

For all questions related to these rules or participation in the 4v4 Volleyball League, contact Jon Louie or the Intramural Graduate Assistant at Intramurals@albany.edu

Eligibility and Participation

ALL Participants must have a valid UAlbany Photo ID card when checking in!!! No UAlbany ID... No Play... NO EXCEPTIONS!!!

The Intramural Program staff will work hard to ensure that all participants have the safest experience, but guaranteeing absolute safety is not possible. Be aware that participation in intramural sports activities, including use of intramural facilities and equipment, is completely voluntary. There are risks and hazards, minor and serious, associated with participation in intramural sports activities. Participants voluntarily assume all responsibility and risk of loss, damage, illness, and/or injury to person or property associated with participation in intramural sport activities.

University at Albany, the State University of New York and the State of New York are not liable for any injuries, damages or other losses which individuals may incur while using recreational sports facilities or participating in the Intramural Program provided by the Office of Campus Recreation. The University at Albany does not provide medical, health, or other insurance for participants. Medical expenses incurred such as ambulance, doctor bills and x-rays will be the responsibility of the participant. Purchasing adequate health/medical insurance prior to participation is strongly recommended.

Player Eligibility

1. All undergraduate & graduate students who have paid the recreation fee and are currently enrolled in any department or college of the University and current faculty and staff members shall be eligible to enjoy all intramural privileges and shall retain that status until they withdraw, graduate, take a leave of absence, or fail to comply with the eligibility rules or other guidelines.
2. Only players who can present their current UAlbany photo ID card to the Intramural Site Supervisor will be eligible to participate in intramural activities. There will be no exceptions to this rule.
3. The Intramural Sport program is open to students of the SUNY Polytechnic community as well. All eligibility and participation guidelines apply.

Playing Court and Equipment

1. All intramural volleyball games will be played in the Physical Education building's 3 court gym unless specifically designated otherwise.
2. Check in for games will take place at the vestibule of Court A. Players waiting for a game need to wait in the PE Lobby until their scheduled game time. Teams may not wait in the gym. All players must show a valid UAlbany ID in order to be permitted into the gym.
3. All teams must leave the playing surface and gym in a timely manner after their scheduled game has been completed.

4. Intramural participants will be expected to keep all used courts in pristine condition. Before leaving intramural facilities participants will be required to throw away all garbage and collect all items such as clothing, personal equipment, etc. If any garbage or other items are left behind, both team's sportsmanship ratings will be reduced by 1/2 point.
5. Campus Recreation will supply equipment. Players are encouraged to bring their own knee pads, although it is not required.
6. NO JEWLERY MAY BE WORN DURING GAMES. Captains are responsible for ensuring that all team members remove jewelry before play. This includes, but is not limited to, earrings, necklaces, bracelets, rings, watches, facial rings, etc. Medical and religious jewelry may be worn but must be completely covered and taped to the body.
7. The Intramural Site Supervisor will have the final say on the legality of all equipment.

Game Times

1. It is recommended that teams arrive 15-20 minutes prior to the start of the game to allow time to sign in and warm up. If a team is not able to field a full roster at the time the game is scheduled to begin the game will be recorded as a forfeit. Game time is forfeit time.
2. Each team is given 1 time out per game.
3. Games are scheduled every 45 minutes.

General Rules

1. Team Composition
 - a. Four (4) players constitute a team. Team Captains will be allowed a five (5) minute grace period after the time of the game to assemble at least 3 in order to start the game. Failure to field a team during this grace period will result in a forfeit.
 - b. All team members are required to present their UAlbany photo ID card and sign in with the Intramural Site Supervisor at the beginning of each game. If a team member does not have his/her ID card or does not sign in with the Intramural Site Supervisor they will not be eligible to play.
2. Scoring
 - a. Each match is a best 2 out of 3 series with games to 25 points rally scoring. To win a set, a team must lead by 2 points or by being the first to score 30 points.
 - b. If a third game is needed it will be played to 15 points and teams will switch sides when one team scores 8 points. The hard cap during the 3rd set is 20 total points.
3. Serving
 - a. Before the first set, a coin toss will take place to determine how the game will begin. Winning team will have the following choices:
 - i. Serve
 - ii. Serve Receive
 - iii. Side selection
 - b. The team that served second will serve first during the second set. A new coin toss will occur if a third set is needed.

- c. The ball may only be served after the referee has signaled for the serve to begin.
Players may choose to serve either overhanded or underhanded.
- d. The server may not contact or step over the baseline until after the ball is contacted.
- e. The ball may touch the net on a serve.
- f. Players cannot block or spike a serve.

4. Playing the Ball

- a. A ball may be played up to three times on one side providing the same player does not touch the ball twice in a row.
- b. If the ball comes to a rest in the hands or arms of a player, it is considered a lift.
- c. A live ball is in play from the moment of legal contact on the serve and is live until dead by rule.
- d. A ball becomes dead when:
 - i. The ball touches the net antennas, the net outside of the antenna, or does not pass entirely between the antennas.
 - ii. The ball lands out of bounds, passes under the net or touches the floor.
 - iii. The ball touches the ceiling or an overhead structure and goes over the net.
 - iv. A player commits a foul/ violation.

5. Net and Line Play

- a. Players are not permitted to have any part of their body, or clothing touching the net
 - i. The only exception to this rule is if the momentum of the ball pushes the net into the player.
- b. Player may only break the vertical plane of the net only after all 3 hits were used by the opposing team. Players cannot cross under the net for any reason.
- c. A player may go outside the boundaries of the court to play a ball as long as the ball is contacted on that players side of the court.

6. Substitutions

- a. Substitutions may occur only when the ball is dead by rule.
- b. Teams are allowed to substitute an unlimited amount of times.