

4v4 VOLLEYBALL

NFSHSA rules will govern play with the following exceptions:

ELIGIBILITY

All participants must have an active WRC membership, Intramural Sports Play Pass, and show their UNI or government issued ID prior to each contest. Eligibility status is the responsibility of each individual participant and the Team Captain.

EQUIPMENT

- 1.1 Athletic shoes and attire must be worn by all players.
- 1.2 No jewelry on the arms or wrists is permitted while participating in any Intramural activity. If jewelry is discovered by an official during the match, it is an unnecessary delay and the team will be charged a timeout and the player must leave the court and cannot re-enter until it is taken off. If that team does not have a time-out, a point will be awarded to the other team.
- 1.3 Medical alert bracelets/necklaces are not considered jewelry, though they must be taped securely to the body.
- 1.4 Hats are not allowed to be worn while participating in indoor volleyball.
- 1.5 The net height shall be 8' (43) for Men's league, 7'8" (38) for CoRec league and 7'4" (24/25) for Women's league.

TEAMS

- 2.1 The game shall be played by 2 teams of 4 players. A minimum of 2 players is necessary to begin play.
- 2.2 CoRec teams must have 2 males and 2 females on the court when playing with six. If playing below full capacity, there may not be a gender difference greater than one.
 - 3 Participants: Gender combination of 2 and 1
 - 3 Participants: 1 of each gender
- 2.3 Game time is forfeit time. A 5-minute grace period will be awarded to the team that does not meet the minimum player requirement if at least one player is present at the scheduled game time.
- 2.4 Rule interpretations (not judgment calls) are the only areas of discussion between a Team Captain and Officials.

THE GAME

- 3.1 During the pre-match conference, Rock, Paper, Scissors (RPS) shall be conducted between the managers of each team. The winner of RPS shall choose either to serve/receive or a side playing area. The loser of the toss shall be given the remaining choice.
- 3.2 Matches are best-of-three sets. The first two games will be played to 21 points to win by 2 or first to 25. The third game will be played to 15 points, win by 1.
 - If a third set is necessary, the down official will conduct RPS between the managers of each team. The winner has the choice of serve/receive or side.
- 3.3 All games will use rally scoring. Every serve/side out is a point.
- 3.4 Rule interpretations (not judgment calls) are the only areas of discussion between a Team Captain and Officials.

SERVICE

- 4.1 A serve is a contact with the ball to initiate play. The server shall hit the ball with one hand, fist or arm while the ball is held, or after it is released by the server. The ball shall be contacted within five seconds after the referee's signal to serve.
- 4.2 The server shall serve from within the serving area and shall not touch the end line or the floor outside the lines of the serving area at the instant prior to the ball being contacted for the serve.
- 4.3 The server may be in the air over or beyond the serving area if they left the floor from the serving area.
- 4.4 A reserve shall be called when the server releases the ball for service, and then catches it or drops it to the floor. Servers are allowed one re-serve per term of service. The server is allowed a new five seconds for the re-serve.
- 4.5 The team not serving first in the previous game of a match shall serve first in the second game.
- 4.6 For an illegal serve, a service fault, or the receiving team being out of position when there is an illegal serve, a point, and service is awarded to the receiving team.

LIVE PLAY

- 5.1 A hit is a contact/touch of the ball which is counted as one of the team's three allowable plays before the ball is returned to the opponent's side of the court.

- 5.2 A team shall not have more than three hits before the ball crosses the net into the opponent's playing area.
- When the team's first contact is simultaneous contact by opponents or an action to block, the next contact is considered to be the team's first hit.
- 5.3 Legal contact is a touch of the ball by any part of a player's body which does not allow the ball to visibly come to rest or involve prolonged contact with a player's body.
- 5.4 Simultaneous contact is more than one contact of the ball made at the same instant.
- When one player contacts the ball with two or more parts of the body at the same instant, it is permitted and considered one hit (except for a block which does not count as a hit).
 - When teammates contact the ball at the same instant, it is permitted and considered one hit (except a block, which does not count as a hit).
 - When opposing players contact the ball at the same instant, the player on the opposite side of the net from which the ball falls shall be considered the player to have touched the ball last. The other player may participate in the next play and the simultaneous contact shall not count as a hit.
 - A "joust" occurs when two opponents cause the ball to come to rest above the net through simultaneous contact. A "joust" is not a foul, and play continues as if the contact was simultaneous.
- 5.5 Successive contacts of the ball are two or more separate attempts to play the ball by one player with no interrupting contact by a different player between the two plays. A player shall not have successive contacts of the ball unless there is:
- Simultaneous contact by teammates.
 - Simultaneous contact by opposing players.
 - Successive contact by a player whose first contact is a block; then the second contact shall count as the first hit by the player's team.
- 5.6 A ball contacting and crossing the net shall remain in play provided contact is entirely within the net antennas.
- 5.7 A net foul occurs while the ball is in play and:
- A player contacts any part of the net, including net cables or net antennas.
 - It is not a foul when a player's hair touches the net, or the force of a ball hit by an opponent pushes the net or net cables into the player.
- 5.8 Players are NOT allowed to have their entire body under the net. If contact or interference is made, point and service will be awarded to the affected team.
- 5.9 A replay is the act of putting the ball in play without awarding a point with the same server, due to:
- An inverted whistle.
 - A player unintentionally serves the ball prior to the referee's signal to serve.
 - A double foul during a live ball.
 - A foreign object entering the proximity of the playing area, that would affect the game and/or safety.
 - Injury.
 - A situation when the officials determine replaying the rally is the best judgment call.
- 5.10 A ball contacting the ceiling, rafters, and/or equipment hanging from the ceiling will remain in play if the ball stays on the same side of the attacking team.
- Side and back walls are ruled out.
 - If the ball lands on the non-attacking team's side, points and service will be awarded to the defending team.

SPIKING, ATTACKING AND BLOCKING

- 6.1 Blocking a serve is not permitted.
- 6.2 Any frontline player may spike/attack or block.
- 6.3 Blocking a ball that is entirely on the opponent's side of the net is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when:
- The attacking team has completed its three allowable hits;
 - In the official's judgment, the team directs the ball towards the opponent's court;
 - The ball is falling near the net and no member of the attacking team is in place to play the ball.

COED MODIFICATIONS

6.4 Teams must have 3 males and 3 females on the court when playing with six people. If playing below full capacity, there may not be a gender difference greater than one.

- 5 Participants: Gender combination of 3 and 2
- 4 Participants: 2 of each gender
- 3 Participants: Gender combination of 2 and 1

6.5 Teams must position themselves to alternate genders.

Questions or concerns regarding the rules and regulations should be directed to imsports@uni.edu

Revised: 01/08/2024