4’s Volleyball Rules SPRING 2016

UPDATED JANUARY 2016

RULE CHANGES/ADDITIONS ARE HIGHLIGHTED IN GRAY

Click on the following links to visit specific areas of the rule book:

Section 1: General Overview
Section 2: General Procedures/Reminders
Section 3: Activity-Specific Rules
Section 4: REC*IT – Intramural Sports’ Mobile App

General Overview

Team Registration and Entry Fee
All team registrations are done online via IMLeagues. Registration periods are listed on the Intramural Sports website under the “List of Sports” section.

Instructions on how to register a team in IMLeagues can be found on our “Forms and Videos” page. Don’t forget about the pre-registration option!

The team entry fee for 4’s Volleyball is $30 and is to be paid online via PayPal at the time of registration. Captains will be able to pay with a credit/debit card or online check. In-person payment options are available if online payment is not feasible.

UW-L Rec Sports WILL NOT hold spots for teams or individuals during registration (including teams in the pre-registration waiting list).

Team Captain’s Quiz
All team captains are required to take an online rules and handbook quiz and score 100% in order to complete the registration process for a team. The quiz will contain general policy and sport-specific rules questions in multiple choice format.

Player Registration
Individual player registrations (i.e. roster additions) are also done via IMLeagues. Instructions can be found here.

All players are required to take a brief participant quiz and score 100% in order to be added to a team. Individuals will be prompted to take the quiz online in IMLeagues as part of the roster addition process.

No roster addition sheets are available on-site. Please make sure all roster additions are completed prior to the scheduled contest start time.

Team Schedules
All team schedules for regular season and playoff contests will be published in IMLeagues. Captains and participants will be contacted via IMLeagues when schedules are completed and ready to view.

Please do not ignore email or text messages from IMLeagues, as they will be sent from UW-L Intramural Staff

Forfeits and Defaults
If a team cannot participate in a contest, please notify the REC Information Counter (608-785-5225) at least three (3) hours prior to the scheduled contest to avoid a forfeit fee. Forfeit notifications will not be accepted via email.

Contact Information

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Phone Number</th>
<th>Email Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rec Sports Service Staff</td>
<td>REC Information Counter</td>
<td>608-785-5225</td>
<td><a href="mailto:intramurals@uwlax.edu">intramurals@uwlax.edu</a></td>
</tr>
<tr>
<td>Matt Schneider</td>
<td>Intramural Sports Coordinator</td>
<td>608-785-5221</td>
<td><a href="mailto:mschneider@uwlax.edu">mschneider@uwlax.edu</a></td>
</tr>
<tr>
<td>Brooke Hemstead</td>
<td>Graduate Assistant</td>
<td>608-785-5219</td>
<td><a href="mailto:hemstead.broo@uwlax.edu">hemstead.broo@uwlax.edu</a></td>
</tr>
</tbody>
</table>
General Procedures/Reminders

Please refer to the 2015-16 Intramural Sports Participant Handbook for all policies and procedures related to Intramural contests. Additional information can be found on the Intramural Sports website.

1. No ID, No Play
   Each participant must present a valid (current) UW-L student I.D. to the Intramural Supervisor or Scorekeeper at every contest. No exceptions will be made and no other form of identification will be accepted.

   If a participant forgets their UW-L-issued I.D., a forgotten I.D. pass may be obtained at the REC Info Counter or the Rec Sports Office in Mitchell Hall (when applicable). Supervisors, Scorekeepers, and Officials do not distribute these passes. A forgotten I.D. pass may only be used once per semester across all program areas within Rec Sports.

2. Team Roster
   All participants must be on the team roster in IMLeagues. Any member not on the roster may complete a roster addition online via IMLeagues. No roster add sheets will be made available at the site of the contest.

   No participant may play on two teams in the same league or a forfeit will be charged to the second team he/she participated on. Roster additions are allowed up until postseason brackets are published.

3. Apparel
   Each participant must wear appropriate apparel and non-marking athletic footwear.

4. Injuries/First Aid
   First aid treatment is typically, but not always, available during Intramural contests. Any bleeding must be stopped and cleaned up before participant can re-enter the contest.

5. Jewelry
   For your safety, all visible jewelry, watches, and bracelets must be removed or covered legally prior to participation. Medical bracelets may stay on.

