

Intramural Grass Volleyball 4v4 Rules and Regulations

These Intramural Volleyball rules are based on the rules elaborated by the National Intramural-Recreational Sports Association (NIRSA), with modifications deemed necessary by conditions of intramural competition. Any rules not covered by this supplement shall be governed by NIRSA rules.

All rules listed here are in conjunction with the Intramural Sports Participant Handbook. The Intramural Sports Participant Handbook outlines additional rules and policies not found in this rules supplement.

1. Playing the Game

- 1.1. Team uniforms are not mandatory.
- 1.2 All players must wear non-marking athletic shoes and athletic-type clothing.
- 1.3 Equipment which may be dangerous to another player (such as hats and bandannas) is not allowed.
The supervisor/official will determine if an article is dangerous and will ask the player to remove the article.
- 1.4. Boundary lines are considered in-bounds
 - 1.4.1 Any ball which hits the rope boundaries is considered inbounds.
- 1.5 A regulation team consists of four (4) players. A team must have a minimum of three (3) players to begin a game. *Exception: Less than 3 players are allowed if an individual cannot continue due to an injury, as long as the officials deem the team to have a legitimate chance to win the game.*
 - 1.5.1 A ten (10) minute grace period will be given to any team that does not have the minimum number of players to begin the game. If at the end of the grace period a team does not have the minimum number of players to begin play, a forfeit will be given.
 - 1.5.2 Any team playing with the minimum number (3) of players will be subject to the "Ghost Rule". In the Ghost Rule, opponents shall receive a point and serve after the end of the first full rotation.
- 1.6 Substitutions will be permitted at the end of each rally on a one-to-one basis. Teams must wait for the lead official to wave the substitute in. A team may only substitute players who are at the center back position.
- 1.7 All participants must have a valid Bay Card or RAW membership and photo ID.

2. Length of Game and Timing

- 2.1 The official shall conduct a best of one rock/paper/scissors match between the team captains and go over rules prior to the start of the match.
 - 2.1.1 The winner of rock/paper/scissors will have the option of side, serve/receive. If a team chooses to receive the other team shall have the choice of side. If a match goes into a third game the head official will repeat this process.
- 2.2 A team must win 2 out of 3 games to be declared the winner.
 - 2.2.1 The first 2 games will be played to 25 points. A team must win by two. There are no caps.
 - 2.2.1.1 Teams will switch sides at the end of each game.
- 2.1.3 The third and deciding game will be played to 15. A team must win by 2 points. There are no caps.
 - 2.1.3.1 When a team reaches 8 points in the third game both teams shall switch sides.

2.2 There will be a 50 minute running clock limit for each match. If a team has not won 2 games the winner will be determined by games won followed by point differential.

2.2.1 There will be a one minute break between each game.

2.3 Rally scoring will be used throughout the entire match.

3. Time-Outs

3.1 Each team will be granted a 60 second time out per game.

3.1.2 A timeout not used will not be carried over to the next game.

3.1.3 Only players in the game can call a timeout

3.2 Time-outs may only be called by the team with service or during a dead ball situation. Only players that are in the game are permitted to call time-outs; players who are bench personnel may not call time-outs.

4. Service

4.1 The server may serve from any position behind the end line.

4.2 Let Serve: A serve that hits the net and goes over. Play shall continue if a served ball hits the net and goes over.

4.3 If the ball is served before the referee's whistle, a reserve shall be given. Only one reserve is allowed. A "point" for the opposing team occurs for the following service faults:

1. Ball does not pass over the net.

2. Ball touches teammate or any other object before crossing the net.

3. Ball lands out-of-bounds.

4. Ball touches wall or ceiling.

4.4 A player has ten (10) seconds to serve the ball.

4.5 If a team serves out of order, their opponent shall receive a point and the serve. The team in violation will lose serve and any points scored while serving out of order. Their players of the team at fault must take their correct positions.

4.6 Any attempt to screen the receiving team from seeing the trajectory of the serve is a point to the receiving team.

4.7 At the time the ball is contacted for the serve, the players on the court must be in their proper order.

4.8 The player receiving a served ball may not hit or block a serve above the height of the net.

4.9 A setting action which resulted in a double contact is permitted during a served ball.

5. Playing the Game

5.1 Each team is allowed three (3) consecutive contacts of the ball in order to return it.

5.2 A double contact is allowed on every first ball and the contact is made with only one attempt.

5.3 The ball may be hit with any part of the body. A volleyball can be kicked.

5.4 The first contact can contact any part of the body provided that such contacts are simultaneous (except for the first ball over) and that the ball rebounds immediately and without holding or carrying the ball.

5.5 Touching a ball above the height of the net in an attempt to block does not count as one of the three hits allowed; the same player may make the first contact during that play.

