

Intramural 4 on 4 Volleyball Rules

Men's, Women's and Co-Rec

The following rules will govern play for Intramural Volleyball. Rules not covered below are governed by the National Federation Rule Book and the Intramural Sports Handbook.

Participation Warning

There are inherent risks of mental and physical injury in Intramural Volleyball; therefore you may be mentally and/or physically injured by participating. Our goal is to reduce or eliminate as many risks as reasonably possible to provide a safe program. This does not mean that injuries will not happen. We ask for your full cooperation in following instructions regarding proper conduct, proper use of equipment and facilities, and adherence to the rules of volleyball as established by the Intramural Sports Program. Participants are responsible for the cost of any injury; therefore, you are encouraged and recommended to have adequate health insurance.

Intramural Policies

1. **Eligibility:** All students, their spouses, and graduate students who have paid their campus recreation fee are eligible to participate in intramural sports. An individual is considered eligible if registered for at least one credit. If a spouse participates, they must purchase a spouse card from the Card Office before participating. Last day to add to a team is the Friday before tournament play begins.
2. **Bleeding:** During any volleyball game, if an intramural employee detects a participant who is bleeding, has an open wound, or has an excessive amount of blood on their clothing, the game will be stopped. The participant must receive medical attention. In order for the participant to continue to play, the bleeding must be controlled/stopped, the wound covered, and clothing changed if needed.
3. **Jewelry:** No jewelry may be worn while participating in games. The following is considered jewelry: watches, bracelets (including friendship), earrings, rings, nose rings, necklaces, chains, and headgear (barrettes, plastic clips, etc.). Note: Head-bands or bandannas may be worn if they are no wider than 2 inches and made of non-abrasive cloth. Hats are not allowed to be worn during play. Athletic tape may be used to cover certain jewelry for specific reasons, however the tape is NOT provided by Campus Rec.
4. **Sportsmanship:** Unsportsmanlike conduct will NOT be tolerated. **Any person may be ejected from a game and playing area at any time without warning for unsportsmanlike conduct.**
 - A. Each time a player, manager, and/or spectator is ejected from a **league** game; the player will be ineligible for their next game in that league. (i.e. if player is ejected in a men's game, they will miss their next men's game).
 - B. If player is ejected during a **tournament** game, that player will miss their next scheduled game, regardless of what league it is in, and even if the team they were ejected from loses.
 - C. Any player who receives **three or more** unsportsmanlike penalties during league and/or tournament play will be required to miss their next game before he/she can continue to play. For each additional unsportsmanlike penalty received, he/she must miss another game.
5. **Identification Requirements:** All participants **must present their USU ID** to an intramural

supervisor and/or a scorekeeper **each game. If they do not have their ID, they will not play; no other form of ID will be accepted.**

6. League Play: Divisions are: Men's, Women's, and Co-Rec. Example: men may play on one Men's and Co-Rec teams. Women may play on one Women's and Co-Rec teams.

7. Intercollegiate and Sport Club Eligibility: Teams cannot have more than two (2) current or former USU varsity or club members of the sport being played. This applies to Co-Rec as well; Co-Rec can only have one of each gender. See page eight of the Intramural Sports Handbook for further clarification.

8. Tournament Play: Tournament games will not be rescheduled for any reason. You must play the time you are assigned. If you play on more than one Intramural team, including different sports, you run the risk of having games scheduled at the same time. The Intramurals Staff will not change you game times in such situations.

9. Awards and Refunds: All awards and refunds must be picked up in the Intramural Office (HPER 102A) before the last day of the semester.

10. Protests: Any team has the right to file a protest. Any protest must be filed by the team manager within 24 hours of the intramural contest. A \$10.00 protest fee must be paid to the HPER Service Desk at the time of filing the protest. If ruling is overturned, the team will receive their \$10.00 back, but if the ruling stands, they will not receive a refund.

Sportsmanship Rating System

The sportsmanship rating system is intended to be an objective scale by which teams' attitudes and behaviors can be assessed. Behavior **before, during, and after** an intramural contest is included in each rating. Each team manager is responsible for educating **ALL players and spectators** affiliated with his/her team about the system. **Teams must maintain a 3.0 average to qualify for the tournament. Teams must also maintain a 3.0 average during tournament play.** The Intramural Staff will determine the score for the teams after each intramural contest. Intramural Staff reserves the right to review and/or change any sportsmanship rating given. Managers inquiring about their team's sportsmanship rating should do so the business day following the contest by contacting the Intramural Coordinator in HPER 102A, call 435-797-1504, or check on IMleagues.com.

