to attack, spike, or block in front of the 10-foot spiking line. The remaining players may move about the court freely during play.
 - d.) Players may be moving prior to the serve, but no part of one player's body touching the floor may overlap another player. After the ball is contacted for the serve, players may move from their respective positions.

- e.) When the service is awarded to a team, that team shall rotate clockwise one position. This will be enforced for the first side-out awarded in each game.
- f.) Players on the serving team shall not wave their hands, jump, form groups, or perform other actions that intentionally screen or obstruct the opponents' view of the server.

6. PRE-GAME CONFERENCE

Prior to the start of a game, the officials shall toss a coin (or some other random method) to determine either choice of court or the serve. The team that does not receive first service in the first game shall serve first in the next game. In the event of a third game, the officials will again have a coin toss (or some other random method) to determine the choice of serve or court. No switching of sides will occur during the game.

7. THE SERVE

- a.) The server shall serve from within the serving area and shall not touch the end line or the floor on the court at the instant the ball is contacted for the serve. The server's body may be in the air over or beyond the serving area boundary lines, having left the floor from within the serving area.
- b.) Each member of a team shall serve in turn. The server shall continue to serve until a side-out is declared. Serving out of order causes a side-out and loss of points during serve.
- c.) At the time of the service, the receiving team may not be overlapping.
- d.) **PLAYERS MAY NOT BLOCK OR SPIKE A SERVE.**
- e.) When a server releases the ball for service, then catches it or drops it to the floor, the referee shall direct a second and last attempt to serve.
- f.) The server has 5 seconds after the referee's signal to serve.
- g.) A served ball is a service fault when:
 - 1.) the ball does not legally cross the net (a serve that touches the net and continues over it shall be considered a legal serve)
 - 2.) the ball crosses the net not entirely between the net antennas or lands out-of-bounds.
 - 3.) the ball touches the ceiling.

8. DESIGNATED PLAYER'S POSITIONS

The back line player (the server), while positioned behind the spiking line, may contact the ball from any position inside or outside the court above or below the top of the net. A back row player may not participate in a block or an attempt to block, or return a ball which any part is higher than the top of the net while positioned in front of the spiking line.

9. CONTACTING THE BALL

- a.) A team shall not have more than 3 hits before the ball crosses the net into the opponent's playing area. When the first contact is simultaneous contact by opponents, or an action to block, the next contact is considered the team's first.
- b.) Legal contact is a touch of the ball by a player's body above and including the waist that does not allow the ball to visibly come to rest or involve prolonged contact with a player's body.
- c.) Simultaneous contact is more than one contact of the ball made at the same instant:
 - 1.) When one player contacts the ball with two or more parts of the body at the same instant, it is permitted and considered one hit.
 - 2.) When teammates contact the ball at the same instant, it is permitted and considered one hit. Any player may make the next hit.
 - 3.) When opposing players contact the ball at the same instant, the player on the opposite side of the net from which the ball falls shall be considered to be the player to have touched the ball last. The other player may participate in the next play and the simultaneous contact shall not count as a hit.
- d.) Successive contacts of the ball are not permitted unless:
 - 1.) there is simultaneous contact by teammates.
 - 2.) there is simultaneous contact by opposing players.
 - 3.) there is successive contacts by a player whose first contact is a block; then the second contact is considered to be the first hit by the player's team.
- e.) Multiple contacts are more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted only when the first ball over the net rebounds from one part of the player's

body to one or more other legal parts in one attempt to block, or in an attempt to save a hard-driven spike on the team's first hit, provided there is no setting action.

