

San Diego State University
Intramural Sports

INTRAMURAL 4 on 4 VOLLEYBALL RULES

Except as designated below, any rule or play interpretation not outlined below will be covered by the United States Volleyball Rulebook.

RULE I RULE DIFFERENCES

Team Rosters:

Rosters are limited to 25 individuals. Teams may add players up to the point that (1) the roster limit has been reached or (2) until the roster addition deadline has passed. A player must have played in at least one regular-season game to be eligible for the post-season playoff tournament.

Sport Club Members:

Only two registered sport club members may participate on an intramural sports volleyball team in an “associated sport” relating to their club sport.

RULE II PLAYING PROCEDURES

SEC. 1 Number of Players

A team consists of 4 players. Teams may compete with a minimum of two players. In Co-Rec play, a team is composed of 2 men and 2 women. In Co-Rec play, at no time may the number of men on the court exceed the number of women on the court. **Scheduled game time is forfeit time.**

SEC. 1 ARC Membership

Prior to all games, players must sign an assumption of risk form. This form is located on the reverse of the scoresheet. The Team Captain is responsible for monitoring the completion of his/her team’s participation form. No player may participate in any Intramural contest with out prior purchase of an Aztec Recreation Center membership or Day Use Pass.

ALL PARTICIPANTS MUST PRESENT A PICTURE I.D. BEFORE PARTICIPATING. NO EXCEPTIONS. NO I.D., NO PLAY!

SEC. 3 ARC Rules

Food and drink are not allowed in the gym at any time with the exception of water in a plastic bottle.

SEC. 4 Equipment

All players must wear non-marking court shoes during play. No hard protective casts and/or jewelry (rings, watches, chain necklaces, etc.) are allowed. Game Officials will provide all necessary equipment except the game ball.

SEC. 5

Starting Time

At least two players must be present and ready to play at the scheduled starting time. Game time is forfeit time. If a team gets down to less than two eligible players, the game will be declared a loss by default.

SEC. 6

Length of Game

A match shall consist of the best two-out-of-three games. All games are rally scoring to 25 points, with a two point lead being necessary to win. If the score is 25-25, play continues until one team has a lead of 2 points. The third game is won when a team scores 15 points and has at least a two-point advantage over the opponent. There will be NO point cap for any game.

SEC.7

Scoring

Any playing action contrary to the rules is a playing fault. The consequence of a fault is a loss of rally. The opponent of the team committing the fault wins the rally and scores a point. If the serving team wins the rally, it scores a point and continues to serve. If the receiving team wins the rally, it scores a point and gains the right to serve; its players must rotate one position clockwise before serving.

SEC. 8

Time-outs

Each team is allowed one time-out per game.

RULE 2

GAME RULES

SEC. 1

Player Positioning

At the time the ball is served, players of each team must be within their team area and no more than 3 attackers in the front row. After the ball is contacted for the serve, players may move from their respective positions.

When a player(s) on a team is discovered out of position, play must be stopped and the error corrected. All points scored by the team while player(s) was out of position shall be cancelled. If the team at fault is serving at the time of discovery, a side-out will be declared.

SEC. 2

Substitution

Unlimited substitution is allowed during any dead ball.

RULE 3

GAME SITUATIONS

SEC. 1

Service

Players must serve from within the designated service area. If a player serves before the Official's whistle, the service is taken over. The server must remain in the service area at the time of the service but may enter the court immediately thereafter.

Serving faults include: a) the ball does not cross the net, b) the ball passes under net, c) The ball touches an antenna or does not pass over the net completely between the antennas or their indefinite extensions, d) the ball touches a player of the serving team or any object before landing in

opponent's side, and/or e) the ball lands outside limits of opponent's court.
NOTE: It is a **legal** serve if the ball contacts the net and legally passes over the net.

Change of service takes place when: a) the server commits a fault or b) the receiving (non-serving) team wins the rally.

The team that receives the ball for service shall rotate one position clockwise before serving.

SEC. 2

Contacting the Ball

- A. Each team is allowed a maximum of 3 successive contacts of the ball before returning it to the opponents.
- B. The ball may be contacted with any part of the body.
- C. The ball may contact more than one part of the body, provided the contacts are simultaneous and that the ball is not held.
- D. A player who contacts the ball or is contacted by ball is considered as having played the ball.
- E. When the ball rests momentarily in the hands or arms of a player, it is held and the rally is lost. Ball must be hit clean without scooping, lifting, pushing, or carrying.
- F. Only closed fist tipping is allowed. All tips must be done without an open-faced hand.
- G. Interpretations commonly accepted:
 - 1) ball below waist cannot be played with open hands:
 - 2) overhead balls must be played in a direction perpendicular to the line of the player's shoulders.
- H. A player contacting the ball more than once without any other player having touched it between these contacts will have committed a double hit and the rally is lost. Exception: Section 5, Part 2.
- I. When a ball is rebounded from one part of a player's body to another in one attempt to save a hard-driven spike not already touched by a teammate, it is a legal multiple contact and considered one hit.
- J. In a simultaneous contact of the ball by two opponents above the net, the team whose side the ball enters has the right to play the ball three additional times. If, after the simultaneous contact, the ball lands in the playing area of either team, the team on whose side it lands will the rally.

