

# 4v4 VOLLEYBALL RULES

## INTRAMURAL SPORTS

**Each player MUST show their valid Winthrop ID to be allowed to participate in any game.  
NO EXCEPTIONS!**

*\*NFHS rules will be used with some in-house modifications\**

### **RULE ONE: THE GAME, COURT, PLAYERS**

#### **Section One: General Provisions**

##### **A. Eligibility**

1. This activity will be conducted according to the eligibility rules set forth in the Intramural Sports Participant Guide.
2. All participants must present their own Winthrop photo identification card (Winthrop ID) to the Sport Supervisor at the playing site prior to participating in each Intramural Sports contest. Sport Programs will not accept any other form of identification (i.e., driver's license, passport, social media profile photos, etc.). Players without a Winthrop-issued ID will not be permitted to play.
3. The participation by an ineligible player will subject the offending team to forfeiture of the contest and possible removal from the league.

##### **B. Players**

1. The game shall be played between two teams of four (4) players each.
2. A team may begin a game with a **minimum of three (3) players**.
3. A team may have a maximum of ten (10) players on the roster. Players who have not participated may be removed from the team roster prior to the roster freeze date (see IMLeagues).
4. The jurisdiction of the Sport Programs staff begins when a team or player enters the facility and ends when the team or player leaves the property. During this time, participants are expected to treat all Sport Programs staff, opponents and Recreational Services property with respect.
5. The use of alcohol and/or tobacco is strictly prohibited.

##### **C. Sportsmanship Rating**

1. Participants and spectators are expected to demonstrate positive sportsmanship towards other teams and staff members at all times. At the conclusion of each game, teams will be assigned a sportsmanship rating that reflects the team's overall conduct for that night.
2. **In order to be eligible for the playoffs, a team must have a sportsmanship rating average of at least 3.00 at the conclusion of the regular season.**
3. During the playoffs, teams who receive a sportsmanship rating below three (3) will be placed on probation. A second rating below three (3) during the same playoffs will result in forfeiture for the offending team.

A **four (4)** is given when the team cooperates fully with the Sport Programs staff and the opponent. If necessary, the team captain speaks calmly with Sport Programs staff regarding questions or rule interpretations.

A **three (3)** is given when the team displays a few lapses in sportsmanship but receives no unsportsmanlike conduct penalties. The captain remains in control of the team at all times without being prompted by staff.

A **two (2)** is given when the team displays somewhat frequent lapses in sportsmanship, and the team captain does very little to assist in alleviating the problem. This is the highest sportsmanship rating a team can receive after being assessed an unsportsmanlike conduct penalty.

A **one (1)** is given when the team receives one ejection and/or multiple unsportsmanlike conduct penalties. The team captain has little or no control over the team, is part of the problem and/or is unwilling to work



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with staff. This is the rating a team receives for a game ended due to unsportsmanlike conduct penalties alone.

A **zero (0)** is given when the team is completely uncooperative and behaves in a way that violates Winthrop University regulations. The team shows a blatant disregard for the policies and rules of Recreational Services. Teams receiving this rating will be ineligible to compete until meeting with the Assistant Director, Sport Programs to discuss the incident.

### **Section Two: Court**

#### A. Playing Area

1. The playing area shall be 60 feet in length and 30 feet in width, divided into two equal sections.

#### B. Ground Rules

1. A ball that strikes the ceiling or other obstruction above the playing area remains in play, provided the ball makes contact on the side of the net that is occupied by the team that last played the ball and the ball is legally played next by that same team.

### **Section Three: Equipment**

#### A. Official Ball

1. The official ball shall be a regulation, leather indoor volleyball, provided by Sport Programs.

#### B. Players

1. Players must wear athletic, non-marking shoes at all times.
2. Players must remove all jewelry prior to participation, including (but not limited to) piercings, watches, necklaces and bracelets.
3. Protective equipment may be worn by any player at all times. However, it must be worn properly. Padding must cover splints, braces, and/or casts.
4. The Sport Programs staff may prohibit the use of any type of protective equipment that presents considerable risk to the safety of other players.
5. The Sport Programs staff may prohibit the use of any equipment that may perceptibly affect the game, compromise the safety of participants or fans, or enhance a player's performance.
6. Equipment that includes computers, electric components or mechanical devices shall be declared illegal.
7. *In a CoRec game, a team may not have more than two (2) players of the same gender on the court at any given time.*

## **RULE TWO: SCORING, SUBSTITUTES, POSITIONING**

### **Section One: Regulations**

#### A. Coin Toss

1. The official shall instruct the visiting captain to give a "heads" or "tails" choice before the coin toss. The official will then toss and catch the coin in the presence of the opposing captains.
2. The captain winning the toss shall have a choice of options for the 1<sup>st</sup> game. The options shall be:
  - a. To choose whether his/her team will start serving or receiving
  - b. To choose the half of the floor his/her team will play on.
  - c. The captain, not having the 1<sup>st</sup> choice of options for the game, shall exercise the remaining option.
3. If a match requires a 3<sup>rd</sup> game, the coin flip should be repeated.