6. Sportsmanship/Participant Conduct
   Sportsmanship is important before, during, and after Intramural contests. Teams will be scored on a scale of 1 (unsatisfactory) to 5 (excellent) based on their behavior and conduct after every game. Teams must average a 3.5 rating in order to qualify for playoffs. Teams or individuals failing to abide by these sportsmanship guidelines must meet with the Intramural Sports Coordinator and Graduate Assistant for reinstatement.

7. Refunds
   Team registration fee refunds are permissible based on certain circumstances. Please email intramurals@uwla.edu to request a refund. Due to online processing fees, you may not receive a full refund of your team’s registration.

8. Team Names
   Team names must be appropriate. Captains of teams that reference anything deemed inappropriate or offensive in their name will be contacted by Intramural Sports to change the team name. Intramural Sports reserves the right to change names at any time and without notice (based on circumstance).

9. Playoffs
   Playoffs will commence following the regular season. Teams playing more than four (4) contests are required to win two (2) contests and meet all outlined sportsmanship requirements. Teams that play four (4) or fewer contests will automatically make playoffs as long as sportsmanship requirements are met.

   Intramural Sports administration will send messages out to all participants regarding playoff procedures as regular season action winds down.

10. Communication Efforts
    Throughout the season and playoffs, Intramural Sports may attempt to contact teams and/or individuals on multiple occasions. Please do not ignore messages from Intramural Sports or IMLeagues, and be sure to check your voicemail.
Activity-Specific Rules

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 sign the online waiver in IMLeagues prior to competing.

Starting the Game

1. Game Time
   
   **GAME TIME IS FORFEIT TIME.** It is recommended that teams arrive at the game site fifteen (15) minutes prior to the scheduled start.

2. Game Set Up
   
   a. Courts
      
      Courts are to be set up by Rec Sports Staff only. All court equipment is property of UW-L Rec Sports.

   b. Officiating
      
      All contests will be officiated by a trained Intramural Official. Most regular season games will have one (1) official. Playoff contests may, at the discretion of the Intramural Sports Staff, have up to two (2) officials. All decisions made by the official are final. To become an official, click [here](#).

   c. Pre-Game Captain’s Meeting
      
      Captains will meet with the game official at center court for a brief overview of game rules, to ensure all participants are eligible and properly equipped, and to determine possession/team sides.

3. Game Equipment

   Intramural Sports will provide a game ball. If teams wish to use a ball for warm-ups, they must check one out from the REC Info Counter or Rec Sports Office in Mitchell Hall (based on the location of scheduled contest).

4. Participation

   a. Teams will consist of four (4) players.

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

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

5. Eligibility

   a. Sport Club Athlete
      
      - Current volleyball club (Men’s or Women’s) must play in the “A” league when offered (leagues are considered to be “offered” even if “A” leagues are full).
      - Only one (1) club player 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 2014-15 club rosters will be used for eligibility in the fall; the 2015-16 rosters will be used in the spring.
      - Members of the 2014-15 rosters are encouraged (but not required) to play in “A” leagues in the spring.
      - There are no restrictions on the number of previous club players per team.
      - Intramural Sports administration will search and filter club 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.

   b. Athletic Athlete (NCAA, NAIA, NJCAA, etc.) Eligibility
      
      - The 2015-16 UW-L Women’s Volleyball players may not participate in Intramural Volleyball during the 2015-16 academic year while on the team’s active roster. A player not on the roster during the spring semester is permitted to play in an “A” league.
      - One 2014-15 collegiate volleyball player (including transfer students from other schools) may play on a team and must play in the “A” league when offered (leagues are considered to be “offered” even if “A” leagues are full).
Athletic Athlete (NCAA, NAIA, NJCAA, etc.) Eligibility (continued)

- A 2014-15 collegiate player (including transfer students from other schools) and a current club player may not be on the same team.
- 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.

*If any of the eligibility rules are broken and an ineligible player plays in a contest, that contest will be forfeited and that player will be removed from that team’s roster.

Playing the Game

6. **Game 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.

7. **Scoring**
   Rally scoring will be used for all games. The official score will be announced by the game official (referee) periodically. For scoring limits, please see “Winning the Contest” on the next page.

8. **Timeouts**
   Each team will be allowed one (1) 30-second timeout per game. Unused timeouts DO NOT carry over into subsequent games.

