

## 4 ON 4 INDOOR VOLLEYBALL

Regulations published in the Texas A&M Rec Sports Handbook will be the governing policies for all intramural sports. Team captains are responsible for possessing a thorough understanding of these regulations and their implications. All games will be governed by the most recent edition of the NFHS (National Federation of State High School Association) Rules Book with the following Texas A&M intramural sports modifications:

### 1. PARTICIPATION

- a. Proper identification must be presented to check in. Proper identification is a government-issued photo ID.
- b. Roster: Each player's name must appear on the roster before he/she enters a game.
- c. Any player disqualified from a contest will be removed from that game and can still play in next contest.
- d. Any player ejected from a game is automatically suspended from all intramural activities pending a meeting with the appropriate intramural staff member.
- e. Intramural staff retain the authority to require an ejected player to leave the facility. Any player instructed to leave must do so immediately.
- f. **Protest Procedure:** Judgment calls may not be protested. If a team wants to protest a rule interpretation, the protest must be made immediately at the time of the questionable incident. Notify the official. The clock will stop while a protest is being filed.
- g. **Eligibility:** The eligibility of all players is the responsibility of team captains and the individual players. Refer to the intramural handbook for details.
- h. **Blood Rule:** Players who sustain an injury causing an open wound will be required to leave the game. A player may not re-enter the contest until the flow of bodily fluids is stopped and the wound covered.
- i. **Jewelry:** Participants are not permitted to wear any jewelry.
- j. **Medical Alert Bracelets** – Permitted, must be taped flush with the skin and may be visible.
- k. **Casts/splints:** Not allowed under any circumstances. Knee braces with exposed metal, hard plastic, or metal hinges must be covered with padding or foam at least ¼ inch thick.
- l. **Religious Headwear** – In the event a participant may not expose his/her uncovered head, the intramural supervisor may approve a covering or wrap which is not abrasive, hard or dangerous to any other player and which is attached in such a way that it is highly unlikely to come off during play. This stipulation applies only to religious headwear to cover the head and does not apply to any necklaces/rings/ earrings/ bracelets or any other form of jewelry.
- m. Elastic headbands and hair control devices without metal, hard plastic, or bandanas without knots are permitted. Hard items, including, but not limited to, beads, barrettes and bobby pins are prohibited. Other head decorations or headwear are not allowed.
- n. **Equipment:** If the team does not have the same or similar color, **ALL** team members **MUST** wear jerseys provided by the Department of Recreational Sports. A shirt (must have the sleeves attached) must be worn under the jerseys provided by the Department of Recreational Sports, or the player will not be allowed to play. If a team has its own jerseys with numbers, the numbers must be whole numbers, no more than 2 digits, and the jerseys must be of the SAME/SIMILAR color.
- o. If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of own glasses.
- p. Any slippery substance of a foreign nature on equipment, clothing, or an exposed part of the body is illegal.
- q. Players may wear a knit or stocking cap (no caps with bills) and/or soft, pliable, non-abrasive gloves.

- Bandanas with a knot are not permitted.
- r. Footwear: Indoors – all players must wear athletic shoes with non-marking court soles. Hard soled shoes of any kind will not be permitted. Outdoors – all players must wear athletic shoes. Metal cleats, spikes, or toe cleats will not be permitted. Five finger shoes are not considered athletic shoes.
  - s. Pants – Participants are encouraged to wear athletic style shorts or pants.
  - t. All equipment decisions made by the intramural staff or Rec Sports medic on duty shall be final.

## 2. THE GAME

- a. **Number of Players:** All teams will consist of four (4) players. Teams must have a minimum of two (2) players on the court to start and continue a match. If a team plays with two (2) or three (3) players, no penalty will be assessed; i.e., there are no ghosts or ghost sideouts in the serving order.
- b. Each match will consist of the best two (2) out of three (3) games. The first team scoring twenty-five (25) points (win by 2 or a 27-point cap) will be declared the winner. If a third and deciding game is required, this game shall be played to fifteen (15) points (win by 2 or a 17-point cap). **Rally scoring will be used in all games.** It is not necessary for a team to be serving to win the game.
- a. **Substitutes:** Substitution of players is made when the ball is dead, on request of a player to an official. Substitutions are unlimited, but when re-entering play, players must maintain the original serving order during each set and re-enter in the same spot in the serving rotation.
- b. **Forfeits:** A team who has not submitted their serving order and is not on the floor and ready to play at the scheduled match time will be penalized 1 point per minute, each game, until it is ready to play. If a team is not ready to play after 10 minutes, it will forfeit the match.