The sportsmanship rating system is based on the following criteria, **but not limited to:**

4 = Excellent Conduct and Sportsmanship

-Team members cooperate with and demonstrate good sportsmanship toward members of opposing teams, spectators, and ALL campus recreation staff.

-Team manager exhibits control over his/her team and spectators, converses reasonably and rationally with officials about rule interpretations, and cooperates by providing any information requested by any intramural staff member.

3 = Good Conduct and Sportsmanship

-Team members verbally complain about some of the decisions made by the officials and/or show minor dissensions, which may or may not merit an unsportsmanshiplike conduct penalty.

-Teams receive one unsportsmanlike conduct penalty will receive no higher than a "3" rating.

2 = Average Conduct and Sportsmanship

- Team shows verbal dissent toward officials and/or the opposing team, which may or may not result in an unsportsmanshiplike conduct penalty.
- Manager exhibits minor control over team/spectators, but is in control of him/herself.
- Teams receiving multiple unsportsmanshiplike conduct penalties will receive no higher than a “2” rating.
- Team members fail to appear at their scheduled contest or are unable to produce enough players to field a team according to the rules of the involved sport.

1 = Below Average Conduct and Sportsmanship

- Team constantly complains to the officials and/or opposing team from the field/court/sidelines.
- Team manager exhibits little or no control over team/spectators or him/herself.
- Teams that have a player ejected will receive no higher than a “1” rating.

0 = Poor Conduct and Sportsmanship

- Team is completely uncooperative; manager has no control over team/spectators/self.
- Teams play with ineligible participants or withhold any information requested.
- Damage or destruction of any Campus Recreation facility/equipment.
- Multiple player ejections or causing a contest to be forfeited by any reason than not having enough players will receive a “0” rating.
- Any threatening behavior (verbal/nonverbal) towards any player, spectator, or campus recreation employee.

*****Teams receiving a "0" rating during tournament will not be allowed to advance.**

*****Teams receiving a "1" rating during tournament must have their manager meet with the Intramural Director before their next scheduled contest.**

*****Teams that do not maintain a 3.0 Average during Tournament play will be required to meet with the Intramural Director before their next schedule contest.**

Further information on intramural participation policies can be found in the USU Intramural Sports Handbook.

Equipment

1. The intramural sports program will furnish the game ball. ***Game balls cannot be used before or after a game.*** Teams are encouraged to furnish their own warm-up equipment.
2. All players must wear gym shoes that do not leave marks on the floor. If any clothing/equipment is considered dangerous, a supervisor or official has the right to declare it illegal.
3. All players must wear athletic clothing. Jeans are NOT allowed.
4. Net Heights: Women - 7' 4 1/4"; Men - 8'; Co-Rec - 8'

Team Rules & Policies

1. A team consists of 4 players, however, a team can begin and end a match with 3 players. Co-Rec teams must start and finish with at least one female.
2. Two timeouts per team, per game. No carry over.

3. Co-Rec matches consist of 2 men and 2 women. There can never be more than 2 males on the court at one time.
4. All Co-Rec matches must have alternated serving (boy, girl, etc.)
5. Unlimited substitution is allowed, however, a player can only substitute into the serving position before the serve happens. *Exception:* If a player is injured.
 - a. Substitution can only be made for the player which served last in the rotation.
 - b. In co-rec games only males can substitute for males and females for females.
6. Ghost Rule: If a team is playing with 3 players, the 4th position will be filled with a ghost. When the “4th player” (the Ghost) goes back to serve, it will result in a point and possession for the opposing team.

Playing the Game

1. A match consists of 2 out of 3 games, rally scoring will be used. *A game is completed when:*
 - a. A team which has scored 25 points and is at least 2 points ahead is declared the winner. If the leading team does not have a 2 point advantage play shall continue until one team has a 2 point advantage. Game caps at 27.
 - b. If the third game is needed to complete the match the first team to 15 points and is at least 2 points ahead is declared the winner. Game caps at 17.
 - c. A coin toss shall be conducted between the designated managers of each team. The winner shall choose either to serve/receive or playing area. The loser of the toss shall be given the remaining choice.
2. *Ball put in play:* At the start of each game the ball shall be put in play by the player in the right back position from within the serving area of his/her own court. Server must wait for the officials whistle.
3. *Serving order:* The serving order must be followed by both teams. The person serving is the only player considered back row (for more information, see #16).
4. *Rotation:* Rotation does not occur until the first server from both teams has completed his/her first term of service. Thereafter, the team receiving the ball for service shall immediately rotate clockwise. If the server is moving into the setter position, the server must start behind the 10-foot line and the front row players, **before** the ball is put into motion.
5. *Legal Serve:* The server;
 - a. May hit the ball directly off the holding hand.
 - b. May hit the ball after tossing it from the holding hand.
 - c. Must serve within 5 seconds.
 - d. Must serve within the serving area behind the back-line.
6. *Serving out of turn:*
 - a. If a player serves out of turn, a side out shall be called as soon as the mistake is discovered and any points made on the service before the error was discovered shall be canceled. The serving order shall be corrected immediately.
 - b. If the mistake in serving order occurs but is not discovered until after the opponents have