9. **Serving**
   a. **The Server**
      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.
   
   b. **Alternating Service**
      Service shall alternate as each team gains possession.
   
   c. **Let Service**
      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.

10. **Rotations**
    The Team receiving the ball for service shall immediately rotate one position. 
    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).

11. **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 antennae, 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.

12. **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.
13. 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. You may not penetrate the net when the ball is ‘settable’ or not being played over the net.

14. Violation
The following are all 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)
- Intentionally Kicking the Ball

15. 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.

16. Co-Rec Specifications
a. Co-Rec teams are encouraged to player with an equal number of males and females. At no time may there be more males than females in the contest.
b. All Co-Rec teams must have one (1) male and one (1) female in the contest at all times.
c. There are no restrictions on the number of times a specific gender plays a ball in an attempt to get the ball over the net (i.e. females do not have to be involved in a play).

17. Winning the Contest
Game: 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.

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.

18. Protests
Teams are permitted to protest. If you wish to protest in game, notify the game official and find an Intramural Supervisor right away. To file a post-game protest, email the program at intramurals@uwlax.edu or visit the online protest form here.

19. Officiating
a. Officials are hired and trained by the Intramural Sports Staff
   i. Officials are provided a quality hands-on experience both on and off the court/field while developing skills in conflict resolution, team building, time management, communication, and leadership.
   ii. Officials are not required to have a certification, however some officials are certified. The Intramural Sports Staff puts on sport-specific training clinics prior to each season to properly inform all interested applicants.
   iii. To become an official, click here.
b. Post-game rating
   i. After each contest, captains will have the opportunity to rate and give feedback on the official’s performance and professionalism. This information will be utilized by the Intramural Sport Staff to further enhance participant experience and as a development opportunity for officials.
   ii. Rating forms will be available in-person at the Intramural Supervisor’s or scorekeeper’s table and online via the Intramural Sports “Forms and Videos” website.
   iii. Comments, Questions, Feedback can be directed to intramurals@uwlaus.edu

c. The UWL Student Officials Association (SOA)
   i. The organization is comprised of students interested in the field of sports officiating and meets monthly to discuss sport-specific points of emphasis, WIAA and NFHS rule implementations, training clinics, prepare for certification exams, study game film, and much more.
   ii. The purpose of the SOA is to enhance the overall participant experience related to contest officiating in Intramural Sports in addition to introducing prospective student officials to the many components officiating brings to the UWL campus and general La Crosse community.
   iii. The SOA is open to all students, not just Intramural Officials. To learn more, please visit the Student Officials Association website.

The Playing Surface

Net Height – Men’s and Co-Rec: 7’11 5/8”
Net Height – Women’s: 7’4 1/8”

*Other than the above exceptions, official WIAA and NFHS rules will be followed.*

Drink Policy
Participants and fans are not permitted to bring/consume alcoholic beverages at any Rec Sports facility and event. Violators of this policy will be removed from the facility and a forfeiture of the Intramural contest/suspension from Intramural activity is possible.

Any participant and/or spectator suspected of possessing an alcoholic beverage must cooperate with Rec Sports Staff.

Drug and Alcohol Policy
All team members (including “coaches” and “fans”) coming to any Intramural activity under the influence of alcohol and/or drugs will be asked to leave to site of competition immediately if, in the opinion of the Rec Sports Staff, they pose a threat to the safety, welfare, fairness, and overall enjoyment of all players, officials, and spectators. Teams/players will also face likely disciplinary measures determined by Rec Sports administration.
REC*IT – Intramural Sports’ Mobile App
All participants are invited to download the official smartphone app of UW-L Intramural Sports and IMLeagues, REC*IT! REC*IT allows users to track their personal Intramural schedules and statistics, see content updates from the Rec Sports program, interact with other participants, and much more!

Download REC*IT for FREE from the Android or iPhone stores. To learn more about REC*IT, visit recitcollege.com.

Watch the REC*IT promo video here!

THANK YOU FOR YOUR PARTICIPATION!
BEST OF LUCK THIS SEASON!

Like us on Facebook
UW-L Intramural Sports (official)

Follow us on Twitter
@UWLRecSports

We’d love to hear from you!
Intramural Sports Rule Suggestion Form
Intramural Sports Activity Suggestion Form
Rec Sports Feedback Form
intramurals@uwlax.edu