#### B. Keeping Score

1. A match is the best of three games. Teams will play until one team has won two (2) games.

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- Each of the first two games will utilize rally scoring and be played to 25 (win by two). If the game continues past the 25 points, the first team to reach 30 should be declared the winner.
- If a third game is needed to decide a winner, the game will be played to 15.

### C. Timeouts

- Each team is entitled to two (2) charged timeouts each match.
- A charged timeout that is granted shall be 30 seconds and can be shortened if both teams are ready for play.

## **Section Two: Substitutions**

### A. Substitutes

- Prior to the start of each game in a match, teams must announce their substitutes.
  - If a team is playing short-handed, a late-arriving player may step on to the court in the open spot (if gender ratio permits in CR).
- In contests where substitutes are utilized, teams must follow a continuous substitution pattern.
  - Substitutes may only enter when a team receives service and players rotate position.
  - In CoRec games, men must substitute for men, and women must substitute for women in order to maintain consistent gender ratios.*
- Penalties for any illegal substitutions may include unnecessary delay infractions and sportsmanship deductions.

## **Section Three: Positioning**

### A. Positions

- The positions, in order of rotation for service, are:
  - Right Back
  - Right Front
  - Left Front
  - Left Back

### B. During Service

- At the time of the service, all players, excluding the server, should be within the team's playing half.
- All players should remain in correct service order.
  - The Left players must be the players with a foot nearest the left boundary line.
  - The Front players must be the players with a foot nearest the division line.
  - The Right players must be the players with a foot nearest the right boundary line.
  - The Back players must be the players with a foot nearest the back boundary line.
- After the ball is served, teams are free to move out of these positions.
- When a team is awarded a service (on a point where the opposing team served), they shall rotate clockwise one (1) position.

### C. Illegal Positioning

- Any violation for illegal alignment awards a side out to the opponent at the moment of a legal serve.
- Any violation for an improper server awards a side out to the opponent as soon as the improper server is discovered and verified.
  - Any points gained by improper service should also be canceled.
  - Proper service order should be regained immediately.
- Screening, whether done intentionally or unintentionally, is penalized by awarding a side out to the opponent at the moment of a legal serve.



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### **RULE THREE: GAMEPLAY**

#### **Section One: Service**

##### **A. Service Regulations**

1. A serve is contact with the ball to initiate play. The server shall hit the ball with one (1) hand, fist or arm while the ball is held or after it is released.
2. The server must wait for the official to beckon (blow the whistle and motion with his/her hand) before a serve may be attempted. If the ball is served before the official's beckon, a re-serve shall be directed. During a team's term of service if the ball is served a second time before the official's beckon, then it is a side-out.
3. The server shall serve from within the serving area and shall not touch the end line or the floor outside the lines at the instant the ball is contacted for the serve. The server's body may be in the air over or beyond the back boundary line, provided the server left the floor from within the service area and contacted the ball before returning to the ground.
4. A team's service begins when a player assumes the Right Back position through clockwise rotation and ends when a side out is awarded to the receiving team.
5. If a serving player catches the ball after releasing it for a serve, a side out is awarded to the receiving team.
6. A team continues service until:
  - a. They commit an infraction
  - b. They lose a point
  - c. The game ends
7. The receiving team may not block a serve.
8. If the serve hits the net and still falls inside the non-serving team's court, then the ball is ruled in play. If a serve hits the net and does not fall inside the non-serving team's court, then it is considered to be illegal and a point will be awarded to the non-serving team.
9. A service is illegal and the ball remains dead if the server:
  - a. Hits the ball illegally
  - b. Is touching the end line or the floor outside the service area when the ball is contacted
  - c. Is out of serving order
  - d. Deliberately serves before the official's signal to serve
  - e. Releases the ball for service and catches or drops it multiple times before a point is awarded
10. A service is a fault and becomes dead when the ball:
  - a. Does not legally cross the net
  - b. Crosses the net entirely between the tapes
  - c. Lands out of bounds
  - d. Touches the ceiling or other obstruction
11. If, on a serve attempt, a receiving player is out of position:
  - a. And the ball is served illegally, the serving team is penalized
  - b. And a service fault occurs, the receiving team is penalized

#### **Section Two: During Play**

##### **A. Live Ball**

1. A live ball is a ball legally in play, from the moment it is contacted by the server to the moment the ball becomes dead.

