

ACTIVITY RULEBOOK

4's Volleyball

4's Volleyball is a non-contact activity, however contact and injuries are a possibility. The Intramural Sports program assumes no responsibility for injuries and all participants must electronically acknowledge/consent to the online waiver in IMLeagues prior to participating. By agreeing to the online waiver, each participant agrees to rules and policies outlined in this and all other documents provided by Intramural Sports.

All information in this rule book pertains to the facilitation of 4's Volleyball contests and its season administration. For questions or concerns, please contact intramurals@uwlax.edu.

REMINDER: all participants are encouraged to review the participant handbook and general rules overview prior to participating in each activity in which they are interested. View these documents by visiting the ["Rules" website](#).

UWL Intramural Sports welcomes all students and faculty/staff members meeting eligibility guidelines. Participants may compete in the gender league with which they identify. For any eligibility concerns, please contact intramurals@uwlax.edu.

Section 1: Starting the Contest**Start (Game) Time**

Game time is forfeit time. It is recommended teams arrive at the contest site 15 minutes prior to the scheduled start.

Facility and Contest Set Up**a. Playing Location**

4's Volleyball is played in the Recreational Eagle Center (REC) and Mitchell Hall Gyms (112, 113 and 114). It is recommended teams review their schedules prior to each contest. Intramural Sports will not contact teams to remind them of contest dates, times or locations, however participants have the option to receive automated email reminders from IMLeagues during the roster addition process.

b. Courts

Courts are set up by staff only. All playing equipment is property of the Recreational Sports Department.

c. Officiating

All contests will be officiated by at least one (1) trained official. All decisions made by officials are final, except those eligible for protests.

Intramural Sports is always looking for officials and would love to have you join our team! To learn more about officiating, visit our ["Become an Official" website](#).

d. Captain's Meeting

Captains are to meet with the contest official(s) prior to each contest to review rules, eligibility, legal equipment and to determine possession/team sides.

Equipment

Intramural Sports will provide a game ball. If a team wishes to use a ball during warm-ups, they must check one out from the REC Information Counter or Mitchell Hall Office (room 118). Teams are permitted to bring their own equipment for warm-ups.

Participation

Team rosters may have an unlimited number of participants (please note in the event a team wins a championship, the number of t-shirts allocated for distribution is limited)

Teams consist of four (4) players on the court

Teams may start with as few as two (2) players

If a team is reduced to less than two (2) players at any time during the contest, a default will result

Eligibility**a. Sport Club Athlete**

- Current club members (Men's or Women's) must play in the "A" league when offered (leagues are considered "offered" even if "A" leagues are full)
- Only one (1) club member may play on a single-gender team (Men's or Women's)
- Only one (1) male OR one (1) female club player may play on a team in Co-Rec
- The most recent available club roster will be used to filter eligibility
- Members of previous club teams (but no longer competing at the club level), are encouraged (but not required) to play in "A" leagues when offered
 - EXCEPTION – if previous club member played on a past intercollegiate team, individual MUST play in "A" league when offered (see rule on past intercollegiate athletes)
- There are no restrictions on the number of previous club players per team, as long as the previous members are no longer competing at the club or intercollegiate level
- If an intramural participant is trying out for a club team, the participant is eligible for intramural competition as long as they were not listed on the most recent club roster used by administration for eligibility checks
- Intramural Sports administration will search and filter athletic athlete eligibility. It is not guaranteed that all roster violations will be noticed. Teams, players, officials and additional staff members are allowed to protest team rosters
- When in-doubt about your roster or eligibility, please ask early. Contests (including playoffs) may be forfeited retroactively if ineligible rosters are discovered mid-season

b. Intercollegiate Athlete (NCAA, NAIA, NJCAA, etc.)

- Current members of the UWL Women's Volleyball team may not participate in any volleyball-related intramural activity during the current academic year while on the team's active roster. A player not on the official roster during the spring semester is permitted to play in an "A" league only. Roster verifications will be conducted with members of the UWL Athletics Department
- One (1) collegiate player from the previous academic year (including transfer students from other institutions) may participate on an intramural team and must play in the "A" league when offered (leagues are considered "offered" even if "A" leagues are full) permitted they are not on the roster during the current academic year
- An intercollegiate player from the previous academic year no longer on the roster (including transfer students from other institutions) and a current club player may not be on the same roster

Intramural Sports administration will search and filter athletic athlete eligibility. It is not guaranteed that all roster violations will be noticed. Teams, players, officials and additional staff members are allowed to protest team rosters

When in-doubt about your roster or eligibility, please ask early. Contests (including playoffs) may be forfeited retroactively if ineligible rosters are discovered mid-season

Section 2: Playing the Contest**Commencement**

The contest begins with the ball being put in play by the player in the right back position, who may serve from anywhere along the service line.