- 5.6 When the ball visibly comes to rest momentarily in the hands and arms of a player, it is considered a hold. Scooping, lifting, pushing, or carrying the ball are forms of holding. *Penalty: Serve and point granted to opposing team.*
- 5.7 If, after simultaneous contact by opponents, the ball falls out-of-bounds, the team on the same side shall be deemed as having caused it.
- 5.8 When two players of the same team make contact with the ball simultaneously, it is considered one contact and either player may make the next contact.
- 5.9 A player is not allowed to attack the ball on the opponent's side of the net.
- 5.10 No player shall assist a teammate by holding him/her while they are playing the ball. It is legal to hold a player not playing the ball in order to prevent a fault.
- 5.11 A ball must break the plane of the net before an opponent may contact it or if no play by the attacking team can be made.

6. Blocking

- 6.1 A block is considered legal when a player's hand is above the height of the net and touches or deflects the ball while it is above the height of the net. A player's hand below the height of the net is not considered a block but is considered the first hit and the team has 2 remaining hits left.
- 6.2 The team that has participated in a block shall have three additional contacts after the block.
- 6.3 Any player participating in a block shall have three additional contacts after the block.
- 6.4 Any player participating in a block shall have the right to make the next contact, such contact counting as the first team hit.
- 6.5 Multiple contacts of the ball during a block shall be legal provided it is during one attempt to intercept the ball.
- 6.6 Multiple contacts of the ball during a block shall be considered a single contact, even though the ball may make multiple (2 or more) contacts with one or more players of the block.
- 6.7 Blocking a serve is prohibited.
- 6.8 It is legal to block a ball on the opponent's side of the provided, in the opinion of the official, the trajectory of the ball would have caused it to break the plane of the net.
- 6.9 A blocked ball is considered to have crossed the net.

7. Play at the Net

- 7.1 If a player's action causes him/her to contact the net during play, accidental or not, with any part of body or clothes, that player shall be charged with a fault.
- 7.2 If the ball is driven into the net with such force that it causes the net to contact a player, such contact shall not be considered a fault.
- 7.3 If opponents contact the net simultaneously, it shall constitute a double fault and a replay shall be awarded.
- 7.4 If a player accidentally contacts any part of the net supports, such contact should not be counted as a fault provided that it has no effect on sequence of play. Intentional contact or grabbing of such objects shall be penalized as a fault.
- 7.5 Crossing over the centerline and contacting the opponent's playing area with any part of the body is a fault. The whole foot must be completely over the centerline in order to be a violation.

7.6 If the ball, in any way, makes contact with the antenna, it is out. If the ball sails outside the antenna, it is out.

7.7 Open hand tipping is illegal, teams tipping the ball must do so with a closed hand. Failure to comply with this rule will result in a fault.

8. Violations

8.1 A violation will result in a point.

8.2. A violation shall be declared when:

1. the ball touches the floor
2. the ball is held, thrown, or pushed
3. a team has played the ball more than three (3) times consecutively or a player touches the ball twice consecutively
4. a player touches any part of the net
5. a player crosses the centerline and contacts the opponent's playing area
6. a player attacks the ball above the opponent's playing area
7. a ball lands outside the court or touches any object outside the court
8. a player reaches under the net and touches the ball or an opponent while the ball is being played by the opposite team
9. the game is delayed persistently
10. illegally served ball or service fault
11. the ball touches or sails outside the antennae
12. a player intentionally hits the ball while the ball is on the other side of the net

9. Miscellaneous Regulations

9.1 Any official, supervisor, or ASI Staff member has the authority to eject from the game and/or the gym, a player, coach, or spectator at any time if in his/her judgment he/she deems such action is necessary in order to maintain a sportsmanlike atmosphere.

9.2 The official score will be kept by the scorekeeper. In the event of a discrepancy, the running score kept on the score sheet will be considered the official score, and all rotation information recorded on the score sheet will be considered the official information.

10. Co-Ed Modifications

10.1 A regulation team consists of 2 males and 2 females

10.1.2 If a team is playing with the minimum number of players (3) the "Ghost Rule" applies.

10.2 It's a violation and a point is awarded to the opponents if the ball has crossed the plane of the net when two or more hits were made by males. A female must play the ball if there are more than two touches. *Penalty: Service and point granted to opposing team.*

10.3 Alternate serving order will be enforced. Female-male-female or male-female-male

10.4 Substitutions may occur only at the center back position and the alternating gender positions rule still applies.

11. Cancellations, Delays, and Defaults

11.1 For various reasons such as facility issues, inadequate light, or inclement weather, injuries intramural sports games may be canceled, delayed, or end in a default.

11.2 If time and space allows, canceled games will be rescheduled.

11.3 Games canceled during play will be rescheduled if the game has not yet reached an “official” game.

11.4 Games cancelled after the game is declared “official” will end with the score remaining final and

no

reschedule will be made.

11.4.1 The standards leading to the declaration of an “official” game are outlined in the rules of each sport.

11.5 A default is a game that is not played as a result of one of the teams not being able to field the minimum number of participants required to start the game. The game is recorded as a loss but is not considered a forfeit.

11.6 A default will NOT result in lower sportsmanship.

11.6.1 Teams that default will receive a sportsmanship score of five.

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