



Intramural Sports 4v4 Volleyball Rules

Covid-19 Implications: Intramural Sports Leagues and Events have been intentionally selected based on current Covid-19 guidelines and participant safety. Please note, due to Covid-19 policies and procedures, all Intramural Sports Rules will adhere to all necessary Personal Protective Equipment (PPE), social distancing, and sanitation methods. These include: masks worn by participants and staff throughout the duration of each contest and showing Competitive Sports Staff successful completion of Daily Wellness Check sent via email from the University each day. Spouses and affiliates will be required to answer similar questions to gauge health status once on site. Participants must also adhere to social distancing guidelines of maintaining 10 feet of space between individuals, because of the nature of physical activity. Please note, in adhering to these guidelines, corresponding modifications in Sports Rules (not listed below) will be enforced by Intramural Sports Officials.

Facility

Games will be played at Mylan Park in the Ruby Center

Note: Please give yourself plenty of time to park and get to your games ahead of schedule. Remember all team members must be signed in and ready to play to avoid a forfeit.

Eligibility

Please reference the Intramural Sports Participant Handbook for player eligibility guidelines. The Competitive Sports staff assumes responsibility for the investigation of eligibility for all participants upon request. University ID or SRC membership cards will be required during all intramural activities. Any individual the Competitive Sports staff deems to be ineligible will not be allowed to participate. Information on applying for an SRC membership card can be found on WVU's website, found here: <https://campusrecreation.wvu.edu/membership> or at the SRC Front Desk. Information on purchasing IM All Access Passes can be found on WVU's website, found here: www.wvugo.wvu.edu or at the SRC Front Desk.

Students

All graduate and undergraduate students enrolled in academic courses are eligible to participate in Intramural Sports activities.

Spouses/Affiliates

Spouses of full-time and part-time students, faculty and staff members are eligible to participate in Intramural Sports activities given that they have obtained an SRC membership card. Employees who are classified as “Affiliates” with West Virginia University are eligible to participate in Intramural Sports activities given that they have obtained a WVU membership card.

Equipment

- Each team is encouraged to bring a volleyball to warm up, although some volleyballs will be available for use. Intramural Sports will supply a game ball for each contest.
- All jewelry of any type must be removed.
- Head decorations, headwear, billed hats and bandannas are illegal. Only elastic headbands and hair control devices are permitted.
- Hard and unyielding items (guards, casts, braces, etc.) on the hand, wrist, forearm, elbow, upper arm or shoulder must be padded with a closed-cell, slow-recovery foam padding no less than ½-inch thick.
- You must schedule an appointment with a Competitive Sports Coordinator prior to playing if you have a special equipment need (i.e., medical). All equipment decisions made on site by the Intramural Sports Staff on duty shall be final.

Teams

Each team will consist of 4 players on the court. No less than 2 players are permitted to start the game. Two club players are allowed per team.

Match

- The match shall be played between two teams of four players each.
 - A minimum of two players are required to avoid a default or forfeit.
 - If a team does not have two players signed in and ready to play game time, they will receive a forfeit or a default.
- Matches will be played best two-out-of-three games to determine a winner.
- Games will have a 45-minute time limit.
- Rock, Paper, Scissors will determine honors for serve.

Scoring

- There will be a time limit of 45-minutes per match. A 5-minute warm-up period will be allowed prior to the scheduled start time of each match.
- Rally point scoring will be used for all games. This means every time there is a serve, there will be a point to win for either team.
 - Games will be played to 21 points, with 25-point cap. A team must win by 2 points unless time expires. The third game will be played to 15 points, with an 18-point cap, in the regular season.

- In the playoffs, no 18-point cap will be placed on the final set. A team MUST win by 2 points.
- Teams will switch serve after the serving team loses the point. Once that team wins the serve back, they will rotate positions clockwise. If a team has more than 4 players, the substitute will become the server in this rotation.

Gameplay Rules

The Serve: The server shall stand with both feet behind the rear boundary line and serve from any position behind the boundary line. The ball must go over the net, a serve resulting in the ball going into or under the net will result in a point and honors of serving to the opposing team.

- Server must wait for officials signal to serve.
- It is illegal for the receiving team to block or spike the ball directly off of a serve.
- Each serve must cross the net completely between the net antennas or their indefinite extension. The ball is dead if it hits the net antenna, point and loss of rally to the other team.

Legal Contact: Legal contact is a touch of the ball by a player's body, above and below the waist. Players are not permitted to scoop, hold, or throw the ball. The ball must not visibly come to rest on the player's hands, fingers, or any other part of the body.

- A player shall not make successive contacts with the ball unless he/she has blocked a ball at the net.
- A ball, other than a serve, may be recovered from the net provided the player avoids contact with the net and does not catch or hold the ball.
- The ball must always be returned over the net by the third contact unless a block is the initial contact in which case the ball must be returned by the fourth contact.

Blocking: Blocking is an act at the net which intercepts the ball coming from the opponent's side by contacting the ball as it crosses the net, before it crosses the net, or immediately after it crosses the net.

- An attempt to block does not constitute a block unless the ball is contacted during an attempt.
- Only front row players may block.
- The team that has blocked shall have the right to three more contacts with the ball in order to return it to the opponent's side.
- When the ball, after having touched the top of the net and the opponent's block, returns to the attacker's side, the team then has the right of three more contacts in order to return the ball to the opponent's area.

Net play: A player may:

- Reach over the net to complete a spike which was begun on the player's own side of the net.

- Have his or her foot touching the opponent's court as long as some part of the foot is on the midline.
- NOT touch the net.

Back-Row Play

A back-row player is allowed freedom in moving about the court but may not jump and attack ("spike" or "kill" the ball) in front of the 10-foot line. A back-row player may never block the ball. Players must be in legal positions until the ball is served. When playing with only four players, two players will be considered back row players, with the latest server being one.

Rotations

Teams will rotate clockwise after they gain the serve from the opponent. A substitute rotates onto the court and becomes the server.

Simultaneous Contact

Simultaneous contact by teammates is allowed and is considered one hit. Simultaneous contact between players at the net will be ruled based on who touched the ball last. A block is not considered a hit.

Substitutions

- All substitutions must be made from the sideline where the UP ref is positioned.
- All subs will be made on a rotation basis (unless a libero has been designated)
 1. Regular subs will be made at the left front position.
 2. A libero may sub for anyone at any time, if it is on the back line of the rotation. A designated libero may not play any position at the net.

Sportsmanship

Teams will receive a rating each week, by the officials' discretion, on a scale of 1.0-5.0, that will create an average at the end of the season. They must have an average of a 3.0 or above to be eligible for playoff participation. Sportsmanship ratings are outlined as follows:

- 5.0 = Superior → Outwardly enthusiastic and courteous to other teams and their players
- 4.0 = Good → Respectful, pleasant behavior, no warnings
- 3.0 = Average → Overall acceptable behavior, some issues with individual participants, receive and adhere to verbal warnings, no unsportsmanlike conduct fouls.
- 2.0 = Poor → Little control over unsportsmanlike behavior, multiple unsportsmanlike conduct fouls, no ejections
- 1.0 = Unacceptable → No control over unsportsmanlike behavior, one ejection

If you have any further questions, please contact us via email: intramural.sports@mail.wvu.edu.