## 3. CHOICE AND CHANGE OF PLAYING AREAS

- a. A coin will be tossed for the choice of playing area or service for the first and third sets of the match. The winner of the toss chooses either:
  - i. Select to serve or receive the first ball, or
  - ii. Side of court on which to start the game.
  - iii. The other team takes the remaining alternative.
- b. The team not serving first in the first game shall serve to start the second game. The teams shall change sides of the court for the second game. Teams shall not change sides of the court in the middle of the third game.
- c. In the event of a third game of the match, a second coin toss will determine the choice of first serve or side.

## 4. PLAYING THE BALL

- a. **Service:** The service is the act of putting the ball into play by the player in the right back position who hits the ball with one hand (open or closed) or any part of one arm in an effort to direct the ball into the opponent's area. The serving area will be any point behind the end line (excluding the end line) between the two sidelines.
  - i. The server shall have 5 seconds after the official's ready-whistle in which to release or toss the ball for service.
  - ii. If after releasing or tossing the ball for service, the server catches the ball or allows the ball to fall to the floor without being hit or contacted, the service effort shall be canceled and a

reserve directed. However, the official will not allow the game to be delayed in this manner more than once during a service attempt.

- iii. If the ball is served before the official's whistle and signal, the serve shall be canceled and a re-serve directed. The official will not allow a player to delay the game in this manner more than once during a service attempt.
- b. A team shall continue to serve until a side-out and point are awarded to the opponent or the game ends.
- c. The serve alternates to the opponent when a side-out and point is awarded to the opponent.
- d. A served ball is a service fault and becomes a dead ball when:
  - i. The ball passes under the net.
  - ii. The ball touches one of the server's teammates.
  - iii. The ball touches the floor on the server's side of the net.
  - iv. The ball does not cross the net entirely between the net antennas or lands out of bounds.
  - v. The ball touches the ceiling or any obstruction.

**NOTE: The ball may touch the net while crossing it on a serve.**

- f. It is illegal for the receiving team to block a serve or spike a serve.
- g. Each team is limited to a maximum of 3 hits on its side of the net to get the ball successfully over the net. Lifting, carrying the ball, and underhand slapping of the ball are illegal hits and shall result in a point and side-out to the opponent. When the team's first contact is simultaneous contact by opponents or an action to block, the next contact is considered the team's first hit.
- h. If any part of the ball contacts the boundary lines, the ball is considered in.
- i. Legal contact is a touch of the ball by a player that does not allow the ball to visibly come to rest or involve prolonged contact with a player's body.
- j. **Simultaneous Contacts:** This involves more than one contact of the ball made at the same instant.
  - i. 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).
  - ii. 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). Any player may make the next hit.
- k. 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.
- l. The ball will be out-of-bounds if it touches any part of the walls. A ball striking the ceiling or an overhead obstruction above a playable area shall remain in play, provided that the ball contacts the ceiling or obstruction 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 the same team.
- m. **Kicking:** Playing the ball with extremities below the waist is legal.
- n. **Dinks:** One handed placement or redirection of the ball with the fingers is a fault. When contacting the ball with one hand, other than for setting the ball toward a teammate, the ball must be cleanly hit with the heel or palm of the hand ( a "roll shot"), with straight, locked fingertips (a "cobra"), knurled fingers or with the back of the hand from the wrist to the knuckles.

## **5. PLAY AT THE NET**

- a. A player shall not contact any part of the net or its supports while the ball is in play. If a player inadvertently touches the official's platform or net supports (other than rope cable) it is not a foul. When the ball is driven into the net so that it causes the net or its supports to contact an opposing player or players, it is not a foul if the opposing player(s) did not contact the net by their own impetus.
- b. A ball may be played from the net provided that a team still has at least one of its three hits remaining.

