

ACTIVITY RULEBOOK

4's Volleyball

4's volleyball is a non-contact activity, however contact and injuries are a possibility. Rec Sports 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 Rec Sports.

UWL Rec Sports welcomes all students and faculty/staff members meeting eligibility guidelines. Participants may compete in the gender league with which they identify.

League Play

Leagues are divided into men's, women's, open, and co-rec divisions. Participants are permitted to play on one team in a single-gender and one team in a co-rec league. Some leagues are divided into "A," "B", and "C" categories for competitive and recreational balance.

- a. Competitive (A) – The competitive league is the highest competition level available. This league is meant for those athletes that are playing intramural sports to win. Individuals on competitive league teams have experience with organized play in that sport.
- b. Intermediate (B) – The intermediate league is a combination of competitive and recreational. This league is meant for individuals looking to win but have less experience competing in organized play in that sport.
- c. Recreational (C) – The recreational league is the lowest competition level available. The primary goal of the recreational league is to have fun while playing intramural sports. This league is meant for individuals with little to no experience with organized play in that sport.

Rec Sports staff reserves the right to move any team to a bracket more suited for their level of competition for playoffs. Factors considered when moving a team to a different bracket include but are not limited to:

- o *Previous season performance with same/similar players*
- o *Regular season win/loss record*
- o *Margin of victory in regular season games*

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) MAC 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. Rec 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

Rec 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, championship t-shirts are limited to 6 for 4's volleyball champions.

Teams consist of 4 players on the court. Teams may start with as few as 2 players. If a team is reduced to less than 2 players at any time during the contest, a forfeit will result.

Eligibility

a. Sport Club Athlete

- Current and former club members must play in the A league when available (leagues are offered even if A leagues are full)
- One current/former club member may play on a team
 - With less players on the playing surface, 4's volleyball has different eligibility rules than outlines in the participant handbook
- Club rosters in IMLeagues will be used to filter eligibility
- A person is considered a club player if they meet any of these criteria:
 - They are on the current club roster in IMLeagues
 - They have completed paperwork for a club
 - They actively participate in club practices/competitions
 - They are listed on a previous club roster

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

- Current UWL Women's Volleyball players may not participate in volleyball intramurals during the current academic year.
- One collegiate volleyball player from the previous season (including transfer students from other institutions) may play on a team.
- A previous season collegiate soccer player and current club player may not be on the same team.

a. General Eligibility

- Rec Sports staff will search and filter 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

Playing the Contest

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.

Timeouts

Teams are allowed one 30-second timeout per game. 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 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.

The 10-foot line is not recognized in 4's volleyball. All players are considered front row attackers at all times.

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 3 times by one team before being returned over the net. 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. A ball contacting a boundary line is "in-play."

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)

Other violations will be called, the fouls outlined above are the most common in intramural sports.

A player may cross the center line with their 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.

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. There must be always at least 1 male and 1 female in the contest. Acceptable ratios are 1:1, 2:1, 2:2. There are no restrictions on the number of times males or females may hit a ball during a sequence.

Open leagues are available for teams who do not wish to follow co-rec ratio requirements.

Winning Specifications

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 15. A team must win by 2 points. In the first 2 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 2 points with a cap set at 20 points.

Playoffs

All rules apply to playoffs. To qualify, teams must attend a pre-season meeting, win at least 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.

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.).

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.