##### **B. Dead Ball**

1. A dead ball occurs when an official suspends live ball play and ends when the next service is legally made.
2. A live ball becomes dead when:

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- a. The ball does not pass entirely between the tapes
- b. The ball lands out of bounds or touches the floor
- c. The ball contacts an obstruction and is not legally played next by the offending team
- d. The ball becomes motionless in the net or on an obstruction
- e. The ball contacts a non-player in a playable area
- f. A player commits an infraction
- g. An official's whistle or timer's audio signal sounds

### C. Contact

- 1. A contact is any touch of the ball by a player. Kicking the ball, in any fashion, is not permitted.
- 2. A hit is a contact which is counted as one of the team's three (3) allowable plays before the ball must be returned to the opponent.
- 3. When a team's first contact is simultaneous contact by opponents, or an action to block, the next contact is considered the team's first hit.
- 4. An illegal hit occurs when the ball visibly comes to rest or has prolonged contact with a player. This will be a judgment call by the official and cannot be questioned.
  - a. Holding, catching, throwing, lifting, and pushing are illegal hits because of prolonged contact with the ball.
  - b. Rolling is considered an illegal hit because there is continued and steady contact between the ball and the player's body.
- 5. A ball has crossed the net when:
  - a. It has passed completely beyond the vertical plane of the net
  - b. It is partially over the net and is contacted by an opponent
  - c. The ball is legally blocked
- 6. Simultaneous contact is more than one contact of the ball made at the same instant
  - a. When one player contacts the ball with two or more parts of the body at the same instant, it is permitted and considered one (1) hit.
  - b. When teammates contact the ball at the same instant, it is permitted and considered one (1) hit, and any player may make the next contact.
  - c. When opposing players contact the ball simultaneously, the player on the opposite side of the net from which the ball falls shall be considered the last contact.
- 7. Successive contact is only allowed if:
  - a. There exists simultaneous contact by teammates
  - b. There exists simultaneous contact by opponents
  - c. A player, who first contacts as a block, commits the next legal hit after the contacted block

### D. Actions

- 1. Front line players may contact the ball from any position inside or outside the court except while positioned completely across the center line extended.
- 2. Back line players positioned behind the spiking line may contact the ball from any position inside or outside the court.
- 3. Back line players shall not:
  - a. Participate in a block or attempt to block
  - b. Return a ball that is completely above the height of the net while positioned:
    - i. On or in front of the spiking line extended
    - ii. In the air, having left the floor on or in front of its spiking line extended
  - c. Play a ball while positioned completely across the center line or its out of bounds extension
- 4. A player may touch the floor across the center line or its out of bounds extension with one or both feet, provided a part of the foot remains on or above the center line. Contacting the floor across the center line extended with any other part of the body is illegal.

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### E. Net Play

1. A ball contacting and crossing the net shall remain in play provided contact is within or above the tape markers and entirely within the net antennas.
2. Recovery of a ball that is hit into the net is permitted.
3. A player shall not contact a ball which is completely on the opposing side of the net unless it is a legal block. This situation is permitted only if:
  - a. The attacking team has completed its three (3) allowable hits
  - b. The attacking team has had the opportunity to spike the ball
  - c. The attacking team has, in the official's judgment, made a decisive move to direct the ball to the opposing side of the net.
  - d. A ball is falling near the net and, in the official's judgment, no member of the attacking team could make a play on the ball.
4. A net foul occurs when:
  - a. A player contacts any part of the net, aside from the ball forcing the net into a player
  - b. A player gains an advantage by contacting the structure
  - c. A player makes contact with a ball that the opponent has caused to pass partially under the net and the opponent is attempting to play it again

### F. Replay

1. A replay is the act of putting the ball in play without awarding a point or a side out and without a rotation of the service order.
2. Replays shall be declared when:
  - a. An inadvertent whistle or timer audio signal
  - b. A player unintentionally serves the ball prior to the official's signal
  - c. There is a double foul during a live ball
  - d. Play is interrupted because of unusual circumstances or injury

### G. Out of Bounds

1. A ball is out of bounds and becomes dead when it:
  - a. Touches a wall or objects on the floor outside the court without interfering with a player's legitimate effort to play the ball
  - b. Touches the floor completely outside the boundary lines
  - c. Touches the net structure completely outside the vertical tape markers, net supports, or official's platform
  - d. Touches the ceiling or overhead obstruction beyond the vertical plane of the net extended
  - e. Touches any non-playable area or other adjacent courts that are prepared for play

## **RULE FOUR: PROTESTS**

### **Section One: Protests**

#### A. Types

1. Misinterpretation of a rule. The protest must be made before play continues or before the Sport Programs staff leaves the playing area.
2. Illegal player or players. The protest must be made while the players are still in the game and before the officials leave the playing area.
3. Ineligible player. The protest must be made within 24 hours of the end of the game. The Sport Programs staff will rule on the protest.

#### B. Procedures

1. Protests based on decisions involving accuracy of an official's judgment will not be considered.

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2. Team captains must initiate protests. The Sport Programs staff on site, including the Intramural Sports Officials and Sport Supervisors, will determine the next action to take place.