- c. When returning the ball to the opponent's side of the net, a player may follow through over the net, providing he/she first contacts the ball on his/her own side of the net. A player shall not contact a ball that is completely on the opponent's side of the net unless the contact is a legal block.
- d. Blocking a ball that is completely 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:
  - a. The attacking team has completed its three allowable hits.
  - b. The attacking team has had the opportunity to spike the ball, or in the official's judgment, directs the ball with intent to return it to the opponent's court.
  - c. The 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.
- e. A ball may touch the net within the sideline markers when crossing the net to enter the opponent's playing area.
- f. A ball may be attacked, excluding a served ball, when it has partially crossed the net.
- g. **Center Line:** A player may touch the floor across the center line with one or both feet/hands provide that a part of the foot/feet or hand/hands remains on or above the center line. Contacting the floor across the center line with any other part of the body is illegal.
- h. There is interference by a player who makes:
  - a. Contact with an opponent that interferes with the opponent's legitimate effort to play the ball.
  - b. Intentional contact with a ball that the opponent has caused to pass partially under the net and the opponent is attempting to play it again.
- i. **Penalty for Illegal Net Play:** A point and side-out awarded to the opponent.
- j. **Successive Contacts:** 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 make successive contacts of the ball unless there is:
  - i. Simultaneous contact by teammates.
  - ii. Simultaneous contact by opposing players.
  - iii. Successive contacts by a player whose first contact is a block (then the second contact shall count as the first hit by the player's team).
- k. **Multiple Contacts:** Multiple contacts of the ball are more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted only:
  - i. When the ball rebounds from one part of the player's body to one or more other legal parts in one attempt to block.
  - ii. On any first team hit, whether or not the ball is touched by the block.

## **6. PLAYER POSITIONS & ROTATIONS**

- a. **Players' Positions:** At the moment the ball is contacted by the server, each team must be within its own court (except the server). Players are free to position themselves anywhere within the court. There are no positional faults.
- b. **Rotations:** There are no rotational faults. Players are free to position themselves anywhere within the court. Players need only serve in the proper order.

## **7. IMPROPER CONDUCT**

- a. **Improper Conduct Subject to Penalty:** Any and all of the following acts committed by the team players are subject to penalty:
  - i. Continuous disagreement with officials concerning their decisions.

- ii. Use of vulgar or profane language toward officials, opponents or spectators. Disruptive comments or noises during a game from outside the court.
- iii. Use of actions intended to influence the decisions of officials.
- iv. Moving or crossing the vertical plane of the net with any part of the body to distract an opponent while the ball is in play.
- v. Yelling or other loud noises made to distract an opponent while the ball is in play.
- vi. Leaving the court during a break in the game without permission by the referee.
- vii. Unnecessary clapping of hands by teammates at the moment contact is made with the ball by a player, especially during the serve.
- viii. Throwing the ball about in an abrupt manner whether during play or between games.

Please note that this list is representative, but not all-inclusive. Judging improper conduct will be the discretion of the intramural staff on duty. Coaches, players, and spectators conducting themselves in an unsportsmanlike manner shall be assessed penalties in the following manner:

**Sanctions:** Violations committed by players and/or team members may result in the following sanctions:

- i. **Warning:** A warning will be issued for minor offenses, such as causing a delay in the game or talking excessively with opponents, spectators or officials. A warning will be recorded on the score sheet. If a second warning is given, a penalty will result. **(Yellow Card)**
- ii. **Penalty:** A second minor offense or rude conduct will result in a penalty. If the penalty was called on the serving team, it will automatically cause loss of the serve. If the penalty was called on the receiving team, a point will be awarded. Two penalties issued by the referee will result in expulsion of the player. **(2 Yellow Cards or 1 Red Card)**
- iii. **Ejection:** Any player ejected from a game is automatically suspended from all intramural sports until the ejected player talks to the intramural staff member responsible for sand volleyball. **(Red Card + Yellow Card or 2 Red Cards)**

## **8. COED MODIFICATIONS**

The rules involving males and females on the same team are the same as the rules which govern all team players with the following exceptions and clarifications:

- i. Serving order shall alternate male and female (except when a team plays with an odd number of players)
- ii. Substitutions must be male-for-male and female-for-female.
- iii. When the ball is played more than once by a team, it must be contacted by a member of each gender.
- iv. Reminder - a block does not count as one of the three contacts allowed a team. Therefore, if the ball is blocked by a player, any other player may hit the ball back into the opponent's court.

Coed teams must have at least one male and one female on the court at all times and no more than two males or two females on the court at any time