- served, there shall be no loss of points. On the first dead ball the serving order shall be corrected immediately.
7. *Playing the ball:* A player may not hit the ball twice in succession, except for when blocking. **NO** carries, lifts, setting in front of the 10' line, open handed tips, or throws will be permitted.
 8. A team shall not have more than 3 hits before the ball crosses the net into the opponent's playing area. When the team's first contact is simultaneous contact by opponents, or an action block, the next contact is considered the team's first hit.
 9. If the ball strikes the ceiling and comes back on your side and you still have hits left you are still able to play the ball.
 10. *Simultaneous contact:* If two or more players of the same team contact the ball simultaneously, it is considered one play, and players involved may participate in the next play.
 11. *Screening:* A screen is an act, intentional or unintentional, which obstructs the receiving player's view of the server or the flight of the ball from the server. This includes, but not limited to the following:
 - a. The server is hidden behind a group of 2 or more teammates who are standing in an erect position and the ball is served over a member(s) of the group.
 - b. Player(s) with hand(s) extended clearly above the height of their head(s) or with arms extended sideways at the moment of serve if the served ball passes over their player(s).
 12. *The ball is dead:*
 - a. After an official's decision which temporarily suspends play due to an infringement of a rule.
 - b. When the ball strikes the floor within the boundary lines of the playing court.
 - c. When the ball strikes the floor or an object outside the playing court, including the east and west basketball baskets.
 13. *Ball Crossing the Net:*
 - a. A ball striking the net and going over is still in play.
 - b. The ball may be played when any part of it has crossed the top of the net. It is not essential for the entire ball to be on a player's side of the net before it is played.
 - c. A defensive player may not break the plane of the net until the opposing team has made 3 plays on the ball. Defensive players may not block the ball when an offensive player is setting the ball, or when the opposing team is making a play on the ball and have only used 2 touches.
 - d. After a team has made 3 plays on the ball, the defending team may reach over the net.
 14. *If a ball lands on a boundary line, it is good.*
 15. *Net Play:*
 - a. A ball hitting the net may be played out of the net provided the player avoids touching the net.
 - b. If two or more players from opposing teams contact the ball simultaneously above the net, any of the players involved are eligible to participate in the next play, which shall be considered the first of three contacts allowed to be made.

- c. If one or more players is attempting to block and is contacted by the ball, this player is eligible to participate in the next play, which shall be considered the first contact for the team.
 - d. A player may step on the center line as long as part of the foot remains in contact with the line.
 - e. Blocking a serve is illegal.
16. *A back row player shall not:*
- a. Participate in a block or an attempt to block.
 - b. Attack and/or direct a ball which is completely above the height of the net while positioned:
 - 1. On or in front of the attack line or it's out-of-bounds extension.
 - 2. In the air, having left the floor on or in front of the attack line or it's out-of-bounds extension.
 - 3. A foul shall not be called on a back row player until the ball is considered to have crossed the net.
 - c. Play a ball while positioned completely across the center line or it's out-of-bounds extension.

Point and Side-Out

- 1. *Point:* If any player of the receiving team commits any of the following acts, one point shall be scored for the serving team.
- 2. *Side-Out:* If any player of the serving team commits any of the following acts, it shall be a side out.
 - A. Serves the ball illegally.
 - 1. Causes ball to contact the net.
 - 2. Fails to cause some part of the ball to pass over either one of the markers on the net or within the two markers.
 - 3. Causes ball to strike an object or land outside the playing court.
 - 4. Causes ball to strike an object directly over the court unless local ground rules alter this.
 - 5. Fails to be within own serving area.
 - 6. Commits a foot fault.
 - B. Plays the ball illegally.
 - 1. Fails to return the ball within opponent's court.
 - 2. Fails to cause some part of the ball to pass over either one of the markers on the net or within the two markers.
 - 3. Hits the ball illegally.
 - 4. Plays the ball more than once in succession.
 - 5. When the fourth player on his/her team contacts the ball.

6. Catches or touches the ball, either on or off the court and calls it out.
7. Plays the ball while supported by any other player or object.
8. It is illegal for any player in any position of the court to set or open-hand tip in front of the 10-foot line.