Scoring

Rally scoring will be used for all contests. The official score is kept by an official and is to be announced periodically. No scoreboards are used.

Timeouts

Teams are allowed one (1) 30-second timeout per game (NOT contest). Unused timeouts DO NOT carry over into subsequent games.

Serving

Each server shall continue to serve until the opposing team gains service. The server may serve from any location behind the end line. Kick-serves are NOT allowed

Service shall alternate as each team gains possession

If a ball touches the net on a service, but crosses onto the opponent's side of the court, that serve will be considered legal and in-play

Rotations

The team receiving the ball for service shall immediately rotate one (1) position and in any approved order outlined by NFHS rules.

Substitutions must take place during a side-out (rotation) only. It is up to the team to decide on subs

- EXCEPTION: the first serve of each game (for each team)

Playing the Ball

A player may leave the court to play the ball. A ball hitting a sideline or an end line is considered in.

The ball is considered out when it hits an antenna, the floor completely outside of the court, any part of the net or support cables that lie outside of the antennae, the referee stand/pole, the ceiling above a non-playable area and any basketball hoops and supports.

Intramural Sports does NOT recognize the 10-foot line. All back row attacks are legal.

CLARIFICATION: Players may reach over the net to their opponent's side to play a ball, provided they do not interfere with the opponent's ability to play the live ball. It shall be called a violation if a player touches the ball in an opponent's space before or during the opponent's attempted attack.

Touching the Ball

The ball may be touched only three (3) times by one team before being returned over the net.

NOTE: Partially blocking the ball does NOT count as a touch. However, if the ball then goes out of bounds the person who blocked it shall be the one considered to have caused it to go out of bounds.

Using a leg or foot (i.e. kicking the ball) is considered legal permitting the touch does not violate, at the discretion of contest officials, the spirit and intent of the rule

Blocking

A player's hands may penetrate the plain of the net when an opposing player is going to hit the ball over the net. Blockers may not penetrate the net when the ball is 'settable' or not being played over the net.

Violations

The following are all common violations and will result in a point for the offended team:

- Catching or holding the ball (lift)
- Touching the net with any part of the body while the ball is in-play.
- Serving out-of-turn
- Illegal Serve (i.e. crossing the service/end line)
- Illegal Volley (primarily a double-hit or four (4) hits)

NOTE: Other violations may be assessed by the contest official per WIAA and NFHS rules.

The Center Line

A player may cross the center line with his/her foot/feet as long as a part of the foot/feet remain(s) on or above the center line and the player does not interfere with the play of an opponent.

Section 3: Co-Rec Specifications

Co-Rec teams are required to play with an equal number of males and females when playing with an even number of eligible participants. When there are an odd number of eligible participants, the ratio must be as close to 1:1 as possible, therefore there must be at least one (1) male and one (1) female in the contest at all times.

All Co-Rec teams, when able to field a full team of four (4) eligible players, must have two (2) males and two (2) females in the contest at all times.

There may be more males than females (or vice-versa) in a contest during Co-Rec play, but only when the team in question has an odd number of participants eligible to compete.

There are no restrictions on the number of times males or females may hit a ball during a sequence.

NOTE: Open leagues are available for teams who do not wish to follow co-rec ratio requirements although a limited number of team spaces are available.

Section 4: Winning Specifications

Game/Set

Games are played in a best two-out-of-three format. The first two games of each contest will be played to 21, and the third game (if necessary) will be played to fifteen (15). A team must win by two (2) points. In the first two games during regular season play, 25 is the greatest amount of points that can be scored in a game (if a team gains a 25-24 lead, the game is over). If a contest reaches a third game, a team must win by two (2) points with a cap set at 20 points.

A ball contacting a boundary line is considered to be “in-play.”

Contest

The first team to win two (2) games is the winner of the contest. If a team wins the first two (2) games of the contest, the third game will not be played.

Playoffs

All rules apply to playoffs. To qualify, teams must win at least one (1) contest and maintain a sportsmanship average of 4.0 during the regular season in addition to following forfeit policies. Other scheduling differences may apply to certain playoff circumstances. Qualification is monitored at the discretion of Intramural Sports administration.

Protests

Protesting is permitted. If a team wishes to protest eligibility, rule implementation/interpretation or a perceived scoring error in-game, they shall notify a staff member right away. To file a post-game protest, email the program at intramurals@uwlax.edu or visit the [Online Protest Form](#). Teams may not protest officials' judgment calls (i.e. incomplete vs. complete pass, foul vs. no foul, violation vs. no violation, inbounds vs. out-of-bounds, etc.).

Section 5: The Playing Surface

Net Height

Men's and Co-Rec: 7'11 5/8"

Women's: 7'4 1/8"

Other than the specifications listed in this rulebook, official [WIAA](#), [NFHS](#) and/or [NIRSA](#) rules will be followed.