- K. If two players of the same team contact the ball simultaneously, it counts as one play and either player may play the next shot.
- L. If two opponents commit a fault simultaneously, there will be a play over.
- M. A ball striking the ceiling above a playable area 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.
- N. If a player blocks a ball, he/she may contact the ball again and his/her team is allowed 3 more contacts after the block.

SEC. 3

Blocking

- A. Blocking may only be performed by players of the front row. No back row players may block at the net.
- B. Any player participating in a block in which the ball is contacted shall have the right to make the next contact, with it counting as the first of three allowed the team.
- C. Any blocker(s) may reach over the net but cannot contact the ball until after completion of opponent's attack. After a player has completed attack, the player's hand(s) may pass over the net in follow-through.
- D. Following a successfully blocked ball returned to the attacker's side, the team is allowed three more contacts to return the ball over to the opponent's area.

SEC. 4

Spiking

It is legal for players' hands to pass over the net after a spike. It is illegal for back line players to contact the ball while in attack area, unless the ball is below the height of the net when hit. Players in back court may spike the ball (hit ball above the height of the net) provided their takeoff for the spike was clearly behind the ten-foot attack area line.

SEC. 5

In & Under the Net

If the ball is driven into the net forcefully enough to contact an opponent, it will not be counted as a fault against the opponent. Touching an opponent's court with foot/feet is not a fault provided that some part of said foot/feet remains on or above the centerline at the time of contact.

SEC. 6

Height of Net

Men's and Co-Recreational net height shall be 8 feet. Women's net height shall 7 feet, 4 inches.

RULE 4

Unsportsmanlike Conduct

SEC. 1

Player Ejection

Actions that are potentially dangerous to the participants of the game and/or conduct that is detrimental to the purpose of the program will not be tolerated.

No player(s) may physically intimidate or verbally abuse game Officials. Violations of this nature will be considered unsportsmanlike conduct and at the discretion of the Official may result in an ejection and removal from the contest. Any player ejected from a contest may not participate in his/her team's next two games.

SEC. 2

Aggressive Acts

Acts of aggression or physical violence will not be tolerated. This includes throwing a punch, kicking an individual, or any other aggressive acts. Any player guilty of such an action immediately before, during, or after an Intramural contest shall be expelled from further participation in Intramural Sports for one calendar year (365 days).

SEC. 3

Leaving the Bench Area to Participate in an Altercation

A player, coach or bench personnel shall be ejected if he/she leaves the bench or coaching area to participate in an altercation. The penalty is an automatic two-game suspension.

In all cases, the Intramural Sports Handbook's policies on "Fighting," "Fighting with Intramural Sports/Campus Recreation Staff," and "Team Disturbances" shall take precedence.

SEC. 4

Sportsmanship Ratings

In order for a team to advance into the playoffs, it must receive an average or better sportsmanship rating during the regular season. Sportsmanship ratings will be based on the following criteria and are given after each Intramural contest:

5 points: Team displays excellent sportsmanship while treating opponent with respect. Players demonstrate excellent sportsmanship at all times. Team respects Intramural Sports Officials and Supervisors and accepts their decisions without gesture or argument. Maintains an attitude of complete cooperation with staff. Players always display self-control.

4 points: Team displays good sportsmanship. Team plays hard but within the rules. Team respects Intramural Sports Staff and generally accepts their decisions without gesture or argument. Mostly cooperative with game Officials and opponent. Team Captain able to control his/her players.

3 points: Team competes without incident; wins without boasting, loses without excuses, and does not display any poor conduct. Neither cooperative nor disruptive towards staff. Team Captain unable to control all players on his/her team.

2 points: Team has a player or coach who is ejected for abusive language or remarks. There is persistent questioning of game Officials' judgment in the game and/or repeated arguing. Spectators, clearly related to the team, fail to cooperate with the Intramural Sports Staff.

1 point: Team has a representative (player or coach) who is ejected for fighting. Players are so antagonistic that the game cannot be played with proper order and control. Representatives of the team display uncooperative nature to Intramural Sports Staff. Players disregard warnings of unnecessary roughness by game Officials.

RULE 6 **BLOOD RULE**

Whenever a participant suffers a laceration or wound where bleeding occurs, the player must leave the game and take necessary action(s) to stop the bleeding and prevent it from occurring again before re-entering the game. If a participant's uniform becomes stained with blood, it must be removed before re-entering. The participant may use another number without penalty.

A team may call a thirty-second time-out if it wishes to keep the player in the game, otherwise the player must be removed and he/she may not re-enter until the next dead-ball after the situation has been corrected. The Intramural Staff on duty shall have final approval on any situation relating to blood.

Addendum **INSURANCE**

Participation in the Intramural Sports Program is completely voluntary. All participants run the risk of possible injury due to the inherent risks involved in the sport of volleyball. Individuals are strongly encouraged to have a physical examination and purchase health and accident insurance prior to participation.

THE AZTEC RECREATION CENTER HAS NO INSURANCE FOR ITS PARTICIPANTS. INDIVIDUALS PARTICIPATE AT THEIR OWN RISK.

In the case of an injury during a scheduled contest, participants should immediately notify a staff member, game official, or site