10. NET PLAY

- a.) Reaching over the net is permitted during the follow through of a hit.
- b.) Contacting a ball, which is entirely on the opponent's side of the net, is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when the:
 - i. Attacking team has completed its three allowable hits
 - ii. Attacking team has had the opportunity to spike the ball or direct it toward the opponent's court
 - iii. Ball is falling near the net and, in the official's judgment, no member of the attacking team could make a play on the ball
- c.) The centerline, its out-of-bounds extension, and the floor on the opponent's side of the net may be touched by a player's foot or hand as long as some part of the player's foot or hand remains in contact with the line or directly above it. Any part of a player's body may be in the air below the net, beyond the net and beyond the centerline. A player may reach under the net to retrieve a ball that is in play by the player's team.
- d.) Recovering a ball hit into the net shall be permitted.
- e.) A ball is considered to have crossed the net when:
 - i. It has passed completely beyond the vertical plane of the net
 - ii. It is partially over the net and is contacted by an opponent
 - iii. No part of the ball has crossed the net, and it is legally blocked.
- f.) A ball contacting and crossing the net, shall remain in play provided contact is within or above the vertical tape markers and entirely within the net antennas.

11. NET FOULS

- a.) During a live ball, a net foul occurs when:
 - 1.) the net or net supports are touched.
 - 2.) a player contacts the referee's platform.
 - 3.) a player illegally reaches over the net.
 - 4.) there is interference by a player who makes contact with an opponent which interferes with that opponent's legitimate effort to play the ball.
 - 5.) there is interference by a player who makes intentional contact with a ball which the opponent has caused to pass partially under the net and is attempting to play again.
- b.) Contacting the net or any part of it, including net supports or the net antennas, while the ball is in play, is prohibited unless the force of the ball by an opponent pushes the net or its supports into a player.

12. TIME-OUTS

Each team is limited to one time-out per game. Each time-out is 60 seconds in length. Requests for time-outs shall be signaled **ONLY** by the captain during dead balls, but not after the referee has signaled for the next serve.

13. SCORING

The team winning two out of three games wins the match. **The first two games will be rally point scoring to 25. If a third game is played, it will be played to 15.** Teams must win by a 2 point margin.

14. SUBSTITUTION

- a.) "A" League:
 - i. A substitution is the replacement of at least one player in the game by a teammate who is listed on the roster
 - ii. To request a substitution, the substitute must move to the sideline between the attack line and the center line of that team's playing area, near the scorekeeper.
 - iii. The position of the substitute shall be that of the player replaced without changing the serving order as recorded on the scoresheet.
 - iv. A re-entering player shall not return to the game during the same dead ball in which the player was replaced. The re-entering player shall assume the original position in the serving order in relation to other teammates.

- b.) "B" League: The substitute always enters the game in the serving position. Substitutions are unlimited.

Penalty for illegal substitution: Any points known to have been scored by the offending team during a term of service in which an illegal substitute is discovered in the game shall be canceled

15. SPORTSMANSHIP

A team is responsible for the actions of all individual members and spectators directly related to the team before, during, and after the match. Any individual that is involved in any type of verbal or non-verbal distractions, physical altercations, or unsportsmanlike conduct shall be automatically suspended along with the entire team. Sportsmanship ratings will be assessed after each match. An average of 3.0 out of a possible 5.0 is needed to remain eligible for post-season play.

16. PROTESTS

- a.) All contest protests must be made by the protesting team's captain, in the presence of the officials and opposing team's captain, at the time and place of the incident. The officials shall call the supervisor and when the supervisor has made the final decision, play should resume and the protest is complete.
- b.) Any player eligibility protests should be submitted in writing to the Intramural Sports Office on the next office day.

**The Intramural Sports Staff reserves the right to stop any game whenever such a stoppage is in the best interest of safety and/or program goals. The Intramural Sports Staff reserves the right to combine divisions and move teams to another classification for tournament competition.*

17. CO-RECREATION PLAY

- a.) A team shall consist of 2 men and 2 women. A team must have at least three players to start, as long as each gender is represented on the court (either 2 and 1 or 2 and 2), otherwise the game is a forfeit.
- b.) Substitutions must be of the same sex.
- c.) Male and female players must alternate in serving order.