

4-on-4 Volleyball Rules

All participants must have & show their valid KENT STATE UNIVERSITY ID before the start of every game. Anyone without an ID will not be allowed to participate. No exceptions. All games will be officiated based on the *USA Volleyball Rules*; which will be in effect unless otherwise noted in this supplement.

RULE 1 – GENERAL

- All participants must meet eligibility requirements as stated in the Intramural Handbook which can be viewed on the Intramural Website at www.recservices.kent.edu.
- Net Heights:
 - Women - 7'4^{1/8"}
 - Men - 7'11^{5/8"}
 - Co-Rec - 7'11^{5/8"}
- Only the manager/captain may address questions concerning a player, the game or an official's call.
- The following items are not permitted to be worn during competition: running shoes or shoes with soles that mark the floor, baseball caps, hats, jewelry, and any item an official or supervisor feels may be a risk to the participants' safety.
- A team may consist of four (4) people, but a game must start with a minimum of three (3) players.
- **Co-Rec:** The following combinations of players are acceptable to start and end a match: one (1) female and two (2) males, two (2) females and one (1) male, two (2) females and two (2) males.
- Any player that shows up during a game may register during any time-out or at the completion of the first or second game.
- Substitutions can only be made for the server position, except in the case of an injury. There is no limit on the number of substitutions.

RULE 2 – SERVING

- The let serve shall be allowed, and play shall continue provided net contact is entirely within the net antennas.
- The first server of the game is the player in the right back position. Thereafter, when a team is awarded a side-out the player in the front right position rotates to the serving area.

- Each team member shall serve in turn and may have one chance to hit the ball over the net on the serve.
- A re-serve shall be called when the server released the ball for service, then catches it or drops it to the floor. The official will cancel the serve and direct a second and final attempt serve.
- The server shall stand with both feet behind the rear boundary line. The serving area shall be behind the end line and from sideline to sideline. Both sideline extension lines are included in the width of the serving area.
- The ball may be served underhand, overhand or sidearm and may be hit in any manner by the hand.
- A served ball may not be blocked or attacked by the receiving team.
- Before the serve, all members of both teams must be in their respective positions on the court. After the ball is served, players may move out of any position. However, back row players may not attack or block the ball from in the front of the 10' line.
- Teams will alternate serves between games: The team that is listed first on the schedule shall call the coin toss. The team that serves the first game, will receive serve the second game. If a third game is necessary, then a coin toss will occur to determine who gets the choice of serve or side. The team listed second on the schedule will call the coin toss.

RULE 3 – PLAYING RULES

- When receiving the ball for service after a side-out has been called, each member of that team shall rotate one position in a clockwise direction.
- A ball hit into the net, may be recovered provided a player does not make contact with the net or cross the centerline.
- A player may not play the ball in succession, unless played once by another player. Exception: A block does not count as a hit. One player can make contact with the ball twice if initial contact is a block.
- A team must return the ball across the net with three or fewer contacts. *A block does not count as contact.*
- If a player is hit by the ball or touched the ball, it is considered legal contact and to have been played. Legal contact is a touch of the ball by a player's body above and including the waist; which does not allow the ball to visibly come to rest or involve prolonged contact with a player's body.

- When the ball lands on the boundary line, it is considered in the court. It is legal for a player to run out of bounds and play the ball; however, a player may not enter another volleyball court to play the ball.
- Any ball that makes contact with the backboards or ceiling fixtures on opponent's side will be considered out of play and a point or side-out will be awarded. Any ball that makes contact with backboards or ceiling fixtures on their own side will be considered in play.

RULE 4 – FOULS/VIOLATIONS

- The following are fouls or violations:
 - Serving illegally, or out of turn.
 - Touching the net or reaching under the net to interfere with an opponent playing the ball.
 - Stepping over or crossing the centerline into the opponent's court and interfering with play.
 - Spiking or blocking the ball in front of the 10' line when playing the back row position.
 - Contacting the ball twice in succession, unless the first contact is a block or it is a hard hit or serve.
 - Catching or holding the ball while playing it.
 - Contacting the ball in an underhand motion with open hand or hands (slapping or scooping). All balls hit underhand must be hit with a closed fist.
 - Failure to return ball over the net in three or fewer contacts.
 - A player that blocks or interferes with the intended set of the opposing team.
 - Blocking or attacking a serve
 - Note: Players may set the serve
- If a foul is committed by the receiving team: a point is awarded to the serving team.
- If a foul is committed by the serving team: a point plus the service rally scoring.

RULE 5 – TIME FACTORS AND SCORING

- Match length: The first team to win 2-out-of-3 games. All games will utilize rally scoring.
- Grace Period:
 - Late up to 5 minutes = 5 points and service to team on time.
 - Late 5-10 minutes = forfeit of the first game.
 - Late after 10 minutes = forfeit of the match.
- Time Outs: Two per team-duration: 45 seconds or whenever the team calling the time out is ready.
- Scoring:
 - *Game*: The first two games will utilize rally scoring to 25. A team must win by two points (27 point cap).
 - *Point Cap*: The maximum amount of points a game is allowed to be played to, regardless of the point differential.
 - *Match*: The first team to win 2 out of 3 games in a series (third game shall be played to 15 with a 17 point cap).

- *Rally Scoring*: A point is scored on every serve by either team.

CO-REC VOLLEYBALL

- The team shall be composed of 4 players, 2 male/2 female.
- A minimum of 3 players is required to start a match.
- The serving order and position on the court shall alternate male/female.
- The net height shall be 7'11^{5/8"}
- If a team contacts the ball more than once in a single volley, a female must contact the ball at least once.

EJECTION

- In the case of an ejection, the player not only must leave the premises but also needs to meet with the Coordinator of Intramural Sports, before she/he may participate in the next activity.

**THE INTRAMURAL STAFF HAS THE RIGHT TO STOP A CONTEST
IF THEY DEEM IT NECESSARY**